



**5 DAYS OF CENTURY RIDES BASED OUT OF BEND, OREGON  
MONDAY, JUNE 4<sup>TH</sup> TO FRIDAY, JUNE 8<sup>TH</sup> 2012**

**FUNDRAISER BENEFITTING MT. BACHELOR SPORTS EDUCATION  
FOUNDATION CYCLING PROGRAMS.**

**THE CENTRAL OREGON 500+ IS A WEEK LONG RIDING ADVENTURE  
FEATURING 5 OF THE BEST CENTURY+ RIDES IN THE AREA. THE RIDES  
MIX IN 2 DAYS OF FLATTER SECTIONS WITH 3 DAYS OF BIGGER  
CLIMBS. THERE WILL BE LOCAL RIDE GUIDES FOR THE LEAD, MIDDLE  
AND BACK PACK DAILY WITH FOOD, WATER, MECHANICAL AND SAG  
SUPPORT. SOME ROUTE CHANGES MAY BE NECESSARY DUE TO  
SEASONAL SNOW CONDITIONS OR ROAD CLOSURES.**

**QUESTIONS OR NEED MORE INFO? EMAIL  
[CENTRALOREGON500@GMAIL.COM](mailto:CENTRALOREGON500@GMAIL.COM)**

## DETAILS

***RIDE SIZE LIMIT:*** 25 RIDERS PLUS GUIDES, REGISTRATION LIMITED TO FULL WEEK. YOU CAN SKIP A RIDE IF NEED BE BUT YOU MUST REGISTER FOR THE WHOLE WEEK.

***DAILY START AND FINISH:*** 8:00AM STARTS FROM A LOCAL EAST BEND RESIDENCE WITH PARKING, RESTROOMS, WATER, BIKE REPAIR AREA, LAWN SEATING AND PICNIC TABLES.

***GUIDES:*** RIDES 2-5 WILL HAVE A 3 DESIGNATED RIDE GUIDES. 1 CLIMBING GUIDE, 1 MID PACK GUIDE, AND 1 BACK PACK GUIDE.

***PACE:*** IT'S NOT A RACE BUT... ONE SHOULD HAMMER. MID PACK PACE WILL AVERAGE 17.5 OR HIGHER.

***SUPPORT:*** EACH RIDE WILL HAVE 2 ROLLING SUPPORT VEHICLES COVERING FEED AND LUNCH STATIONS WITH SAG, MECHANICAL SUPPORT BRINGING UP THE BACK.

***WEATHER:*** CAN BE COLD IN THE MORNINGS. RECOMMEND SHOE COVERS, GLOVES, SKULL CAPS, AND LAYERS. EXTRA GEAR CAN BE DUMPED IN THE SUPPORT VEHICLES.

***FOOD AND WATER:*** FOOD, WATER, SPORTS DRINKS ETC., WILL BE PROVIDED ALONG EACH RIDE ALONG WITH A SHORT LUNCH STOP AND RE-FUEL FOOD AT THE FINISH.

***RIDING:*** RULES OF THE ROAD WILL APPLY TO ALL ROUTES. NO ROAD CLOSURES. PACE LINES NO MORE THAN 2 WIDE. ROAD COURTESY WILL BE PRACTICED.

***SAFETY:*** LIGHT AID PROVIDED BY SAG WITH ANY INJURED RIDERS BEING TENDED TO BY LOCAL 911 AGENCIES.

***LIABILITY WAIVER:*** ALL PARTICIPANTS WILL HAVE A SIGNED DATED LIABILITY WAIVER RELEASING MT. BACHELOR SPORTS EDUCATION FOUNDATION AND ALL GUIDES AND VOLUNTEERS FROM ANY AND ALL DAMAGES INCLUDING DEATH THAT ANY PARTICIPANT MAY INCUR.

***FRIDAY BBQ:*** FRIDAY AFTER THE RIDE WILL BE A BBQ AND AWARDS CEREMONY FOR THE WEEK'S EFFORTS.

***FUNDRAISING:*** ALL RIDE GUIDES ARE VOLUNTEERS. 100% OF THE PROCEEDS FROM THE EVENT WILL GO TOWARDS MT. BACHELOR SPORTS EDUCATION FOUNDATION CYCLING PROGRAM SCHOLARSHIPS AND EQUIPMENT.

## THE RIDES

**ALL RIDES START AND FINISH AT A RESIDENCE IN EAST BEND @ 3695' EL.**

**DAY 1 WE WILL START THE WEEK OFF WITH A FULL GROUP RIDE ON A TOUR OF THE HIGH DESERT EAST OF BEND. THE ROUTE GOES THROUGH THE CROOKED RIVER CANYON, PRINEVILLE, AND BACK THROUGH CATTLE COUNTRY TO BEND. DISTANCE 100 MILES X 3500' CLIMBING.**

**ROUTE MAP**

**DAY 2 AFTER A SHORT TOUR OF BEND THE RIDE HEADS UP CENTURY DRIVE TOWARDS MT BACHELOR. WE TURN SOUTH AND ENJOY A LONG BUTTER PAVEMENT DECENT DOWN THE SUN RIVER ROAD BEFORE HEADING WEST TO CIRCLE THE MTN. AFTER A QUICK LUNCH STOP AT ELK LAKE RESORT WE FINISH OFF THE CLIMB WITH THE SPARKS LAKE GRADE AND A 25 MILE CRUISE BACK TO OUR START. DISTANCE 100 MILES X 5000' CLIMBING.**

**ROUTE MAP**

**DAY 3 WE HEAD BACK TO THE ALFALFA FIELDS AND CATTLE COUNTRY FOR THE SMITH ROCK - SISTERS ROUTE. AFTER WE LEAVE PRINEVILLE WE HAMMER OUT THE O'NEIL HIGHWAY AND SHOULD BE ABLE TO HOLD ONTO 25MPH WITH THE RIGHT TEAM WORK. LUNCH COMES AT 60 MILES AT SMITH ROCK BEFORE WE HEAD WEST THROUGH ROLLING COUNTRY TO SISTERS. WE WILL GRAB A QUICK COFFEE HERE TO GET US THOUGH THE NEXT 35 MILES BACK HOME WITH THE ROUTE HIGHLIGHTING SOME GREAT LOCAL FAVORITE RIDING ROADS.**

**DISTANCE 115 MILES, 3500' CLIMBING.**

**ROUTE MAP**

**DAY 4 CLIMBING OUT AND BACK. TODAY'S ROUTE HEADS BACK UP CENTURY DRIVE TOWARDS THE MTN., BACK DOWN THE SUN RIVER RD THEN SOUTH AND UP TO NEWBERRY CRATER. THE CLIMB TOPS OUT AT 6000' AND WE TOUR THE CRATER ON THE WAY TO LUNCH AT EAST LAKE. ON THE RETURN WE WILL CLIMB BACK UP THE SUN RIVER RD TO CENTURY DRIVE AND BACK TO HOME BASE. DISTANCE 121 MILES, 6000' CLIMBING.**

**ROUTE MAP**

**DAY 5 MACKENZIE PASS IS THE DESTINATION FOR THE FINAL RIDE OF THE WEEK. WE WILL WORK OUR WAY BACK TO SISTERS THEN OUT HWY 246 TOWARDS MACKENZIE PASS. THE ROAD IS GATED**

THIS TIME OF YEAR AND THE FINAL 15MILES TO THE SUMMIT ARE CAR FREE. BE READY FOR THE REFRIGERATOR AFFECT WHEN WE REACH THE UPPER SECTION WITH THE ROAD FRESHLY CUT THROUGH THE SNOW BANKS. AFTER A QUICK STOP HERE WE TURN BACK TO SISTERS AND A FAST PACE LINE TOWARDS REDMOND. THE LAST STRETCH OF THE WEEK WILL HAVE US ROLLING BACK UP TOWARDS BEND, HOME BASE, BEERS AND A FINISH BBQ. DISTANCE 100 MILES X 5000' CLIMBING.

ROUTE MAP

DAY 5 OPTION MACK PASS SUPER SIZED. ADD SANTIAM PASS AND A LOW POINT OF 1000' ON THE WEST SIDE AT BELKNAP HOT SPRINGS BEFORE CLIMBING BACK UP AND OVER MACKENZIE PASS FINISHING ON THE SAME ROUTE BACK FROM SISTERS. DISTANCE 150 MILES X 6000' CLIMBING. THIS OPTION WILL REQUIRE A 5AM START AND WILL BE DEPENDANT ON THE PASS BEING OPEN.

ROUTE MAP

ABOUT CENTRAL OREGON 500+

*THESE RIDES STARTED AS SOMETHING FOR ME TO SEE WHAT I COULD DO ON MY 50<sup>TH</sup> BIRTHDAY WEEK. IT HAS BEEN NON SUPPORTED SOLO OR WITH A FEW FRIENDS RIDE. DOING NOTHING BUT RIDING FOR A WEEK IS A GREAT WAY TO WASH AWAY THE WINTER AND MAKES THE REST OF THE CENTURIES IN THE SUMMER BREEZE BY. AFTER 3 YEARS I THOUGHT IT WAS TIME TO SHARE THE RIDES WITH OTHERS AND TO HELP LOCAL YOUTH GET INTO CYCLING. TODAY WE WILL RIDE IN THE MOUNTAINS!*

TOM LOMAX  
BEND, OR

**REGISTRATION:**

**20 POSITIONS OPEN FOR STANDARD REGISTRATION \$400.00**

**STANDARD REGISTRATION INCLUDES:**

- **5 DAYS 5 RIDES**
- **DAILY RIDE SUPPORT**
- **POST RIDE RE-FUEL**
- **OVERNIGHT BIKE STORAGE AT START/FINISH**
- **FINAL DAY BBQ, AWARDS, SWAG**

**5 POSITIONS OPEN FOR PREMIUM REGISTRATION \$600.00**

**PREMIUM ADD ON INCLUDES**

- **2 BIKE TUNES DURING THE WEEK**
- **3 MASSAGE SESSIONS**
- **1 DAY VOLUNTEER DOMESTIC WILL RIDE WITH YOU**

**NEED SOME EXTRA HELP?**

**DAILY VOLUNTEER DOMESTIC TO HELP PULL YOU ALONG \$250.00**

**REGISTRATION IS BY FIRST COME FIRST SERVE MAIL IN REGISTRATION TO MBSEF. REGISTRATION MUST COME WITH PAYMENT. SUCCESSFUL APPLICANTS WILL BE CONFIRMED BY EMAIL.**