

CANDISC

Cycling Around North Dakota in Sakakawea Country

“Enchanted Anniversary Tour”



Aug. 4-11, 2012

*Cycling around some of the greatest
frontier in North America!*

e-mail: ndfm@restel.com

www.parkrec.nd.gov

1-800-799-4242

**Tour
2012**



Welcome to CANDISC, Cycling Around North Dakota in Sakakawea Country, a bicycle ride around some of the greatest frontier of North America. CANDISC will cycle 400 miles of hills, dales, highways and scenic roads in North Dakota. You will taste North Dakotan hospitality first hand as communities open their towns to you.

In its 20th anniversary, CANDISC is a bicycle ride – not a race. This year’s “Enchanted Anniversary Tour” 2012 will cycle the amazing “Enchanted Highway” featuring the world’s largest metal sculptures, whose creator was named a Bush Artist Fellow.

Be sure to visit the Knife River Villages National Historic Site on the Lewis and Clark Trail, home of the famous Corps of Discovery guide Sakakawea. Also stop to visit New Salem Sue, the World’s Largest Holstein Milk Cow! Take time on the tour for Assumption Abbey, featuring early 1900’s St. Mary Catholic Church patterned after Bavarian Romanesque architecture with majestic twin towers, vaulted ceilings, stained glass windows, and wonderful original paintings.

The ride begins at Fort Stevenson State Park in Garrison, ND, a community of 1,400 located just north of beautiful Lake Sakakawea, the largest Army Corps reservoir in the USA. Riders travel a circular route then head back to the park at the end of the seven day tour.

Before the ride...

This brochure contains a CANDISC application form. Please give complete information. Note that this includes a mandatory waiver that must be signed for each person wanting to participate in CANDISC.

Application is limited to 500 riders so participation is on a first-come, first-serve basis. We know more will want to participate, so get your applications in early. Fees

will be returned to those who apply after the limit has been met.

The Application fee is \$180 per person or \$380 for a family (husband, wife, children 18 & under) through July 15th and should be paid by check or online by credit card. To encourage timely applications, a late fee of \$30 will be charged after July 15th and must be added to the regular application fee.

A daily fee of \$45/day/rider is available to those who plan to ride only certain days; not the entire week.

Your application fee includes overnight camping in seven communities, showers, official CANDISC ID bands, sag service, CANDISC shirt, travel information on North Dakota, emergency medical support, daily route maps, baggage tags, vehicle pass, week long parking at FSSP, marked routes, mechanic support, baggage transfer, port-a-potty support, accident insurance, designated rest stops with water every 10 to 20 miles, patrolled route, bike license plate, and free celebration meal at the end of the tour. Supper and breakfast meals will be available at every host community along with rest stops along the route. The application fee does not cover the cost of food along the route.

Each rider under age 18 must have a signed medical release in his or her possession at all times. Minors must be accompanied by responsible adults, preferably parents at all times.

Unaccompanied minors will be sent home. Any minor consuming alcoholic beverages may be charged according to the law and sent home.

Planning for the ride...

CANDISC is a ride not a race. You will get the most out of it if you are in good shape. The Route is 400 miles with daily mileage ranging from 25 to 82 with a century option available to test your stamina. Terrain in North Dakota can vary from flat wheat fields to steep hills. **If you**



are unable to complete the ride, you are responsible for your own transportation back to Fort Stevenson State Park near Garrison.

You may begin riding each morning at sunrise; officially 6 a.m. Riding in the dark is foolish as North Dakota enjoys 16 hours of daylight during the summer. Please plan to ride at a speed that will enable you to finish each day before sundown.

Sag wagons will bring up the rear to pick up those riders who break down physically or mechanically. You can use the “thumbs down” signal to let the drivers know you need help. **If riders veer off the established route, they must let a CANDISC official know their intentions. We are concerned about your whereabouts and wellbeing.**

Rider’s tags: You will receive a rider’s band that must be worn during the ride. It cannot be removed without cutting or destroying the clasp. It gives you access to emergency medical services, shuttle buses, sag wagons, campground facilities, showers, mechanical repairs, etc.

Baggage Tags: Baggage tags permit you to put your gear on the CANDISC baggage trucks. By accepting baggage tags, you agree to leave your vehicle at Fort Stevenson State Park or at home.

For security reasons, baggage must be clearly marked to be claimed from our trucks. Each rider is allowed two bags **(weighing not more than 40 lbs. each).** No external strapping to the bags. Do not use garbage or Tupperware containers for packing purposes. If you do not have appropriate luggage, duffle bags will be for sale at the registration desk. In order for us to accommodate your needs in the loading and transportation we require your cooperation in this matter.

Be sure to have your baggage at the baggage trucks by 8a.m. The trucks load where they unloaded the day before in the campgrounds. You are responsible for transporting your baggage to and from the baggage truck.

Those not staying in the CANDISC campground must make other arrangements to have their gear transported to the baggage truck. Remember the baggage truck leaves at precisely 8 a.m.

CANDISC Vehicle Registration: Vehicles accompa-



nying riders are required to be registered to have access to the parking areas at the host community campgrounds. A vehicle pass costing \$20 is required for any vehicle accompanying CANDISC. All vehicles must have designated stops and not follow the cyclists which can cause a hazardous situation. The vehicle pass will include route mapping, vehicle ID, state map, private vehicle responsibility guide, and use of CANDISC campground facilities.

Daily Trip Sheets: Daily route maps will be provided to riders. The exact route will also be clearly marked on the right side of the road.

Bicycle receiving and shipping is available. Shuttle service from **Bismarck and Minot airports** is available for \$10/person from airport to park and \$10/person from park to airport and will be provided by CANDISC. Finalize your arrangements in writing, by e-mail or letter by July 15 if you need these services.

Your Accommodations...

Camping areas will be set aside by each community on school grounds or city or state parks. The night before CANDISC begins you will camp in designated areas at Fort Stevenson State Park.

A hotel/motel list is available by calling the 1-800 number or e-mail listed in this brochure.

Please respect facilities. Do not trespass on private property.

Food is not included in the price of the tour. CANDISC has made arrangements with local groups (churches, service and civic clubs etc.) to have breakfast and supper available. Rest stops along the route each day will have food and drink available for purchase. Be sure to bring along enough money to cover your meals and rest stops, bicycle repairs and incidentals such as souvenirs.



Miscellaneous: Journal, pens, spare glasses, pencils, scouting knife, camera, sunglasses, watch, ear plugs, ID, money, traveler's checks, credit cards, stamps, address book, rain protection, and ziplock bags.

Put your name and address on everything you bring.

PETS: WE REQUEST PETS NOT BE BROUGHT ON THE TOUR, DUE TO AN INCIDENT ON A PREVIOUS RIDE WHEN A DOG BIT A YOUNG RIDER.

What to Bring...

CANDISC will continue on schedule in all weather conditions. Weather and temperature can greatly vary (40°-100° F) this time of year so be prepared. You should pack accordingly. Here are some ideas on what to bring:

Money: Since meals are not included in your registration fee you will be responsible for paying for meals. Food will be available at rest stops, every 10-15 miles along the route, and host communities. Supper meals range from \$8-15 and breakfast meals range from \$5-8. Rest stops offer snack foods, with some offering lunch foods with items ranging from \$1-5. Plan accordingly.

Bicycle equipment: Consider bringing a small bicycle repair kit. Bring a lock and cable for your bicycle and USE IT. Helmets are required so bring a HELMET and WEAR IT. Rear view mirror, 2 water bottles, pump, bike gloves, bike rack, bike bag, plastic seat cover and other necessary equipment.

Camping: Duffel bags, sleeping bag, pillow, pad, tent, ground cloth, rope, stakes, hammer, head lamp, flashlight.

Toiletries: Towel, washcloth, toothbrush, toothpaste, skin lotion, shampoo, soap, razor, nail clippers, brush/comb, hair ties, barrettes, deodorant, mirror, toilet paper, hand sanitizer.

Clothes: T-shirts, shorts, jacket, pants, warm-up suits, underwear, socks, shoes, shower shoes, pajamas, swimsuit, rain coat, sweatbands, bandannas and handkerchief. We suggest packing your clothing and bedding in waterproof bags. Bring appropriate clothing for all weather conditions.

First Aid: Pain medicine, vitamins, band aids, gauze, tape, first aid cream, lip balm, sun block, insect repellent, safety pins, special medicines, sanitary protection, ace wrap and disposable bags.

Application Process...

Refunds: Must be requested in writing, and post-marked by July 15, 2012 with a \$40.00 processing fee being withheld. After that date refunds will be handled on a case-by-case basis up to ride time.

OPTIONAL Credit Card & Online

Registration: If you choose to register online with a credit card, a form is available at www.active.com. Please be aware that active.com will charge you a nominal fee for registering on-line.

Must send form...

Mail the completed form, check or money order, signed waivers, along with a self-addressed, business sized, stamped envelope to:

CANDISC
PO Box 515
Garrison, ND 58540

If you need additional information, please contact us.

701-463-2345 or 1800-799-4242

E-mail: ndfm@restel.com
www.parkrec.nd.gov

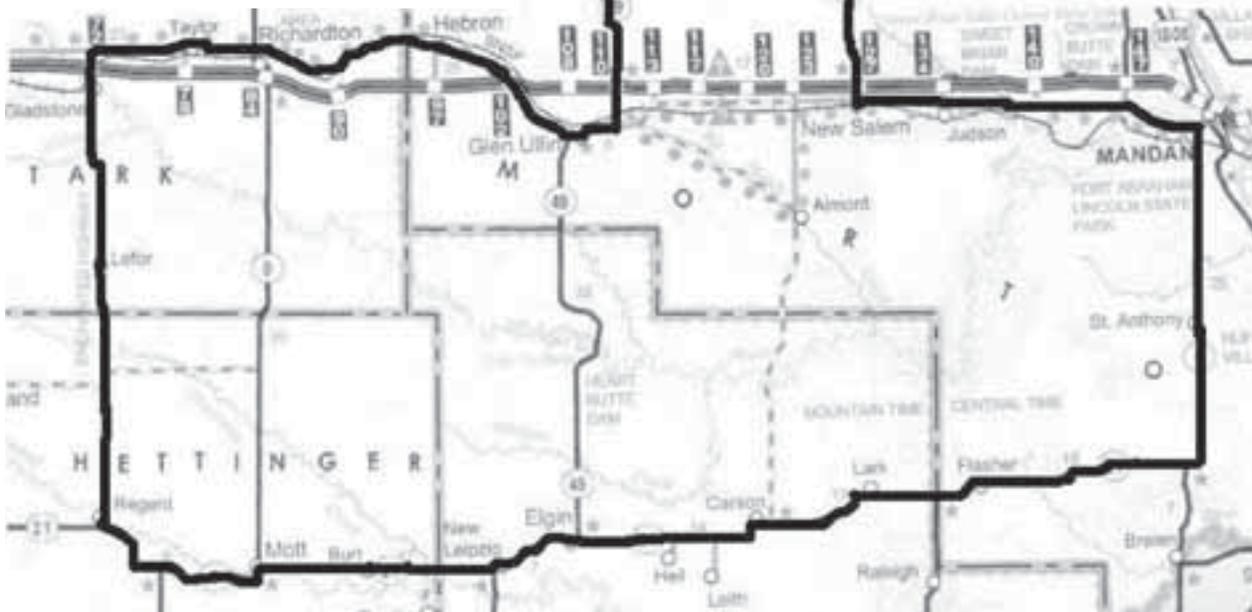


**CANDISC TOUR 2012 ITINERARY
 "ENCHANTED ANNIVERSARY TOUR"
 AUGUST 4TH – AUGUST 11TH 2012**

<u>DATE</u>	<u>LOCATION</u>	<u>MILES</u>
Aug. 4 Saturday	Garrison-Fort Stevenson State Park	Organize for Ride
Aug. 5 Sunday	FSSP to Center	70
Aug. 6 Monday	Center to New Salem	25- Additional mileage optional
Aug. 7 Tuesday	New Salem to Carson	82- Century Option
Aug. 8 Wednesday	Carson to Mott	38
Aug. 9 Thursday	Mott to Hebron	75
Aug. 10 Friday	Hebron to Hazen	57
Aug. 11 Saturday	Hazen to Garrison	<u>53</u>
	Total	400



For More Information Contact:
 Amy Heger
 PO Box 515
 Garrison, ND 58540
 1-800-799-4242 or 701-463-2345
ndfm@restel.com
www.parkrec.nd.gov
www.nbtda.com
www.bicycletournetwork.com





August 4-August 11, 2012

CANDISC AGREEMENT and WAIVER/ RELEASE OF LIABILITY ALL APPLICANTS MUST READ AND SIGN

I, the undersigned, know that CANDISC is a potentially hazardous event and I attend it out of my own free will and choice. In choosing to attend CANDISC and any related event, I fully accept and assume all risks, whether before, during or after CANDISC and its related events. These include, without limitation, risk of physical injury, mental injury, emotional distress, trauma, death, contact with other participants, equipment failure, inadequate safety equipment, the effects of weather including extreme temperature or conditions, traffic, contact with motor vehicles of all types and descriptions, collision with other riders or fixed objects, the conditions of the road, camping, and participating in events along the route. All risks are known and appreciated by me. I waive any and all specific notice of the existence of the risks. I shall assume and pay my medical and emergency expenses in the event of injury, illness, or other incapacity regardless of whether I authorized such expenses.

I realize that CANDISC requires physical conditioning and I represent that I am in sound medical condition capable of participating in the ride without risk to myself or others. I have no medical impediment which would endanger myself or others. I understand and agree that a situation may arise during CANDISC which may be beyond the control of the sponsors, promoters or organizers. I will be solely responsible for the condition and adequacy of my bicycle, safety gear and riding equipment. I will ride safely within the limits of my own ability, my equipment and the riding condition and in a manner so as not to endanger wither myself or others.

Knowing these facts and in consideration of my entry acceptance, admission to and/or participation in CANDISC and its related events, I for myself and anyone acting on my behalf release waive, discharge, covenant not to sue and agree to hold CANDISC ; CANDISC sponsors and participating clubs, communities and organizations; CANDISC officials, emergency and support personnel, volunteers and their representatives; and the officers, directors, employees, representatives, agents, insurers, insurance brokers, and successors of all the above, harmless from any and all claims, demands and actions of any and every kind I have, may have or may hereafter accrue against the released parties directly or indirectly arising out of or relating in any

respect to my attending or participating in CANDISC and its related events. My waiver and release of all claims, demands, actions and liability shall include without limitation, any injury, damage or loss to my person or property which may be (a) caused by any act, or failure to act, by the above identified persons and entities or(b) sustained by me before, during or after CANDISC and its related events.

I agree to abide by all CANDISC rules; and regulations. I understand that my name, address, photograph, voice and/or likeness may be used in promotional or advertising materials of or by CANDISC, and its licensees. I consent to such uses and waive any rights of privacy or publicity I may have in connection with those uses. I further agree to indemnify and hold the parties released above harmless from any and all losses, damages, claims and expenses, including attorney's fees, arising from or relating in any respect to my participation in CANDISC or its related events or my breach of this agreement. If I am a minor, my parent or guardian also is signing on my behalf and we both agree to be bound by the terms of this agreement, waiver and release.

I have read this agreement, waiver and release.

Signature

Typewritten or Printed Name

Address

Phone

Age

Parent or Guardian Signature, if under 18

Date Signed

Sign and return this waiver and release with your CANDISC Application Form and Fee **with Stamped Self Addressed Business Size Envelope to:**

**CANDISC
PO Box 515
Garrison, ND 58540**



Official CANDISC Application Form

August 4 – August 11, 2012



Bike Tour:

_____ Number of Riders x \$180 = \$ _____
(Includes 1 free CANDISC shirt per rider)

_____ Number of Families x \$380 = \$ _____
(Husband, wife and children 18 & under)
 (Includes 1 free CANDISC shirt per rider)

_____ Late Fee added after July 15th x \$30 = \$ _____

Day Rate:

_____ Number of Days x \$45 = \$ _____
(For riders who plan to ride only certain days; not the entire tour)
 (CANDISC shirt not included)

Additional Fees:

_____ Number of Support Vehicles x \$20 = \$ _____

_____ Number of Additional CANDISC shirts x \$14 = \$ _____
(Write number of shirts on line of desired size)
 S _____ M _____ L _____ XL _____ XXL _____

_____ Number of CANDISC Jerseys x \$ _____ = \$ _____
 S _____ M _____ L _____ XL _____ XXL _____

Total Fees = \$ _____

**For Candisc
 20th Anniversary**
*A Candisc Cycling Jersey is
 being offered this year*



For final design and ordering instructions see our website at www.parkrec.nd.gov.activities and watch for future mailings.

*We hope you consider
 purchasing one*

✂ Clip & Send ✂

PLEASE PRINT ALL INFORMATION BELOW

Please circle the number of years you have cycled on CANDISC (including this year) (1-4) (5-9) (10-14) (15-19) (20)

Person submitting form:

Name: _____ Age: _____

Address: _____ Shirt Size: _____

City/State/Zip: _____

Home Phone: (____) _____ Work Phone: (____) _____

E-mail: _____

Rider Non-rider Enclosed Waiver

List all other riders and non-riders:

(Indicate R for Rider and N for Non-rider)

R/N	Name	Address	City	State/Zip	Phone	Enclosed Waiver	T-Shirt Size
1.	_____	_____	_____	_____	_____	<input type="checkbox"/>	_____
2.	_____	_____	_____	_____	_____	<input type="checkbox"/>	_____
3.	_____	_____	_____	_____	_____	<input type="checkbox"/>	_____
4.	_____	_____	_____	_____	_____	<input type="checkbox"/>	_____



CANDISC

P.O. Box 515
Garrison, ND 58540-0515

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Garrison, ND 58540

**First CANDISC
tour group**

1993



**Cycling Around
North Dakota In
Sakakawea Country**

CANDISC Tour 2012
"Enchanted Anniversary Tour"