

# CANDISC

*Cycling Around North Dakota in Sakakawea County*

## Tour 2011

Aug. 6-13, 2011

e-mail: [ndfm@restel.com](mailto:ndfm@restel.com)

[www.parkrec.nd.gov](http://www.parkrec.nd.gov)

1-800-799-4242





**W**elcome to CANDISC, Cycling Around North Dakota in Sakakawea Country, a bicycle ride around some of the greatest frontier of North America. CANDISC will cycle 389 miles of high plains terrain that includes hills, dales, highways and scenic roads in Central North Dakota. Along the way the rider will also enjoy the warmth and hospitality of rural America.

In its 19th year, CANDISC is a bicycle ride – not a race. This year’s “Pedal the Pioneer Trail” begins with a tour through the heart of North Dakota’s vast and fertile agricultural country boasting fields of waving grain, herds of cattle and picturesque farmsteads. Breathtaking sunsets accent the wetlands spotted along the trail where ducks, geese, cranes and pelicans nest. Rest stops and overnight camp sites feature historic attractions like the birthplace of the renowned band leader Lawrence Welk in Strasburg, the Gothic-style Church of Sts Peter and Paul with its majestic 85 foot high bell tower, and the adjacent St. Mary’s iron cross cemetery both located in Hague. The last leg of the tour winds its way north along the unspoiled Missouri River where one can almost feel the presence of Lewis and Clark treading its banks. The ride will begin and end at Fort Stevenson State Park in Garrison, ND, a community of 1,400 located just north of beautiful Lake Sakakawea, largest Army Corps reservoir in the USA. CANDISC offers the unique opportunity to cycle some of the greatest unspoiled frontier in North America as you breathe deeply the cleanest air in the USA. You will taste North Dakota hospitality first hand as you cycle the friendliest state in the nation!

## 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.

**Application fee** is \$160 per person or \$360 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, route maps, baggage tags or vehicle pass, week long parking, marked route, mechanic support, baggage transfer, portapotty support, accident insurance, designated rest stops with water every 10 to 20 miles, patrolled route, bike plate, and free celebration meal at the end of the tour.

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 389 miles with daily mileage ranging from 41 to 79 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.**

Once your application is accepted, you will receive a confirmation letter. At the park on Aug. 6th you will receive a packet containing:

**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 soft sided 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 8 a.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 8:00 o’clock a.m.**

**CANDISC Vehicle Registration:** Vehicles accompanying 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, staying in designated CANDISC campgrounds and use of campground facilities, vehicle ID, state map, and private vehicle responsibility guide.

**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 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 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 dinner available. Rest stops along the route each day will have food and drink available. Be sure to bring along enough money to cover your meals and rest stops, bicycle repairs and incidentals such as souvenirs.



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's some ideas on what to bring:

**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, 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, warmup 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, sunblock, insect repellent, safety pins, special medicines, sanitary protection, ace wrap and disposable bags.

**Miscellaneous:** Journal, pens, spare glasses, pencils, scouting knife, camera,

film, 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.

## **Application Process...**

**Refunds:** Must be requested in writing, postmarked by July 15, 2010 with a \$25.00 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](http://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  
P.O. BOX 515  
GARRISON, ND 58540-0515

OR CALL 701-463-2345 OR 1-800-799-4242  
E-mail: [ndfm@restel.com](mailto:ndfm@restel.com)  
[www.parkrec.nd.gov](http://www.parkrec.nd.gov)

If you need additional information, please contact us.



**CANDISC TOUR 2011 ITINERARY**  
**"PEDAL THE PIONEER TRAIL"**  
**AUGUST 6 – AUGUST 13<sup>TH</sup> 2011**

<u>DATE</u>	<u>LOCATION</u>	<u>MILES</u>
Aug. 6 Saturday	Garrison-Fort Stevenson State Park	Organize for ride
Aug. 7 Sunday	FSSP to McClusky	64
Aug. 8 Monday	McClusky to Tuttle	50
Aug. 9 Tuesday	Tuttle to Napoleon	55
Aug. 10 Wednesday	Napoleon to Strasburg	58
Aug. 11 Thursday	Strasburg to Bismarck	79 Century Option
Aug. 12 Friday	Bismarck to Washburn	42
Aug. 13 Saturday	Washburn to Garrison	<u>41</u>
	<b>Total</b>	<b>389</b>



FOR MORE INFORMATION CONTACT  
 CANDISC – HILARY NELSON  
 PO BOX 515  
 GARRISON, ND 58540  
 1-800-799-4242 OR 701-463-2345  
[nfdm@restel.com](mailto:nfdm@restel.com) [www.parkrec.nd.gov](http://www.parkrec.nd.gov)  
[www.nbtda.org](http://www.nbtda.org)



## August 6 - August 13, 2011

### 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 events, I fully accept and assume all risks, whether before, during or after CANDISC and its related events. These include, without limitation, risks 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 abilities, my equipment and the riding conditions and in a manner so as not to endanger either 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 of 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 attorneys' 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**  
P.O. Box 515  
Garrison, ND 58540-0515

# Official Application Form

## August 6 - August 13, 2011

**Bike Tour:**

\_\_\_\_\_ Number of Riders x \$160 = \$ \_\_\_\_\_  
(includes 1 free CANDISC shirt per rider)

\_\_\_\_\_ Number of Families x \$360 = \$ \_\_\_\_\_  
(Husband, wife and children 18 & under)  
 (includes 1 free CANDISC shirt per rider)

\_\_\_\_\_ Late Fee Added after July 15 x \$30 = \$ \_\_\_\_\_

**Day Rate:**

\_\_\_\_\_ Number of Days x \$45 = \$ \_\_\_\_\_  
(for riders who plan to ride only certain days;  
 not the entire tour) CANDISC T-Shirt not included

**Additional Fees:**

\_\_\_\_\_ Number of support vehicles x \$20 = \$ \_\_\_\_\_

\_\_\_\_\_ Number of Additional CANDISC shirts x \$14 = \$ \_\_\_\_\_  
please circle size and quantity of each  
 S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_

**Total Fees** = \$ \_\_\_\_\_

Bike Tour includes overnight camping in seven communities, sag service, official CANDISC ID bands, CANDISC shirt, travel information on North Dakota, emergency medical support, route maps, baggage tag or vehicle pass and more.

**LUGGAGE POLICY**

**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 soft sided luggage, duffle bags will be for sale at the registration desk.

Clip & Send ✂

PLEASE PRINT ALL INFORMATION BELOW

Please Circle Years You Have Cycled On CANDISC 93, 94, 95, 96, 97, 98, 99, 00, 01, 02, 03, 04, 05, 06, 07, 08, 09, 10

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"/>	_____
5.	_____	_____	_____	_____	_____	<input type="checkbox"/>	_____
6.	_____	_____	_____	_____	_____	<input type="checkbox"/>	_____

Use another sheet of paper to list other riders if necessary



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

**PRESORTED  
STANDARD**  
U.S. Postage  
PAID  
Permit No. 22  
Garrison, ND 58540



**Cycling Around  
North Dakota In  
Sakakawea Country**

**CANDISC Tour 2011**

*“Pedal the Pioneer Trail”*