



# CANDISC

*Cycling Around North Dakota in Sakakawea Country*

*400 mile loop tour  
in some of the greatest  
frontier in North America  
First full week of August each year*

### ***ND Small Town Hospitality***



### ***Family Oriented Experience***



***Peaceful Camping Atmosphere***



*Photo Credit to North Dakota Tourism/Ren Davis*

***Beautiful Scenery along the way***

For more information: [ndfm@restel.com](mailto:ndfm@restel.com)  
CANDISC, PO Box 515, Garrison, ND 58540  
or call 1-800-799-4242

# Welcome



*"Great event for telling the story of North Dakota and its great country and people."  
—Anonomous rider*

Welcome to CANDISC, Cycling around North Dakota in Sakakawea Country, a bicycle ride around some of the greatest frontier of North America. CANDISC cycles 400 miles of hills, dales, highways, and scenic roads in North Dakota every first full week in August. (Sunday-Saturday) You will taste North Dakotan hospitality first hand as communities open their towns to you.

In its 21st year, CANDISC is a bicycle ride- not a race. Every year, the ride brings people of all ages from all across the United States and Canada. This year's "Tranquility Place Tour" 2013 will cycle from the expansive plains of the Missouri River on huge Lake Sakakawea to the lush woodlands of the Turtle Mountains. Plan to visit the unique International Peace Gardens on the USA, Canada Border and take a break at the Mystical "Horizons Stone Hinge of the Prairie."

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

## Before the Ride...

Limited to 300 riders, participation is on a first-come, first-served basis. Get your applications early!

Complete the CANDISC Application form & waiver for each person participating. The Application Fee: \$195.00 per person or \$380.00 for a family (husband, wife, children 18 & Under) before July 15th. After July 15th, a late fee of \$40 will be charged.

A Daily Fee: \$50.00 per day/rider is available for riders who only plan to ride certain days; not the entire week.

Each rider under age 18 must have a signed medical release in their possession at all time and 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.

### **Your Application Fee Includes:**

- Overnight camping in 7 communities
- Shower & Bathroom facilities
- Official CANDISC ID Bands
- Sag Service
- CANDISC T-Shirt
  - Travel Information on ND
  - Emergency Medical Support
  - Daily Route Maps & itinerary
  - Baggage & Bike Tags
  - Week Long Parking
  - Marked Routes
  - Mechanic Support
  - Baggage Transfer & Hauling
  - 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



### **Additional Costs not included in your application fee:**

1. Meal plan for Supper & Breakfast at each host community  
Paid & signed up with your application fee by July 15th  
\$90.00 for a Supper Meal Plan (Includes 7 Supper meals)  
\$60.00 for a Breakfast Meal Plan (Includes 7 Breakfast meals)  
\$126.00 for a Full Meal Plan (Includes 7 Supper Meals & 7 Breakfast Meals)

**Individual meals may be sold at the discretion of the host community, but not guaranteed. Also they can not be purchased until after all pre-paid meal plan riders have been fed.**

2. Lunch & other food along the route and at rest stops
3. Souvenirs
4. Activities at host towns



### ***CANDISC Support Vehicle Registration:***

- Vehicles accompanying riders are required to be registered to have access to the parking areas and other CANDISC host community activities.
- Support vehicle fee is \$35.00 which includes a vehicle pass, CANDISC Wrist band, CANDISC campground facilities, and a support vehicle booklet with tour information.
- Additional costs not included in fee: Meal plan for Supper & Breakfast at each host community, Lunch & other food along the route and at rest stops, CANDISC t-shirt.

### **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 30 to 80 miles with a century option available to test your stamina.
- Terrain in North Dakota can vary from flat wheat fields to steep hills.
- CANDISC will continue on schedule in all weather conditions. Weather & temperature can greatly vary (40 to 100 degrees) this time of year so be prepared.
- If you are unable to complete the ride, you are responsible for your own transportation back to Garrison.
- You may begin riding each morning at sunrise; officially 6:00 am. 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 well before sundown.
- If riders veer off the established route, they must let a CANDISC official know their intentions. We are concerned about your whereabouts & well-being.

### ***Sag Wagons:***

- Will sweep the route throughout the day, and bring up the rear to pick up those riders who break down physically or mechanically.
- You can use a "thumbs down" signal to let the drivers know you need help.
- Sag Wagons will either transport you to the next rest stop if you would like to continue riding, or to the next host community if you are unable to finish that day's route.
- If the riders get spread out too far within the day's route, CANDISC Officials have the discretion to mandate that riders sag to the next rest stop or to a safe stopping point closer to the rider group. This is due to safety concerns of CANDISC Officials having to sag many miles along each day's route in order to ensure full patrol for the entire rider group.

### ***Rider's Tags:***

- Each rider will receive a rider's wrist band that must be worn during the ride. The band gives riders access to emergency medical services, shuttle buses, sag wagons, campground facilities, showers, mechanical repairs, etc.

### ***Baggage & Bike Tags:***

- Each rider will receive 2 baggage tags & 1 bike tag. Baggage tags permit you to put your gear on the CANDISC Luggage trucks. Baggage & Bike Tags also allow identification on your luggage and bike in case of mishaps.

### ***Luggage Requirements:***

- Each rider is allowed TWO bags
- Must not weigh more than 40 lbs. each
- No external strapping; 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.
- We suggest packing your clothing & bedding in waterproof bags.

### ***Luggage Loading:***

- Be sure to have your baggage at the luggage trucks by 8:00 am each morning. The luggage truck will leave shortly after that.
- 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 and from the luggage truck. This is not CANDISC's responsibility. We recommend that you bring a small bag with you and take only the luggage needed for that night with you, other luggage can be left in the truck.

**Support Vehicle Requirements:**

- All vehicles must have designated stops and not follow the cyclists which can cause a hazardous situation
- Must not get in the way of traveling CANDISC Official Vehicles or rest stops.
- Must not park in the rest stops.
- Must be registered as an official CANDISC Support Vehicle

**Daily Trip Sheets:**

- Daily route maps and itinerary will be provided to riders. Please refer to these daily.
- The exact route will also be clearly marked on the right side of the road

**Bicycle Receiving & Shipping is also available:**

- If you choose to ship your bicycle to CANDISC, the shipping address is: CANDISC, 52 N. Main, Garrison, ND 58540
- Shipping from CANDISC back home, will include you packaging your bicycle up and getting it ready for return shipping at your personal cost.

**Shuttle Service is also available:**

- \$15.00 per person one way, \$30.00 round trip per person
- From Bismarck or Minot Airports & Minot Amtrak Train Station, will be provided by CANDISC.
- Must be arranged prior to arrival in writing, by e-mail or letter by July 15th. A shuttle request form will need to be filled out providing all information. Contact CANDISC if needed.





## **Your Accommodations...**

### ***Sleeping Accommodations:***

- Camping areas will be set aside by each community on school grounds or city or state parks.
- Please specify on your registration form if your support vehicle will need accommodations for a camper
- A hotel/motel list is available by contacting CANDISC, the rider is responsible for arranging this accommodation if you choose to use this option.

### ***Meal Accommodations:***

- Meal plans are a separate charge included on your registration form, and are in addition to the price of the tour. See application form for pricing. There are three different meal plan options available.
- CANDISC has made arrangements with local groups (churches, service and civic clubs etc.) to have breakfast and supper available at each host community.
- Rest Stops along the route each day will have food and drinks available for purchase. Pricing is similar to a bake sale.

### ***Other:***

- Each host community will provide entertainment or activities to enjoy while CANDISC is visiting their community.
- The trip sheets will also provide you with attractions and other information.

# What to bring Suggestions...

Put your name & address on everything you bring.

## **Money:**

- Snacks/food & drinks will be available to purchase at rest stops, every 10-15 miles along the route and at host communities. Rest Stop items range from \$1.00 to \$5.00 so plan accordingly.
- CANDISC or community souvenirs will be available for purchase.
- Bring Extra money for food if you wish to eat lunch or other meals outside of our rest stops & host community breakfasts/suppers. Grocery Stores, Convenience stores, restaurants may be available.
- Plan Money in case of need for bike repairs or supplies from CANDISC's bike mechanic.

## **Bicycle Equipment:**

- Consider bringing a small bicycle repair kit; bring a lock & 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/or other necessary equipment.

## **Camping:**

- Sleeping tent, duffel bags, sleeping bag, pillow, pad, ground cloth, rope & stakes, hammer, head lamp, flash light

**Toiletries:** -Toiletries to meet your needs.

**Clothes:** -Bring appropriate clothing for all weather conditions.

**First Aid:** -Pain medicine, sun screen, insect repellent, special medicines, sanitary protection, etc.

## **Miscellaneous:**

- CAMERA! Lots of great picture opportunities to capture memories.
- Journal, pens, sunglasses, ear plugs, ID.

**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 and postmarked by July 15th with a \$40.00 processing fee being withheld. After that date, refunds will be handled on a case by case basis.
- Credit Cards are accepted on our online registration. Please be aware that active.com will charge you a nominal fee for registering online. With the online application process, registrant must send the signed waiver form to the PO Box provided below.
- 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.  
Email: [ndfm@restel.com](mailto:ndfm@restel.com)

# 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 temperatures 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 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 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.

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 agreement, waiver and release.

**I have read this agreement, waiver and release.**

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Signature

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Typewritten or Printed Name

---

Address

---

Phone

Age

Date signed

---

Parent or Guardian Signature, if under 18

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

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



Application Form  
**Official CANDISC  
Application Form**  
August 3 -10, 2013

**Bike Tour Rate:**

\_\_\_\_\_ Number of Riders x \$195.00 = \$ \_\_\_\_\_  
(Includes 1 free CANDISC Shirt per rider)

\_\_\_\_\_ Number of Families x \$380.00 = \$ \_\_\_\_\_  
(Husband, Wife, and children 18 & Under)  
(Includes 1 free CANDISC Shirt per rider)

\_\_\_\_\_ Late Fee added after July 15th x \$40.00 = \$ \_\_\_\_\_

**Day Rate:**

\_\_\_\_\_ Number of Days x \$50.00 = \$ \_\_\_\_\_  
(For riders who plan to ride only certain days  
not the entire week. CANDISC Shirt not included)

**Support Vehicle Rate:**

\_\_\_\_\_ Number of Support Vehicles x \$35.00 = \$ \_\_\_\_\_  
(Any vehicle accompanying a rider must register)

**Meal Plan Rate:**

\_\_\_\_\_ Number of Full Meal Plans x \$126.00 = \$ \_\_\_\_\_

(Includes 7 Breakfast Meals & 7 Supper Meals)

\_\_\_\_\_ Number of Supper Only Meal Plans x \$90.00 = \$ \_\_\_\_\_

(Includes 7 Supper Meals, NO Breakfast Meals)

\_\_\_\_\_ Number of Breakfast Only Meal Plans x \$60.00 = \$ \_\_\_\_\_

(Includes 7 Breakfast Meals, NO Supper Meals)

**Additional Fees:**

\_\_\_\_\_ Number of Additional CANDISC shirts x \$16.00 = \$ \_\_\_\_\_

S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_

**TOTAL FEES:** = \$ \_\_\_\_\_

PLEASE PRINT ALL INFORMATION BELOW:

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ Shirt Size: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Home Phone: (\_\_\_\_) \_\_\_\_\_ Work Phone: (\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

Rider  Non-rider/ Support Vehicle  Enclosed Waiver

List all other riders (R) and Non riders (N):

R / N 1. Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone \_\_\_\_\_ Enclosed Waiver  T-Shirt Size \_\_\_\_\_

R / N 2. Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone \_\_\_\_\_ Enclosed Waiver  T-Shirt Size \_\_\_\_\_

R / N 3. Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone \_\_\_\_\_ Enclosed Waiver  T-Shirt Size \_\_\_\_\_

R / N 4. Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

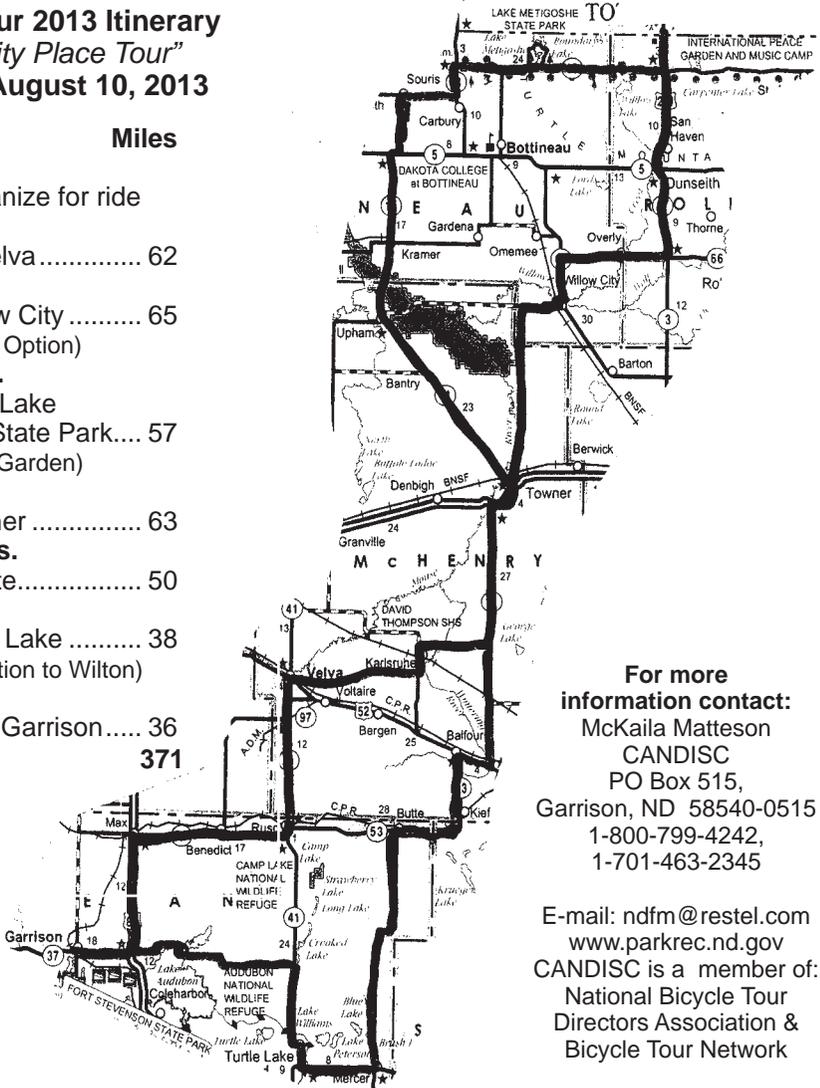
Phone \_\_\_\_\_ Enclosed Waiver  T-Shirt Size \_\_\_\_\_

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

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

**Candisc Tour 2013 Itinerary**  
*"Tranquility Place Tour"*  
**August 3-August 10, 2013**

Date	Miles
<b>Aug. 3 - Sat.</b>	
Garrison, organize for ride	
<b>Aug. 4 - Sun.</b>	
Garrison to Velva..... 62	
<b>Aug. 5 - Mon.</b>	
Velva to Willow City ..... 65 (Century Option)	
<b>Aug. 6 - Tues.</b>	
Willow City to Lake Metigoshe State Park.... 57 (Peace Garden)	
<b>Aug. 7 - Wed.</b>	
LMSP to Towner ..... 63	
<b>Aug. 8 - Thurs.</b>	
Towner to Butte..... 50	
<b>Aug. 9 - Fri.</b>	
Butte to Turtle Lake ..... 38 (50 mile option to Wilton)	
<b>Aug. 10 - Sat.</b>	
Turtle Lake to Garrison..... 36	
<b>Total</b>	<b>371</b>



**For more information contact:**  
McKaila Matteson  
CANDISC  
PO Box 515,  
Garrison, ND 58540-0515  
1-800-799-4242,  
1-701-463-2345

E-mail: [ndfm@restel.com](mailto:ndfm@restel.com)  
[www.parkrec.nd.gov](http://www.parkrec.nd.gov)  
CANDISC is a member of:  
National Bicycle Tour  
Directors Association &  
Bicycle Tour Network