



The CANDISCer

The official newsletter of Cycling Around
North Dakota In Sakakawea Country.

January 2010

“The Far East Tour” CANDISC 2009

Hilary Nelson

CANDISC Tour 2009 gave me the opportunity to meet many new and exciting participants from all across the world. I truly appreciate all of the support everyone gave me for my first year as director. I hope I met your expectations and will continue to do my best to make CANDISC 2010 better than ever!



“The Far East Tour” had a total of 418 riders. Thanks to everyone who rode the tour in 2009 – we truly appreciate your support of CANDISC; – it is a wonderful compliment to have riders come back year after year! CANDISC 2009 had riders from 29 states 4 Canadian Provinces, and 4 foreign countries that include Italy, Norway, Hungary, and Qatar. There were 12 families on the tour and if that doesn’t say family fun I don’t know what does! This year tour had 66% of the cyclists from out of state. Many of the out-of-state riders were in North Dakota for the very first time and what a great way to view our beautiful state; from a bicycle seat. The CANDISC volunteer staff and communities count it a real honor to have served your needs on the CANDISC Tour 2009.

Once again at the end of the tour we asked everyone to vote for the Best

Overnight Hosts and Best Rest Stop. Our hosts go to a lot of work to accommodate our needs. Thanks to all who voted. The communities and rest stops look forward to finding out the results and count it a real honor to be voted one of the best for the CANDISC Tour.



In the Overnight Host category, Wing came in first and received \$1,500 and Best Overnight Host Plaque. Coming in a very close second was Turtle Lake receiving \$750 and a plaque. Along with that they also took home the best Supper Meal with their Home style Turkey Dinner as well as tied for first place for best Breakfast meal. Way to go! Fessenden, our third place winners, received a check for \$500 and a plaque and they are the community who tied with Turtle Lake in the best Breakfast category. Minnewaukan did a nice job for us as well and received \$300 and a plaque. Another job well done went to Fort Totten State Historical Site who also received \$250 and a plaque. Drake and Garrison each received \$250 and a framed certificate. When we visit these communities they go above and beyond the call of duty to make sure your stay in their community is second to none. Each community has its own ideas on how to show their North Dakota and hometown community pride! Nice job to everyone involved in CANDISC 2009! We could not do it without your help!

Western North Dakota offers lots of scenic views and open space and the efforts of the rest stops were very much appreciated. Many of the stops had to set up in rural areas miles from any services and did an excellent job of supporting the tour. The Best Rest Stop went to Minot Boy Scouts Troop #425, big thanks to this group as they came on to help us out at the end, they did an excellent job. They received \$500 and the Best Rest Stop plaque. Second place went to the New Life Fellowship 1 with their Bait Shop; they received \$300 and a plaque.

The Contest

This last year we had an overwhelming amount of entries for our annual Porta Potty Contest! A big thanks to all of those who participated! Our big winners for 2009 were King – Tom Vanden Eynden of Bowling Green, OH and our Queen – Diane Resech of Swift Current, SK. Congrats on a free registration for 2010 and your great bracelets made especially for you by none other than Joe Kottenbrock.



This year's theme for the Porta Potty Contest is a RAP! Make your entry in the form of a catchy Rap in 50 words or less. Remember it must be written on toilet tissue and be family friendly! Let's see what our creative riders can come up with for 2010!

CANDISC 2010

The 2010 route is going to be traveling to the Northwest part of the state. Now for those of you who are not aware the Northwest part of North Dakota is very abundant with waterfowl. We will be

traveling though some of the most beautiful parts of North Dakota as well as three Wildlife Refuges! Be ready to experience North Dakota Fowl like never before!



Flock to CANDSIC 2010! The route for this year is going to once again start at Fort Stevenson State Park for registration on Saturday, July 31st. Our first overnight stop will be at Berthold, then to Kenmare home of "Goosefest". We will then travel to Crosby, followed by Bowbells, on to Glenburn to Makoti and then return to Garrison. This year's tour is sure to be filled with fun!



Once again we will be looking for volunteers to help out as medics on the tour. The **minimum** requirements are: First Responder certification; EMT certification; or professional medical credentials (nursing, M.D., N.P., P.A.) – **all must be current and valid.**

CANDISC's medics will receive a \$35.00 rebate along with their medical kit and vest when they arrive for registration on Saturday. If you have questions regarding medic responsibilities or want to volunteer to be a medic, please contact Hilary Nelson at ndfm@restel.com; or call 701-463-2345. Thanks!

A View from the Porta-Potty
By Dick Messerly

While moving and positioning and dumping porta-potties this year I was thinking about CANDISC and the history of the tour. As Hilary handled many of the administrative duties, I reflected on where the tour has

come from and what makes the tour so special; at least to me. For me what makes CANDSIC so special is three things; 1. **The People** (CANDISC Tour Volunteers) 2. **The People** (The Host Communities & Rest Stops) 3. **The People** (The Cyclists).

1. **PEOPLE:** The CANDISC Board and volunteers work all year meeting and strategizing on how to make the tour the best possible and spending several days traveling/ working with the tour to accommodate the CANDISC cyclists. They do all this with no pay and sometimes few thank you's. Why does this group of volunteers put so much effort into making this event such a success? I'm not sure I have the full answer but much of it is that they are so proud of Garrison, Fort Stevenson State Park, and North Dakota that they want to show all these off to the world and allow others to develop a similar appreciation for their world. Much of their payment is when a cyclist exclaims, "this state is beautiful" or "you guys do the best job ever of supporting the cyclists; you really care about our welfare". The Present CANDISC board includes: Ted and Nancy Livesay, Lu Graber, Nancy Peterson, Brad and Karen Rohde, Mike and Jill Gackle, Dick and Melissa Messerly, and Hal and Jeanna Severance. Past volunteers that we really miss include: Karen Hellebush, Jim and Janet Fisher, Al Warkenthein, Wade Graber, Don and Marlyn Zimmerman, Darwin and Claryce Johnson. These are all names that come to mind who have truly given of themselves to make CANDISC a First Class Tour. Of course one other person I need to mention is Rory Schell, who along with his wife Janelle and their daughter and son have had a huge positive impact. I know I will never be able to adequately repay any of them for their dedication to CANDISC. But, wow, what a

lot of great memories! I look forward to making more!

2. **PEOPLE:** The statement that sticks in my mind when I think about the Overnight Host Communities and Rest Stops came from a CANDSIC cyclist who said to me "WOW they treat us just like celebrities, I feel so welcome!" The small towns and energetic groups that support the tour each day are phenomenal. Why do they give such outstanding service to a bunch of strangers? They too are very proud of their communities and want to give CANDISC Cyclists a wonderful experience in North Dakota.

3. **PEOPLE:** CANDISC Cyclists are, without a doubt, the best group of travelers anyone could ever ask for! They are gracious guests who appreciate all of the hard work their host put forth to make them welcome. CANDISC communities are anxious to host the CANDISC Tour again and again because the riders are such wonderful visitors. CANDISCers are: appreciative, respectful, honest, adventurous, gracious, flexible (dealing with circumstances as they come) and fun. One statement that really sticks in my mind was made in a city park by a gentleman who was cleaning up the park after the CANDISC Tour had packed up and left. He told me, "This park is much cleaner than before the bikers came; I can't believe how litter free the park is." Thanks to all of you for being such wonderful guests.

CANDISC started in 1993 with many people being very skeptical that a weeklong bicycle tour would ever amount to anything in North Dakota. Thanks to all of you for proving them wrong and making CANDISC a premier tourism event in the state. Yes, it truly is the People who have made and will continue to make CANDSIC such an

outstanding Bicycle Tour! Again, THANK YOU! Thanks for believing in CANDISC!

MUSIC CORNER!



One of our long time riders has decided to grace us with his musical talents. Please enjoy this lovely tune provided by none other than Karl Jorgenson.

Sing to the tune of Yankee Doodle
CANDISC riders went to Wing,
On their skinny tires,
Pitched their tents and ate their meal,
And had no more desires.

CANDISC riders stay up late,
Keep the party revvin',
You shouldn't have to go to bed,
Unless you're only seven!

Since CANDISC has so many different types of riders please make sure you are courteous to everyone. Some cyclists like to go to bed early and others like to stay up late. Some like to rise early and others like to sleep in late. No matter what type of rider you are please make sure to respect others around you. Thanks!

