

HOP ON OVER TO
MILTON-FREEWATER
FOR THE



www.eosportstraining.com/tourdefrog.htm



Please let us know what you liked or didn't like so we can make next year's ride even better. We hope you all plan to hop on back next year and all your friends that didn't make the ride will be green with envy.



Organized By
Eastern Oregon Sports Training LLC

Eastern Oregon Sports Training LLC

Athena, Oregon
Phone: 541-969-9724
E-mail: ericj@eosportstraing.com

Name: _____ Age: _____ DOB: _____ M _____ F _____
Address: _____ City _____ State _____ Zip _____
Phone # _____ Email _____

Distance: (circle one) 25 mile 50 mile 75 mile 100 mile

T-shirt: (circle one) S M L XL XXL

Cost: (includes t-shirt)
25 mile \$30.00 _____
50, 75, 100 mile \$50.00 _____

Make checks payable to : Eastern Oregon Sports Training LLC
534 N 2nd Street
Athena, OR 97813
On-line registration available at www.wwww.active.com

Release: In signing this release for myself (or for the named entrant if entrant is under 18 years), I understand the intent of this release and agree to absolve and hold harmless all sponsors, their officers and members, and any other parties connected with this event in any way, including Eastern Oregon Sports Training LLC, Umatilla County, and Walla Walla County, from and against any blame or liability for any injury, misadventure, harm, loss, inconvenience, or damage suffered as a result of participation in the Tour de Frog or any activity associated there with.

Signed: _____ Parent if under 18: _____

TOUR DE FROG

Milton-Freewater, nicknamed Muddy Frogwater, is nestled at the base of the Blue Mountains in the agriculture rich Walla Walla Valley. The area has an abundance of miles of quiet paved country roads, beautiful scenery and varied terrain which make it an ideal location for cyclists. Rather than shunning its nickname the town decided to embrace it, so much that the town is littered with different frog statues and every third weekend in August they hold the Muddy Frogwater Country Festival. If you have a sharp eye you might even spot a few of the frogs during the Tour de Frog.

The driving force behind Tour de Frog is the need to help out the local high school's Technology Student Association (TSA). The program is designed to create tomorrow's leaders in engineering and technology. All proceeds from the ride go to the Mac-Hi TSA program. Don't forget to say "Hi" to Milton-

Freewater's future leaders in technology at one of the food stops. They will be helping run the Tour de Frog.



The Rides

We're excited to announce that the Tour de Frog bike ride will consist of four ride options; 100, 77, 50 or 25 mile rides. All of the rides will start and finish at Yantis park in Milton-Freewater. Parking is available in the lot next to the family aquatic center located at the end of Second Ave and along the street. A lunch stop will be provided at the Whitman Mission National Historic Site. At Whitman Mission, riders can relax in the shade, have lunch, and tour the historic site and museum. Admission to the museum is free for all riders.

25 Mile Ride

The ride leaves the city of Milton-Freewater and heads north through the beautiful farm lands of the Walla Walla Valley that are comprised of orchards, vineyards, wheat fields, hay fields, pastures and multiple row crops. The course is flat with a couple of small hills near Whitman Mission.

50 Mile Ride

The ride leaves the city of Milton-Freewater, heading south up Milton Hill and then drops down into the Dry Creek canyon for a fun fast ride through the canyon. Caution there are three, well-marked railroad crossings on this stretch, so please cross with care. The ride then meets up with the 25 mile riders and continues on the same course to Whitman Mission for lunch. Whitman Mission is the mid-way point of the ride. From Whitman, the ride continues along more of the same type of farmland as it makes its way to the base of the Blue Mountains. Then the ride follows along the base of the Blue Mountains back to Milton-Freewater.



75 Mile Ride

The ride is the same as the 50 mile ride but before you make your way up Milton Hill, you turn at the base of the hill and follow the scenic Walla Walla River up to Harris Park on the South Fork of the Walla Walla River. The ride up to the park takes you along beautiful orchards and pasture lands. As the canyon begins to narrow you can still see the remains of the old flume on the south side cliffs. Once at Harris Park, riders can relax in the cool of the shade and enjoy water and a snack before making the quick-paced ride back to Milton-Freewater. Back in Milton-Freewater, the riders will join up with the 50 mile ride and complete that loop for a total of 77 miles.

100 Mile Ride

The ride is the same as the 77 mile ride but with the addition of a loop through the alfalfa fields towards Touchet, WA and a loop towards the Blue Mountains along the south side of Walla Walla.

Start Times:

7-8 am 100 and 75 mile rides
7-9 am 50 and 25 mile rides

Late registrations will be accepted between 6:30 and 9 am at the starting line, Yantis park.

**McLoughlin High School
Technology Student Association**



<http://students.miltfree.k12.or.us/TSA/tsahome.html>

TOUR DE FROG