

**Welcome to the 2018 OBS Grand tour.** This is your guide to the daily routes. Below are some notes about the tour and using the route guides.

First, the route guides:

All maps in the route guiders are oriented with north at the top of the page. All mileages indicated are one way (double for round trip).

The trails we will be riding have been given numbers to (hopefully) make them easier to follow. On the route guide sheets, each time a trail is mentioned the number for the trail is indicated in brackets like this [X] to make it easier to follow the trail signs.

In some cases, the number signs may be missing so I recommend you take the day's route guide with you to avoid getting on the wrong trail. You may also chose to enter a destination on your phone or GPS device and use that for guidance. Be sure to put the phone app in bicycle mode—otherwise you will find yourself on busy highways. ALSO, be aware that sometimes phone apps will route you onto a road instead of a trail because the distance is shorter or the app has not been updated with the latest trail info. That's why the route guide is a good backup for everyone.

I strongly recommend you study the next day's route the night before so you have at least a general idea of what the route looks like and what trail changes you may be negotiating.

OK, now on to other stuff:

Everyone will leave whenever they are ready and ride at a pace comfortable to them.

The hotel provides breakfast, but of course you are free to eat at other locations or buy food and keep it in your room or vehicle. Everyone will be on their own for lunch and dinner each day. Hopefully, on at least a few evenings we can agree on a restaurant and all go to the same place, but that is by no means a requirement. I understand people have different diet requirements and food preferences. I may make suggestions for a restaurant and ask that you feel free to do the same. Also feel free to form smaller dining groups as you and the other participants discover each other's food preferences.

If we have issues with weather, the ride plans may change. We may not do the routes in the order the guide is organized, etc. Just be prepared to be flexible.

The weather in Ohio is about as predictable as the weather in Oklahoma. Be prepared for cool, rainy weather as well as heat. Be sure to bring and use plenty of sun screen and stay hydrated. There are plenty of opportunities to refill your water bottle and get a sports drink or soda ("pop" to some of you) in the little towns along the trails.

All touring cyclists should carry some emergency food such as trail mix or granola bars to ward of "bonking" in case you failed to eat enough breakfast or lunch to fuel you through the required miles to get back to the hotel. It's happened to a lot of folks who have said, "That never happens to me." When we are riding every day instead of a few times a week, there can be an accumulative affect. Our bodies need more fuel than we are used to providing them.

The list of participants is printed on the back of this page for your convenience.

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