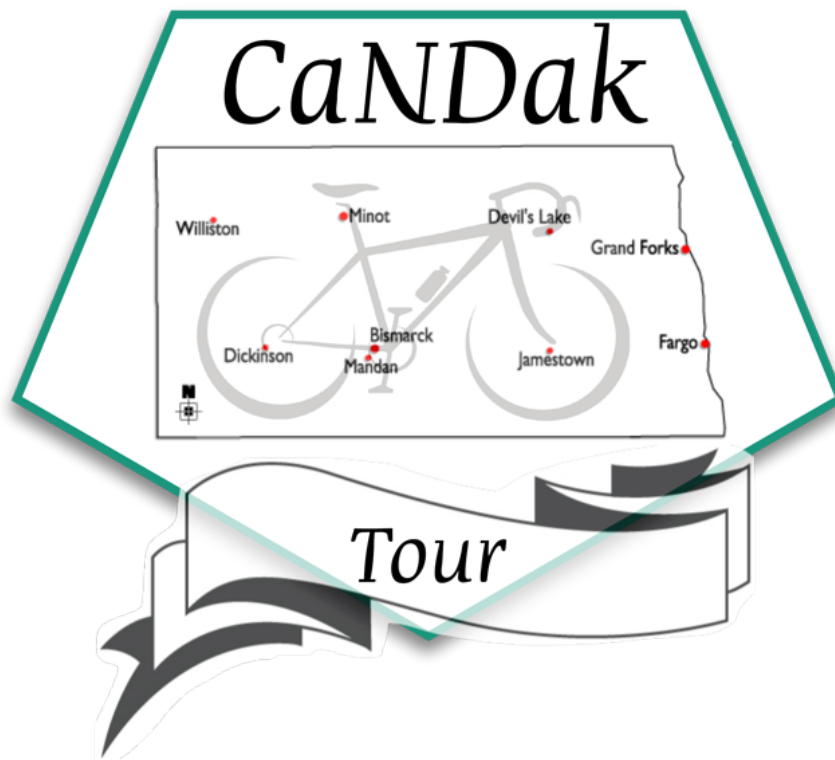


# Missouri River Tour

August 6<sup>th</sup>–13<sup>th</sup>, 2022

## TRIP SHEETS



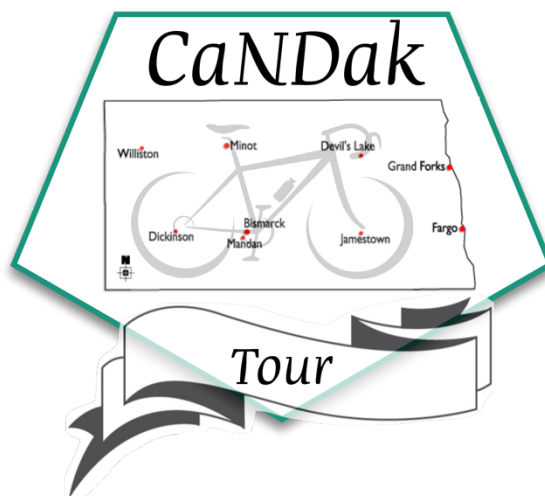
Welcome to  
CaNDak  
Cycling Around North Dakota

# Greetings CaNDak Cyclists!

Welcome to CaNDAK 2022- we are thrilled to have you joining us on our fifth tour! Our group is excited to be offering the experience that many of you cherish and look forward to all year long. The scenery and uniqueness of North Dakota are truly one of a kind and this tour will give you the opportunity to see the beauty of North Dakota first hand on two wheels. North Dakota's small- town hospitality has made a lasting impression for many tourists and we hope you get that experience as well!

Our group consists of high school wrestling teams from around the area. Minot High School, Velva High School, and Bishop Ryan High School has come together to offer this amazing event in hopes to offer a great ride and to help fund their teams for the upcoming season. We have been working tirelessly with host community members in the Southern portion of North Dakota. The mighty Missouri is our focus this year as we get to see it on few legs of this tour. We have been working with the area communities and have put together what we hope will be an experience that you will seek out again and again.

Enjoy yourselves as we deliver what North Dakota has to offer!



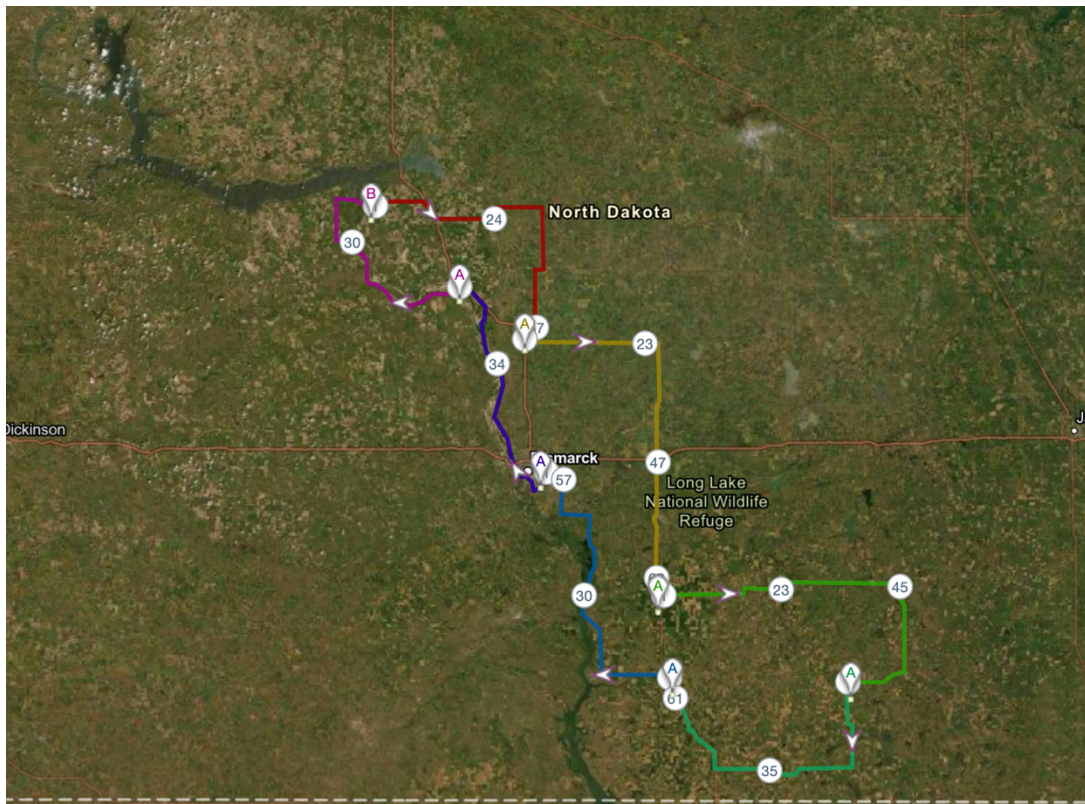
# WELCOME TO CaNDak!!

## CaNDAK TOUR 2022 ITINERARY

### “Missouri River Tour”

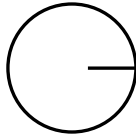
August 6<sup>th</sup>- 13<sup>th</sup>, 2021

| DATE                 | LOCATION                               | MILES           |
|----------------------|--|-----------------|
| Saturday, August 6   | Riverdale                              |                 |
| Sunday, August 7     | Riverdale to Wilton                    | 60 miles        |
| Monday, August 8     | Wilton to Hazelton                     | 72 miles        |
| Tuesday, August 9    | Hazelton to Wishek                     | 72 miles        |
| Wednesday, August 10 | Wishek to Linton                       | 68 miles        |
| Thursday, August 11  | Linton to Buckstop Junction (Bismarck) | 63 miles        |
| Friday, August 12    | Buckstop Junction to Washburn          | 52 miles        |
| Saturday, August 13  | Wasburn to Riverdale                   | <u>63 miles</u> |
|                      |  | 432 miles       |

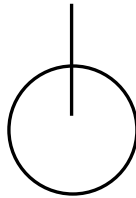


## GENERAL INFORMATION

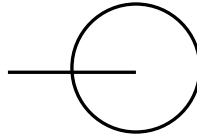
### Route Marking



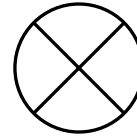
Right Turn



Straight



Left Turn



Wrong Way



Rough Crossing Ahead (Railroads, rumble strips). Go very slowly.

These signs will be printed on the right side of the roads as you approach the intersection.

### Emergency Number: 1-800-472-2121 or 911

### Baggage Loading and Hauling

5:00 am to 8:00 am – **Baggage Truck will leave at 8:00 am sharp.**

### SAG Wagons

Thumbs down signal if you want help: water, first aid, energy snacks, etc.

Transportation to next rest stop or overnight stop.

*If the riders spread out too far within the day's route, CANDAK 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 CANDAK Officials having to sag many miles along each day's route in order to ensure full patrol for the entire rider group.*

### CaNDak Wristband

Wristbands must be worn at all times during the ride.

Wristbands will be used to identify pre-paid meal plan purchasers.

***Red: No Meal Plan, Green: Full Meal Plan, Blue: Supper Only Plan, Yellow: Breakfast Only Plan***

### MEALS

Must have a meal plan wristband. Individual meals may be sold at the discretion of the host community if they have an adequate amount of food left, but will not be sold or served until after 7:00pm/7:00am. This is not guaranteed.

**Minor Waiver-** Waiver must be carried at all times by cyclists under 18.

### Information Van

Weather information, trip sheets, emergency numbers, lost and found, etc. can be found in the information van. If you have any questions, please visit the info van.

### Staff Vehicles

CANDAK Staff Vehicles are all marked with signage on the sides.

**CaNDak Day Riders/Late registrations-** Available at the Information Van.



***WEAR YOUR HELMET!!! Riding permitted only during daylight hours.***

## **HOW TO RIDE CaNDak SAFELY**

1. **OBEY TRAFFIC LAWS:** In North Dakota, bicyclists enjoy the same rights as motorists. In accepting those rights, bicyclists also assume the responsibilities for riding in a safe and legal manner by:  
\*\*\*\*Stopping completely at stop signs, obeying yield signs, not crossing yellow lines in your lane, riding to the right, signaling for turns, not cutting corners, and riding in a respectful manner.
2. **STOP OFF THE ROAD SURFACE:** When stopping along the CaNDak route please signal to let those behind know your intentions. Stop at the right edge of the roadway and immediately move to the shoulder. Stay clear of the roadway. Stopping is especially dangerous at the crest of a hill or on a curve.
3. **BE CONSIDERATE:** The bicycling skills of those participating in CaNDak cover the full range of the spectrum. Each rider must look out for everyone else, as well as themselves. These tips will help:  
\*\*\*\*Don't weave. Make sure no bicyclists or motor vehicles are immediately behind you when you stop. Signal turns and stops. Sound off when passing. Use phrases such as "On your left," "On your right," or "Coming through the middle." Ride to the right, leaving room to pass on your left. Keep your bicycle in good condition. Turn left from the center of the roadway. Park completely off the roadway. Be courteous to passing vehicles and other bicyclists. Instead of riding several abreast, go single file and let those behind you pass. Use a rear view mirror.
4. **WEAR A HELMET:** It is estimated that 85% of bicycling accidents result in injury to face or head. Wear a good protective helmet!
5. **CROSS RAILROAD TRACKS AT RIGHT ANGLES.**
6. **BEWARE OF LOOSE GRAVEL:** Especially at intersections, on curves and going down hills.
7. **DON'T DRAFT:** Drafting in crowds is dangerous. There is no place for it on CaNDak. Drafting vehicles is also dangerous and will not be tolerated.
8. **DON'T RIDE AT NIGHT:** North Dakota offers 16 hours of daylight; riders will not be allowed to ride before sunrise or after dark.
9. **BE IN CONDITION:** You should be in good shape and be capable of riding the distances each day before you come on the ride.
10. **PACE YOURSELF:** CaNDak is not a race; it is a touring bicycle ride in the state of N.D. All riders do not travel at the same speed, so don't try to keep up with someone who rides too fast for you. Riding too fast or in too high a gear is tough on your knees, heart and lungs.
11. **EAT AND DRINK FREQUENTLY:** Rather than loading up once in the middle of the day, stop frequently for fluid and food and also carry water with you.
12. **COOPERATE WITH CaNDak OFFICIALS:** State Troopers, Deputy Sheriffs, and other law enforcement personnel will be patrolling the route. Obey their signals. Please stay on the marked route. (Services are not available to you if you are off the route.)
13. **CONTROL YOUR SPEED WHEN GOING DOWN HILLS:** Don't ride your brakes and be very careful on down hill curves.

- 14. REMOVE BIKING GLOVES AND WASH HANDS AS OFTEN AS POSSIBLE BEFORE EATING:** Remove biking gloves when using toilet facilities.

## CAMPGROUND ETIQUETTE



**Everywhere we CaNDakers go, we want to be welcomed guests, so please treat our hosts with courtesy and respect.**

1. **DO NOT LITTER.** Pick up your own trash in the campground and along the route.
2. **RESPECT THE PROPERTY OF OTHERS.** Leave the campground in better condition than you found it. If the meal is inside, please respect that property by taking off your cleats before walking onto the floor.
3. **KEEP THE CAMPGROUND QUIET.** Most riders want to get a good night's rest. Quiet hours will begin at 9:30 PM. When you get up in the mornings, please be quiet and respect that others might still be sleeping.
4. **CAMP ONLY WHERE DIRECTED.** Local communities go through a great deal of work to set up the campground. Please be respectful.

5

**ENJOY CaNDak AND ENJOY NORTH DAKOTA!!**

*We hope you make great friends and memories to last a lifetime on CaNDak.*

**PRE-RIDE DAY**  
**SATURDAY, AUGUST 6th, 2022**  
**The Knights Hotel and Restaurant**  
**Registration starts at 4 p.m.**

---

**-CAMPING-**

Tent Camping is available behind the  
Knights hotel.

**-SHOWERS-**

No Showers

**-BREAKFAST MEAL-**

5:00-7:00 a.m. at the Park

**-SUPPER MEAL-**

5:00-8:00pm at the Knights  
Burger Bar, Salads, drink

Breakfast casserole, potatoes, OJ, Coffee,  
Milk

**-ENTERTAINMENT-**

Pre-Ride Information Meeting

8:00pm

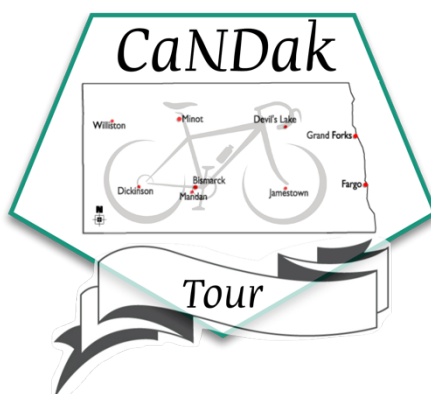
By the Luggage trailer

***We recommend all riders & support vehicles attend this meeting. Very Important!!***  
***New riders REQUIRED to attend.***

**SEVERE WEATHER SHELTER**—The Knights hotel

**ATM**—Knights bar and Restaurant

**This blank page is left for you to start making memories & meeting friends!**



**DAY 1**  
**SUNDAY, AUGUST 8th, 2021**  
**Riverdale to Wilton**  
**60 MILES**

---

**-REST STOPS-- (Check map)-**

**MILES--**

|    |                        |                          |
|----|------------------------|--------------------------|
| 13 | Riverdale to Underwood | Full Service C-Store     |
| 17 | Underwood to Rest Stop | Water and Toilet (Porta) |
| 18 | Rest Stop to Rest Stop | Water and Toilet (Porta) |
| 12 | Rest Stop to Wilton    | FINAL DESTINATION        |

**-POINTS OF INTEREST-**

**-CAMPING-**

Camping will be in the Mission Evangelical  
Church

**-SHOWERS-**

The Shower Shack

**-SUPPER MEAL-**

5:00-8:00pm at the Church  
TBA

**-BREAKFAST MEAL-**

5:00-7:00am at the Church  
TBA

**INTERNET ACCESS** – None

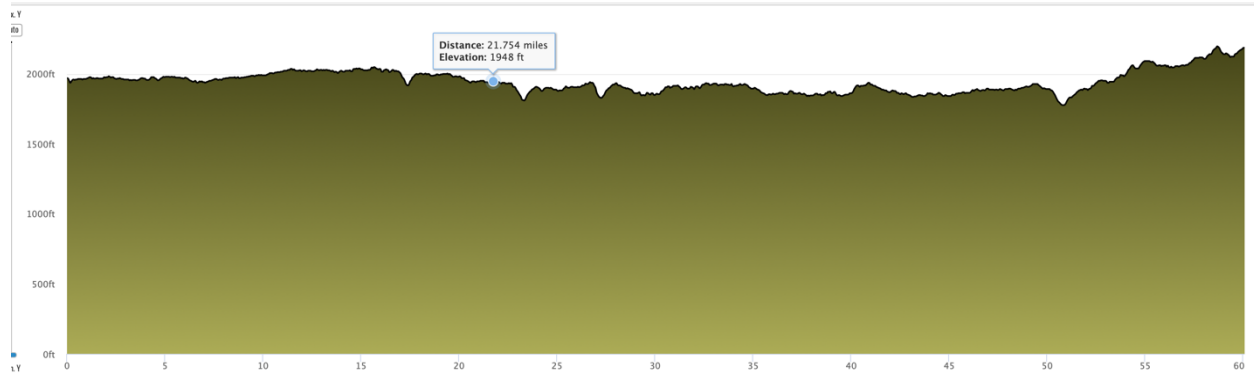
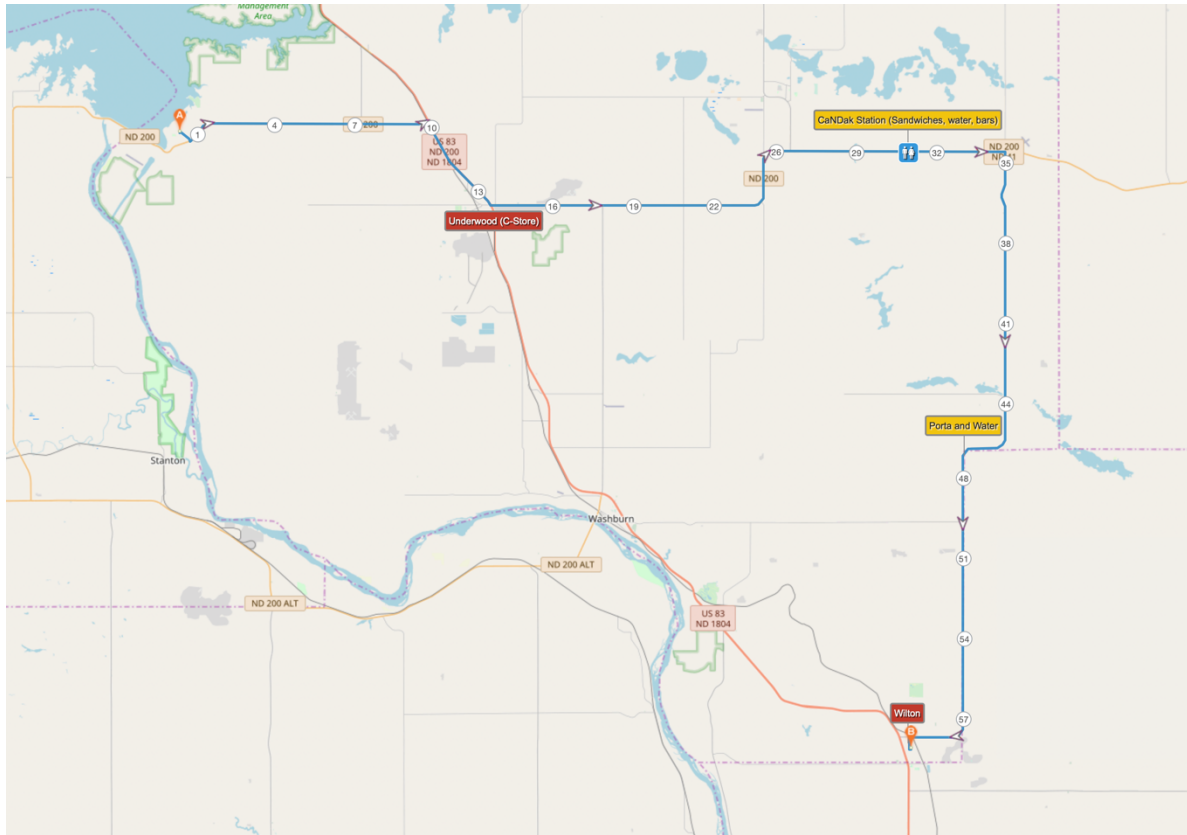
**LAUNDROMAT**—None

**ATM**— C-Store

**SEVERE WEATHER LOCATION**— Mission Evangelical Church



**DAY 1**  
**SUNDAY, AUGUST 7th, 2022**  
**Riverdale to Wilton**  
**60 MILES**





**DAY 2**  
**MONDAY, AUGUST 8th, 2022**  
**Wilton to Hazelton**  
**70 MILES**

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**-REST STOPS-- (Check map)-**

**MILES—**

|    |                       |                   |
|----|-----------------------|-------------------|
| 14 | Wilton to Rest Stop   | Water and Porta   |
| 11 | Rest Stop to Wing     | C-Store/ Cafe     |
| 20 | Wing to Sterling      | C-Store           |
| 10 | Sterling to Rest Stop | Water and Porta   |
| 12 | Rest Stop to Hazelton | Final Destination |

**-POINTS OF INTEREST-**

**-CAMPING-**

Camping at the Hazelton High School

**-SUPPER MEAL-**

5:00-8:00pm at Coffee Shop

Pulled Pork, Beans, Salad, Fruit, Veggies, water/coffee/drink

**-SHOWERS-**

Shower Shack

**-BREAKFAST MEAL-**

5:00-7:00am at Coffee Shop

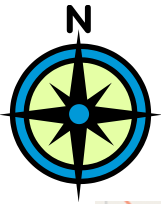
Pancakes, Scrambled Eggs, sausage, fruit, coffee, juice, milk

**ENTERTAINMENT-** Singer will be singing from 8-9 and ND wine offered.

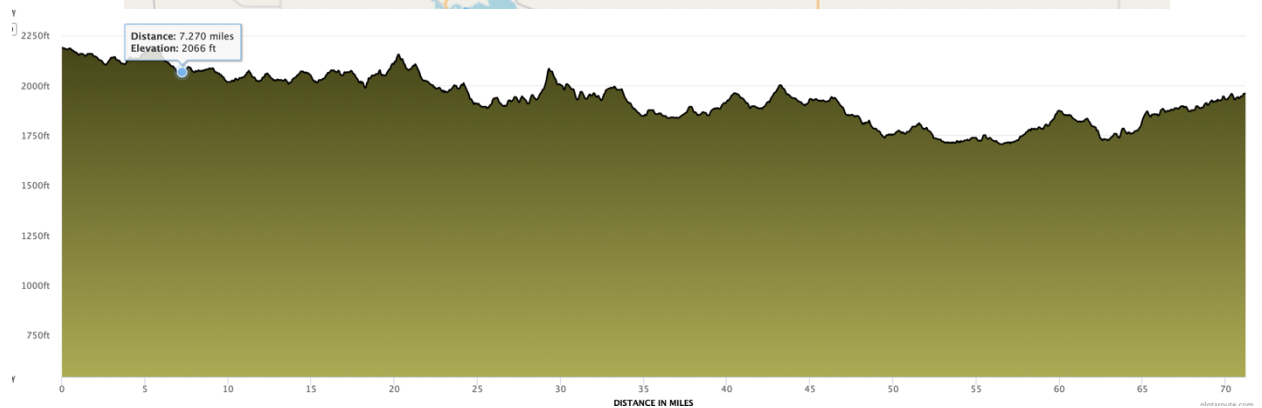
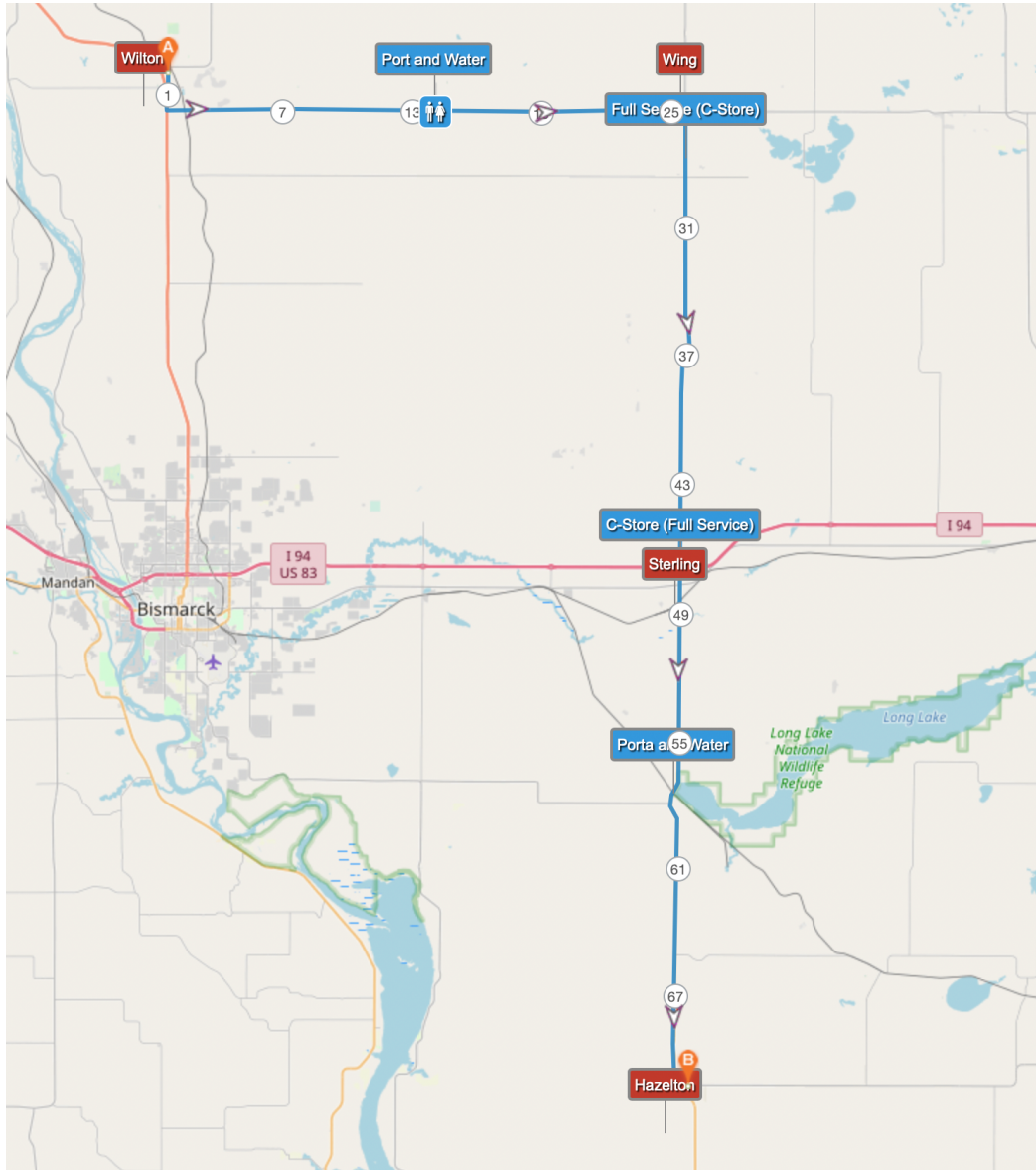
**INTERNET ACCESS—** None

**ATM—** Corner Stone C-Store

**SEVERE WEATHER LOCATION—** Hazelton Public School



**DAY 2**  
**MONDAY, AUGUST 8th, 2022**  
**Wilton to Hazelton**  
**72 MILES**



**DAY 3**  
**TUESDAY, AUGUST 9th, 2022**  
**Hazelton to Wishek**  
**72 MILES**

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**-REST STOPS-- (Check map)-**

**MILES--**

|    |                       |                         |
|----|-----------------------|-------------------------|
| 15 | Hazelton to Rest Stop | Porta and Water         |
| 11 | Rest Stop to Napoleon | C-Store/ 2 Café's       |
| 20 | Napoleon to Rest Stop | Sandwiches, water, bars |
| 18 | Rest Stop to Lehr     | Porta and Water         |
| 10 | Lehr to Wishek        | Final Destination       |

**-POINTS OF INTEREST-**

**-CAMPING-**

Camping at the Wishek City Park

**-SHOWERS-**

Shower Shack

**-SUPPER MEAL-**

5:00-8:00pm at Wishek Park  
Knephla and Ham

**-BREAKFAST MEAL-**

5:00-7:00am At Wishek Park  
Breakfast Burritos

**INTERNET ACCESS—None**

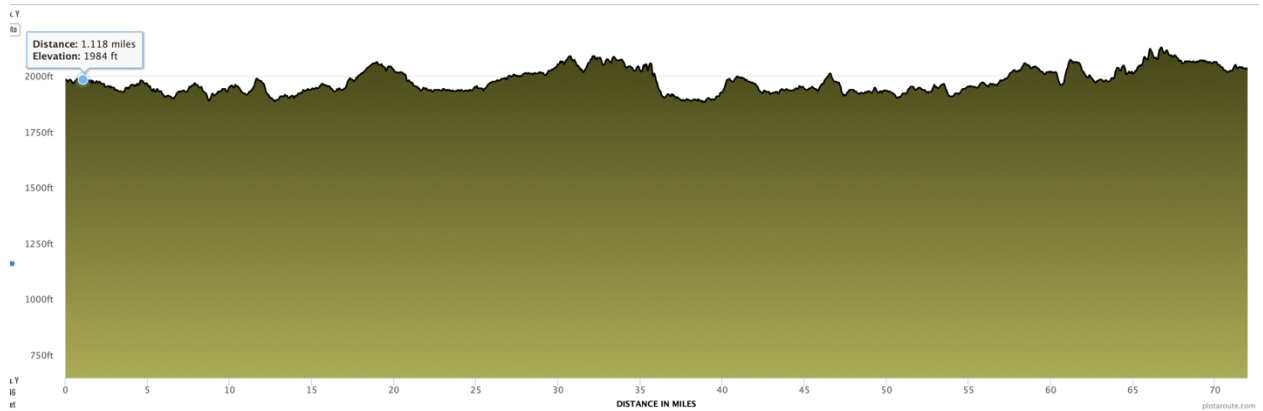
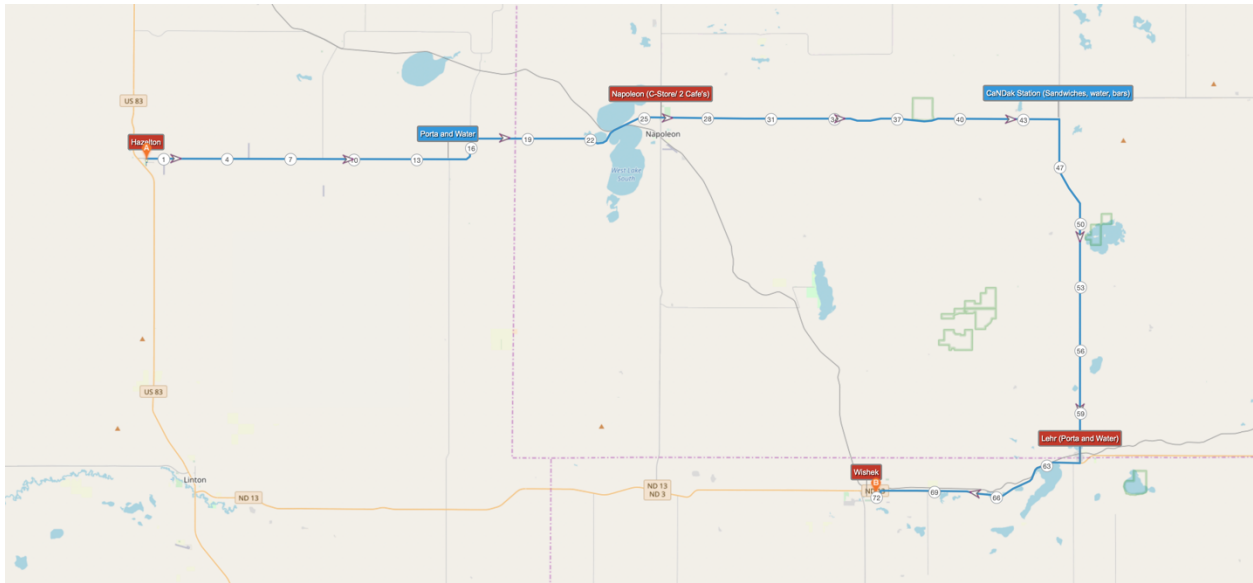
**LAUNDROMAT— Main Street**

**ATM— various locations on Main Street**

**SEVERE WEATHER LOCATION— Wishek Fire Hall**



**DAY 3**  
**TUESDAY, AUGUST 9th, 2022**  
**Hazleton to Wishek**  
**72 MILES**



**DAY 4**  
**WEDNESDAY, AUGUST 10th, 2022**  
**Wishek to Linton**  
**65 MILES**

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**-REST STOPS-- (Check map)-**

**MILES--**

|    |                        |   |
|----|------------------------|---|
| 11 | Wishek to Rest Stop    | Porta and Water   |
| 22 | Rest Stop to Rest Stop | Porta and Water   |
| 11 | Rest Stop to Hague     | Thirst Quencher Bar Food for riders (Pulled pork and chips \$5) |
| 14 | Hague to Strasburg     | C-Store, Cafe's   |
| 11 | Strasburg to Linton    | Final Destination   |

**-CAMPING-**

Tent camping is at the football Field

**-SHOWERS-**

Showers Shack

**-SUPPER MEAL-**

**5:00-8:00pm at Linton High School**  
Spaghetti, Garlic Bread, etc.

**-BREAKFAST MEAL-**

**5:00-7:00am at Linton High School**  
Pancakes, scrambled eggs,  
sausage, fruit, drinks.

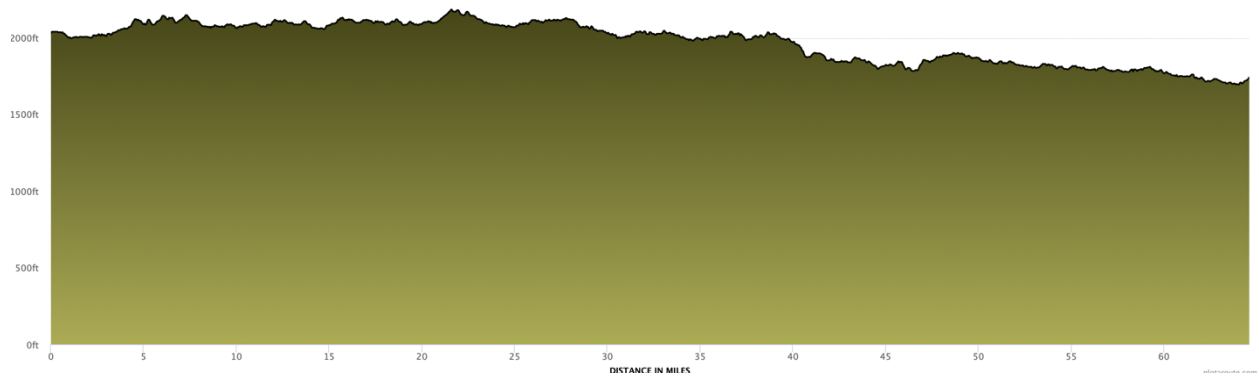
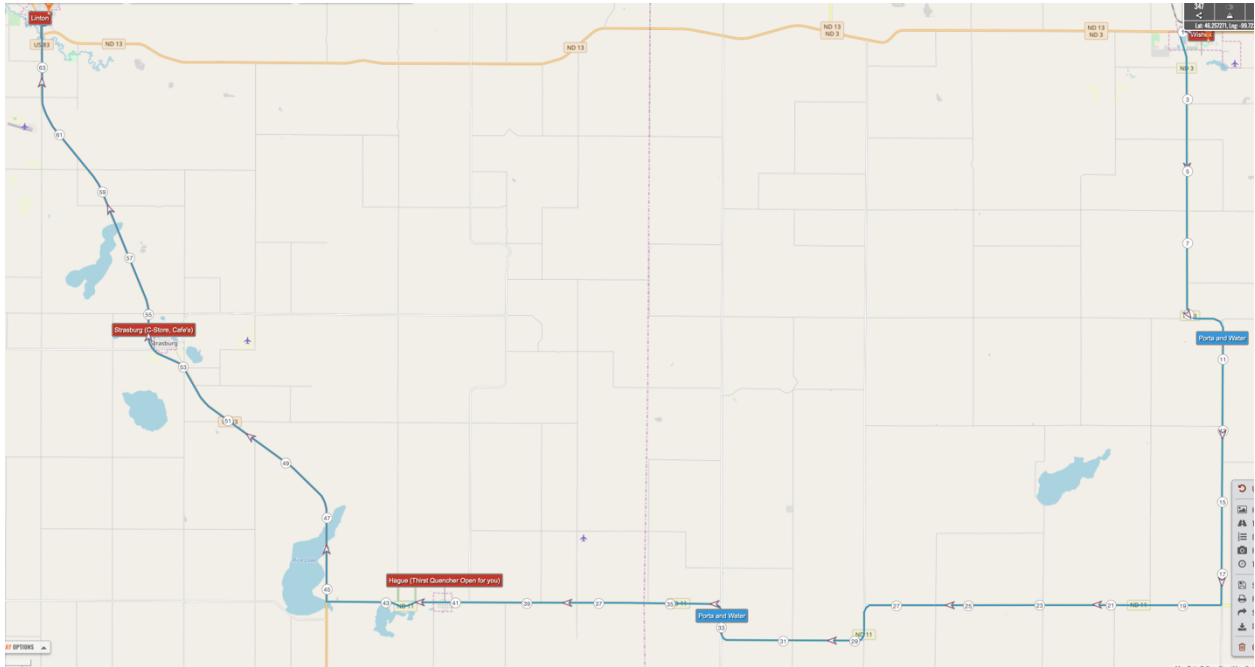
***LAWRENCE WELK'S HOME TOURS START AT 12 NOON at the Blue  
Room in Strasburg!!!! 622 Main Street***

**ATM—** Main Street

**SEVERE WEATHER LOCATION—** Linton High School



**DAY 4**  
**WEDNESDAY, AUGUST 10th, 2022**  
**Wishek To Linton**  
**65 MILES**





**DAY 5**  
**THURSDAY, AUGUST 11th, 2022**  
**Linton to Buckstop Junction (Bismarck)**  
**63 MILES**

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**-REST STOPS-- (Check map)-**

**MILES--**

|    |                                  |                         |
|----|----------------------------------|-------------------------|
| 14 | Linton to Rest Stop              | Porta and Water         |
| 19 | Rest Stop to CaNDak Food Station | Sandwiches, water, Bars |
| 13 | Food Station to Rest Stop        | Porta and Water         |
| 16 | Rest Stop to Buckstop Junction   | Final Destination       |

**-POINTS OF INTEREST-**

**-CAMPING-**

Tent camping is available at Buckstop  
Junction

**-SHOWERS-**

Shower Shack

**-SUPPER MEAL-**

5:00-8:00pm at Campground  
Philly Sandwiches, Marinated veggie salad,  
macaronie salad, coleslaw, dessert, drinks.

**-BREAKFAST MEAL-**

5:00-8:00am at Campground  
Frenchtown bake

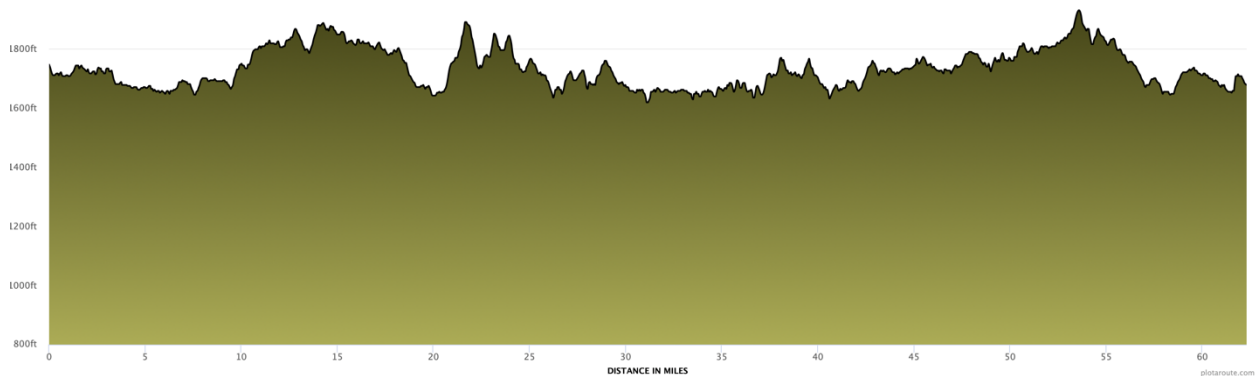
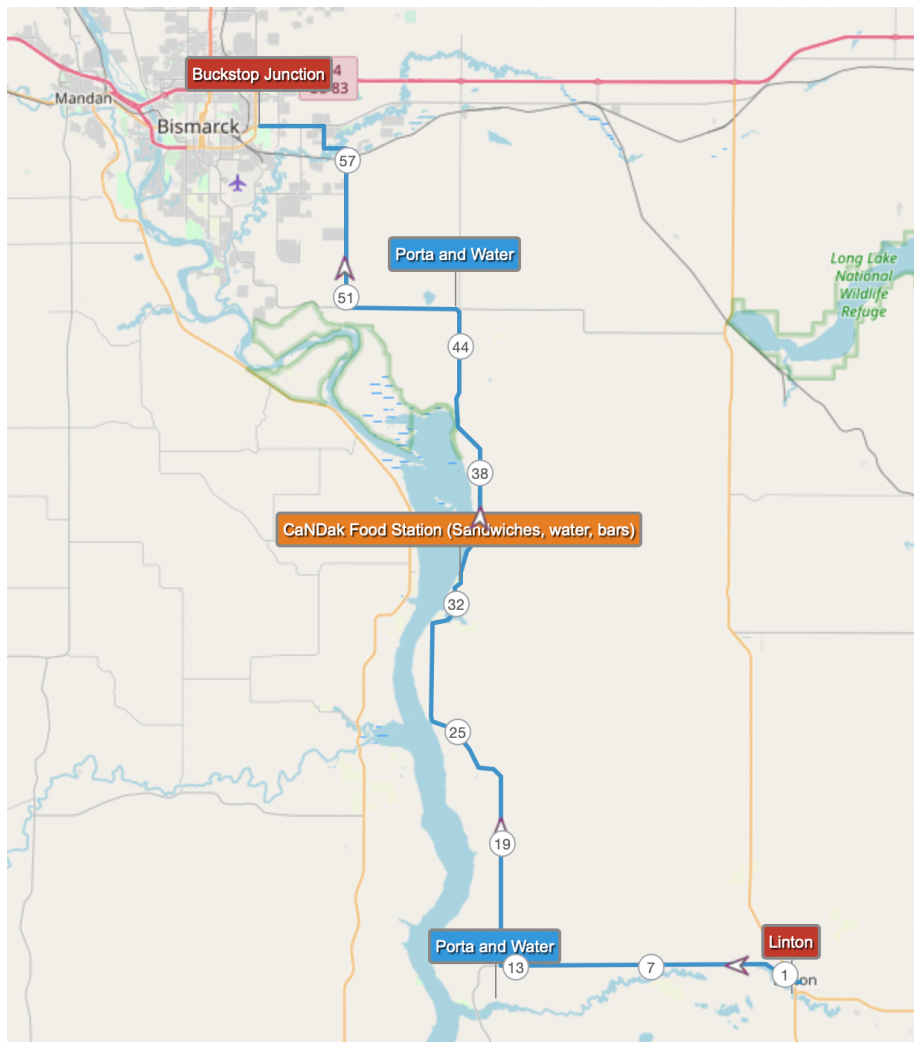
**INTERNET ACCESS**— None

**ATM**— Several Downtown

**SEVERE WEATHER LOCATION**—Buckstop Junction Building



**DAY 5**  
**THURSDAY, AUGUST 11th, 2022**  
**Linton to Buckstop Junction (Bismarck)**  
**63 MILES**



**DAY 6**  
**FRIDAY, AUGUST 12th, 2022**  
**Bismarck to Washburn**  
**52 MILES**

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**-REST STOPS-- (Check map)-**

**MILES--**

|    |                                   |                         |
|----|-----------------------------------|-------------------------|
| 14 | Buckstop Junction to Rest Station | Vault and Water         |
| 18 | Rest Stop to CaNdak Station       | Sandwiches, water, bars |
| 11 | CaNdak Stat to Rest Stop          | Water and Porta         |
| 11 | Rest Stop to Washburn             | Final Destination       |

**-POINTS OF INTEREST-**

**-CAMPING-**

Tent camping at Riverboat Park

**-SHOWERS-**

The Shower Shack

**-SUPPER MEAL-**

5:00-8:00pm at the Park  
TBA

**-BREAKFAST MEAL-**

5:00-7:00am at the Park  
Breakfast Burritos, fruit, coffee, juice

**INTERNET ACCESS**—None

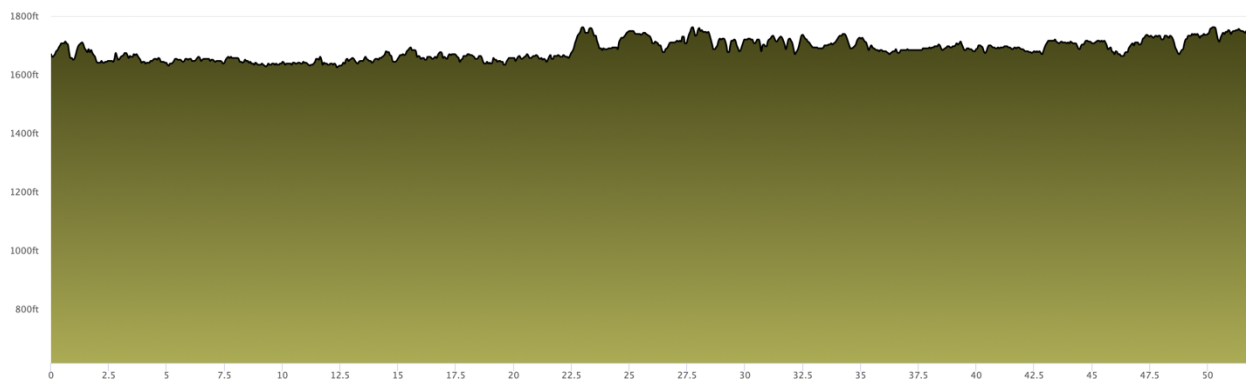
**LAUNDROMAT**—Main Street

**ATM**— Gas Station

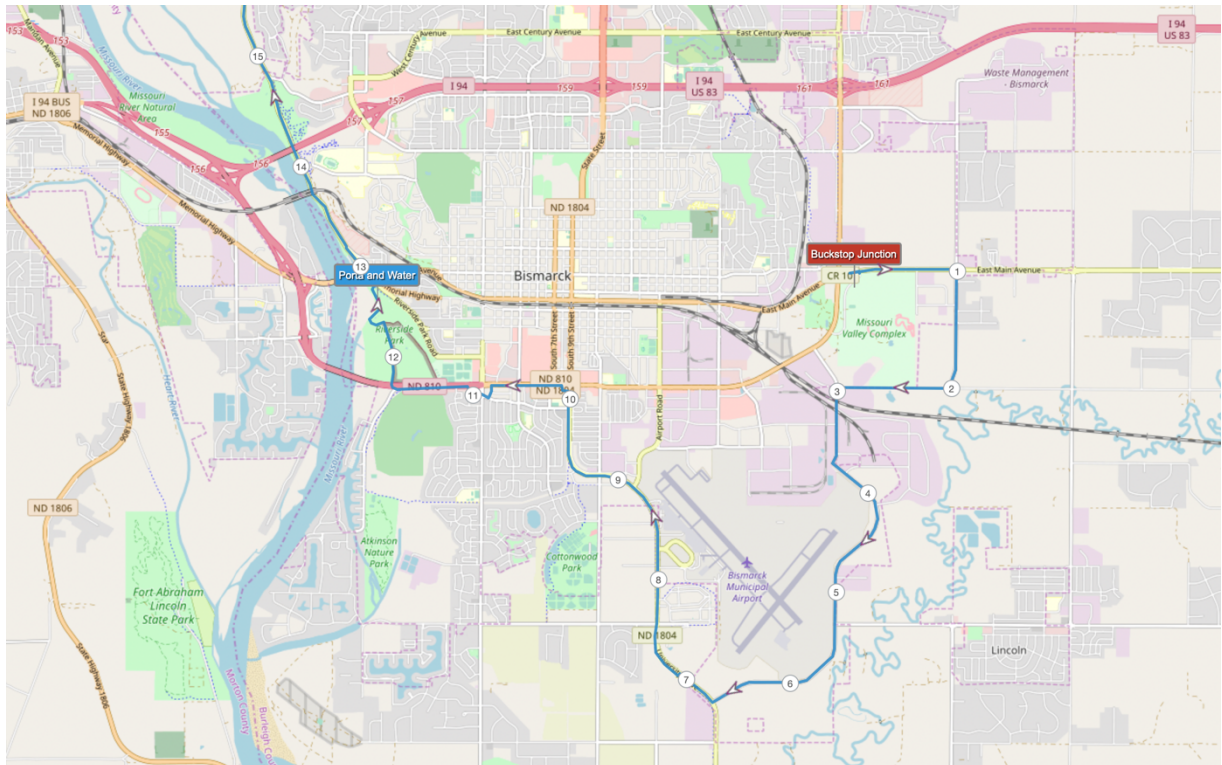
**SEVERE WEATHER LOCATION**— Washburn Fire Hall



**DAY 6**  
**FRIDAY, AUGUST 11th, 2022**  
**Bismarck to Washburn**  
**52 MILES**



## ***Cutout of Bismarck Route***



**DAY 7**  
**SATURDAY, AUGUST 13th, 2022**  
**Washburn to Riverdale**  
**47 MILES**

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**-REST STOPS-- (Check map)-**

**MILES—**

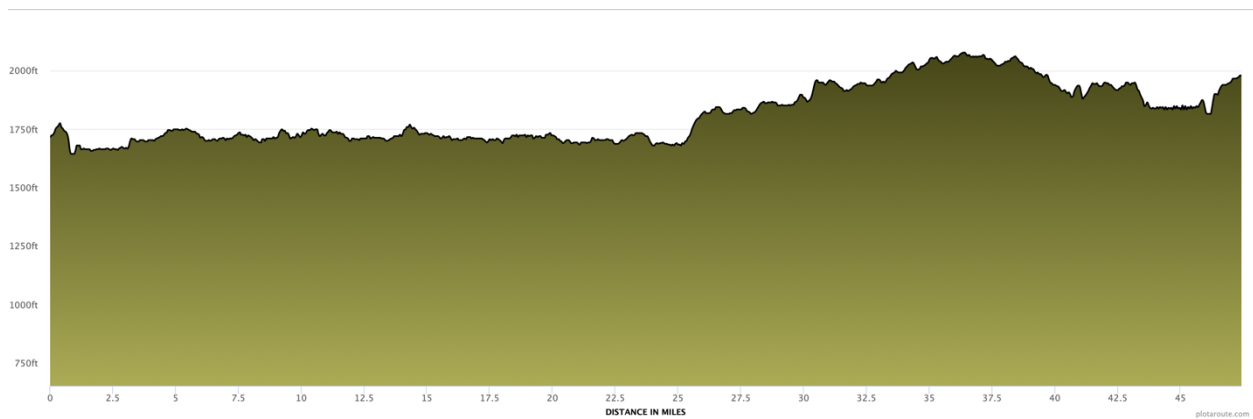
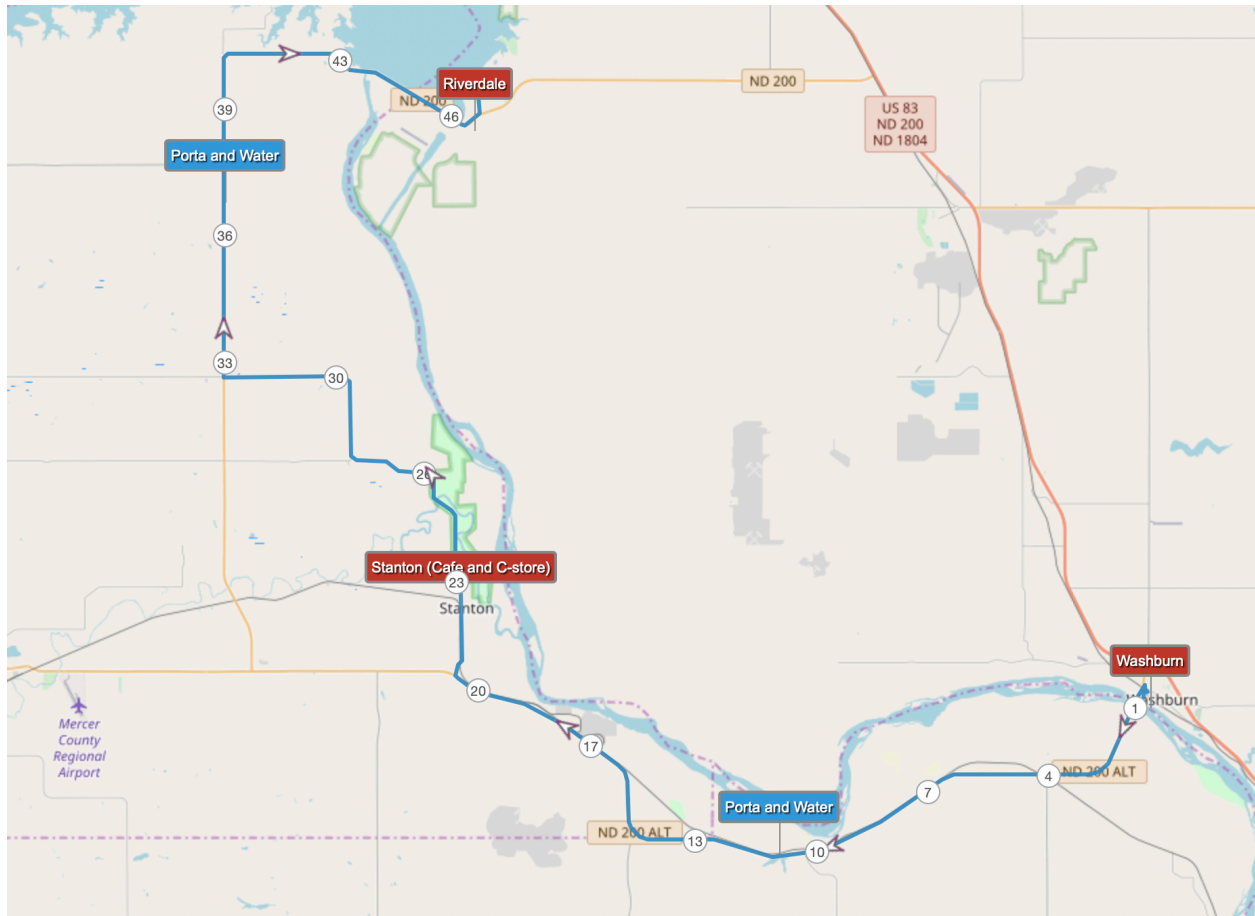
|    |                        |                     |
|----|------------------------|---------------------|
| 11 | Washburn to Rest Stop  | Water & Toilet      |
| 12 | Rest Stop to Stanton   | Food, Water, Toilet |
| 15 | Stanton to Rest Stop   | Water and Toilet    |
| 10 | Rest Stop to Riverdale | Final Destination   |

**Showers – Shower Shack**





**DAY 7**  
**SATURDAY, AUGUST 13th, 2022**  
**Washburn to Riverdale**  
**47 MILES**





## **REMEMBER TO VOTE!**

*During the tour, please keep in mind the following questions:*

- 1. BEST OVERNIGHT HOST COMMUNITY**
- 2. FAVORITE SUPPER MEAL**
- 3. FAVORITE BREAKFAST MEAL**

***The 2022 CaNDak Ballots will be available at the End of Ride Celebration near the luggage truck. A Ballot box will also be available here to turn in your ballot. Otherwise, you can take the survey found on the website.***