



TEAM OREGON

MOTORCYCLE SAFETY TRAINING PROGRAM

Rev up your cycle skills with the training you need to protect yourself. Take a course from TEAM OREGON and take your ride to the next level.

Visit team-oregon.org to find a class near you, or call 1-800-545-9944.

Ride safely. The way to go.

Get Endorsed

All Oregon motorcyclists are required to have a motorcycle endorsement on their valid driver license. Since 2009 Oregon law requires that all new motorcycle riders complete an approved motorcycle safety course in order to get their motorcycle endorsement.

The TEAM OREGON Motorcycle Safety Program offers training courses for beginners, intermediate, and experienced riders. For information, visit the TEAM OREGON web site at <http://team-oregon.org>.

Top 5 Reasons Motorcyclists Crash In Oregon

1 RIDING TOO FAST FOR CONDITIONS
With Oregon's ever-changing weather and road conditions, the posted speed or curve advisory may be too fast for safety — especially if you're on two wheels.

2 FAILING TO MAINTAIN YOUR LANE
Too much speed, sub-par riding skills, and failing to look well ahead all contribute to this one. Slow down, keep your head and eyes up and your skills are tuned up.

3 RUNNING OFF THE ROAD
Unfortunately this mistake often ends abruptly at whatever solid object the rider's eyes fix on. Mailboxes and utility poles are popular targets. See 1 and 2 for the common factors in these crashes.

4 FAILING TO AVOID STOPPED OR PARKED VEHICLES
As weird as it seems, 4 and 5 are consistently in the top five. Keep your eyes up and give yourself space and time to maneuver in traffic. It's critical!

5 FOLLOWING TOO CLOSELY
Don't throw away your safety margin by tailgating. Most motorcycles have great brakes but they can't perform miracles. Neither can you.

See and Be Seen

Light and bright are the terms you need to remember when choosing riding gear. Wear clothing that makes you visible to drivers. Dark colored clothing can be difficult to see day or night. Choose gear that has **retro-reflective material** and use **retro-reflective tape** on your motorcycle and your helmet to increase your chances of being seen at night.

Choose a lane position that **makes you visible to other drivers** and lets you see what's ahead. Remember that if you can see a driver's eyes in their rear-view mirror or side mirrors, then they can see you. Don't ride in a car's "No Zone" blind spot.

Maintain a space cushion around you so that you have space and time to maneuver. Anticipate that drivers backing out of driveways may not see you. Your best defense is your awareness of traffic situations. Use your expert mental skills to avoid having to use your expert physical skills. Remember that when you're on a motorcycle surprises are bad. **Always bad.** Plan an escape route and ride as if you're invisible.

Obey Speed Limits

Oregon speed limits are simple — maximum 65 mph on the interstate outside urban areas. Within cities the speed limit is posted. Outside cities, on non-interstate highways, posted speeds are no greater than 55 mph. Oregon's basic speed law requires you to determine what is reasonable and prudent depending on road conditions but do not exceed posted speeds.



POSER

HEAD

That beanie helmet may be legal and it may protect your head. Maybe not. **You only have one brain** so why take the chance?

EYES, EARS AND FACE

Watering eyes, **deafened by wind blast** and a face pock-marked by insects and **airborne debris**...another mark of the poser.

SHOULDERS AND ARMS

Your unprotected body is no match for the road rash you'll get from **sliding along concrete or asphalt**.

HANDS

Fingerless gloves? Seriously? Because your pinkies need the air and are **expendable in a crash?**

KNEES

Having your knees in the breeze is a great way to show off sunburn and road rash. Remember, there's **no such thing as a fender-bender when you're on a motorcycle**. Think about it.

FEET

Personal contact with the shift lever, brake pedal, hot engine or the asphalt will forever change your perspective on footwear. **Wind on the toes is not "cool!"**

Slow Down

Don't exceed posted speed limits — they're there for a good reason. Before you ride, consider the weather and road conditions and slow down accordingly. Speeding cuts down the amount of time you have for reacting to an emergency. Give yourself more reaction time and avoid a serious crash by slowing down.

One of the most dangerous combinations for motorcycle riders is **high speed and corners**. The largest percentage of motorcycle-related deaths in Oregon occur when riders leave the roadway, typically in corners, and crash into trees, rocks, or other fixed objects. Watch for posted speeds and slow down when entering curves. Speeding greatly increases the forces on your body in a crash. Even a small increase in speed — five to 10 miles per hour — can mean the difference between life and death.



No-Zone

The No-Zone is the **danger area around trucks and buses where crashes are more likely to occur**. Most No-Zones are blind spots where your bike disappears from the view of other drivers. The right-side blind spot is doubly dangerous because trucks and buses make wide right turns. Stay out the No Zone trap (or these blind spots) and give larger vehicles plenty of room.

Helmets and Headlights Required

In Oregon all motorcycle and moped riders and passengers **must wear motorcycle helmets** and your **headlight must be on at all times**.

Avoid Aggression

Speeding, tailgating and making frequent lane changes all create dangerous situations on the road. Avoid aggressive drivers. If you're feeling angry or frustrated, take a deep breath to refocus, or pull over and take a break. Just remember, there's no such thing as a fender bender when you're on a motorcycle.

Distractions

Fiddling with gloves or riding gear, looking at a map or checking your GPS, texting or fumbling with electronic devices can all distract you. Make certain everything is in order **BEFORE** you begin the ride. If there is a problem once you're rolling, **pull over and deal with it**. Don't divide your attention between an irritation and the critical business of staying upright and alive.

Work Zones

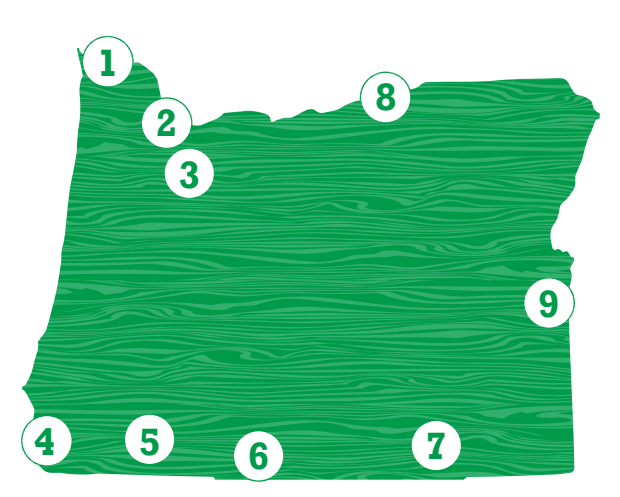
Work zones create special hazards for riders. Always look for roadway changes in color and texture. Metal plates, crack sealant and pavement markings can affect your control and traction, especially when they're wet. Uneven road surfaces can be very hazardous. Work zones may have debris and fluid spills that can easily cause loss of traction too. **Slow down in work zones**, obey all posted speeds and watch out for highway workers and equipment!



There are 7 Wonders of the World, and not a single one of them is here in Oregon. All we can figure is whoever came up with the list must have never set foot here. They must have never seen **Mt. Hood** or the grandeur of the **Columbia River Gorge**. They certainly didn't explore the **Oregon Coast**. The exposed earth of the **Painted Hills**, **Smith Rock's** towers of volcanic ash and the alpine peaks of the **Wallowas** were overlooked as well. Even **Crater Lake**, the deepest lake in America, was left off their list. So we see your Wonders, world. **And raise you 7 of our own.**

And we invite you to not just see them, but experience them. Just remember: This is Oregon. So how you go about doing that is entirely up to you.

Visit us at TravelOregon.com or stop by one of our nine staffed travel information centers located throughout the state for recommendations on things to do or places to see.



1. ASTORIA WELCOME CENTER
(Open all year)
Located at the Astoria-Warrenton Chamber of Commerce
111 W. Marine Dr., Astoria, OR 97103
503-325-6311

2. PORTLAND INTERNATIONAL AIRPORT WELCOME CENTER
(Open all year)
Located on the lower level near baggage claim
503-223-5928

3. OREGON CITY WELCOME CENTER
(Open all year)
Located at the End of the Trail Interpretive Center
1726 Washington St., Oregon City, OR 97045
800-424-3002

4. BROOKINGS WELCOME CENTER
(Open all year)
Located at Crissey Field State Recreation Site on Hwy 101
14433 Hwy 101, Brookings, OR 97415
541-469-4117

5. ASHLAND WELCOME CENTER
(Open May-Sept)
Located just off Exit 19 along I-5
60 Lowe Road Ashland, OR 97520
541-482-3486

6. KLAMATH FALLS WELCOME CENTER
(Open May-Sept)
Located at the Midland Rest Area on Hwy 97
11001 Hwy 97 South, Klamath Falls, OR 97603
541-882-7330

7. LAKEVIEW WELCOME CENTER
(Open May-Sept)
Located at the Lake County Chamber of Commerce
126 North E St., Lakeview, OR 97630
541-947-6040

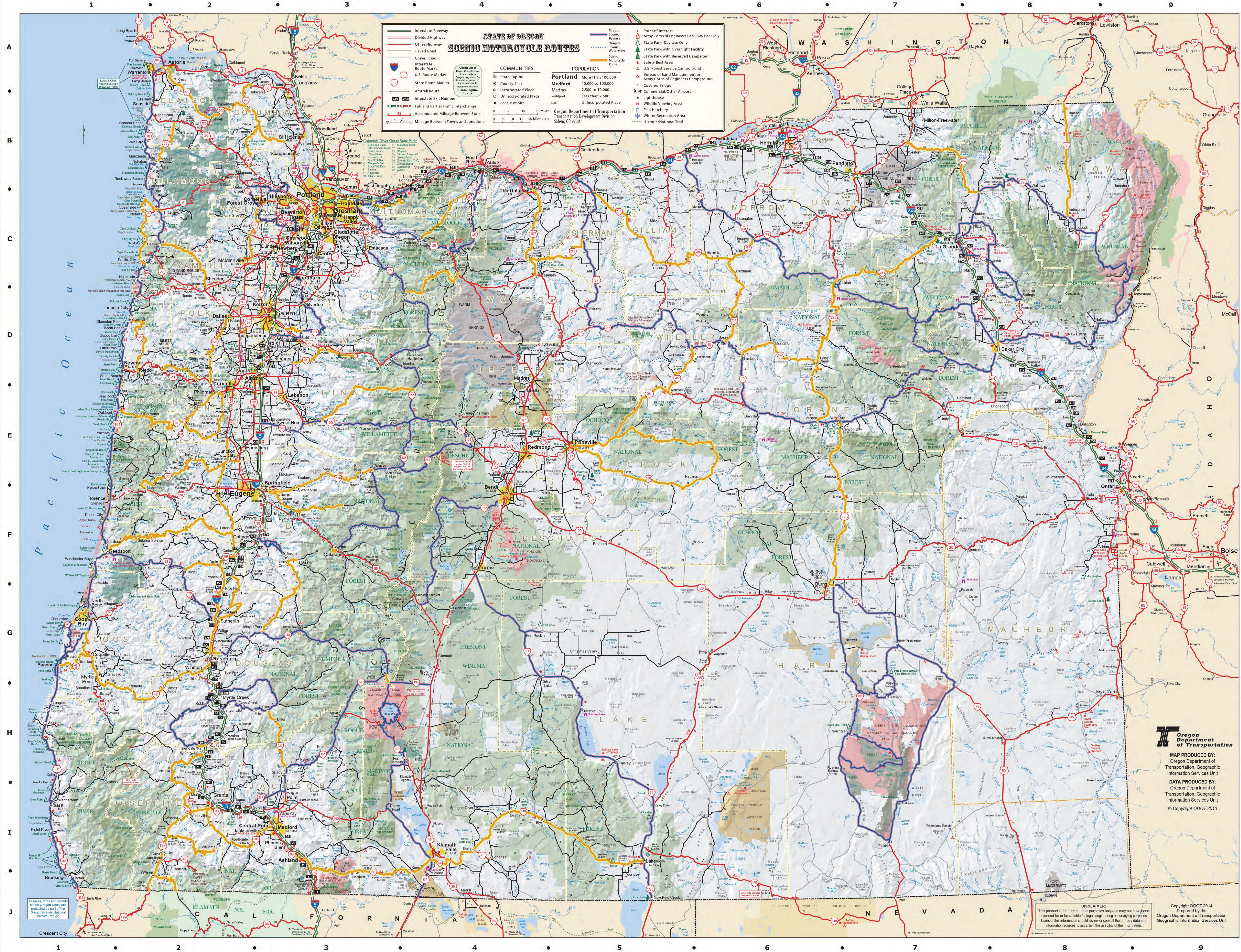
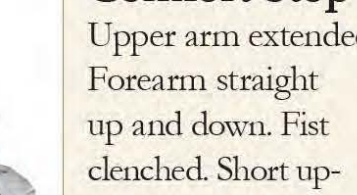
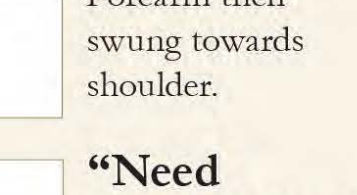
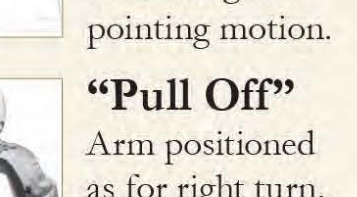
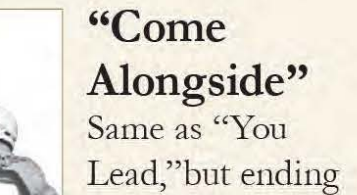
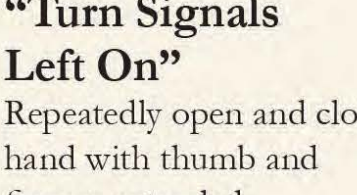
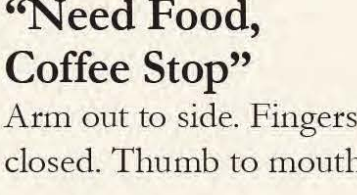
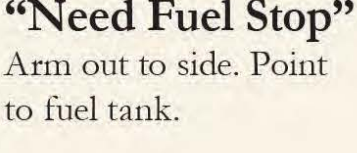
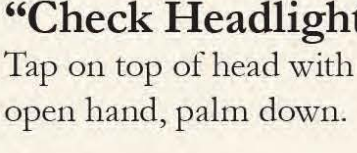
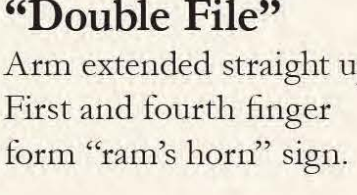
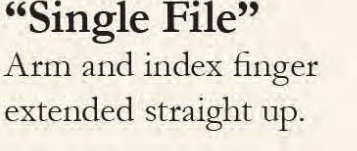
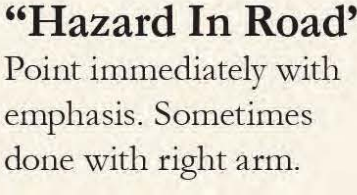
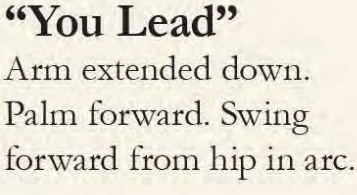
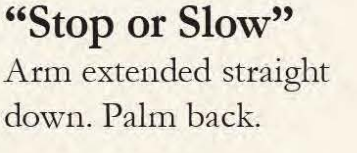
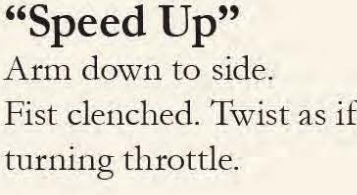
8. UMATILLA WELCOME CENTER
(Open all year)
Located at the Umatilla Chamber of Commerce
100 Cline, Umatilla, OR 97882
541-922-2599

9. ONTARIO WELCOME CENTER
(Open May-Sept)
Located at the Ontario Rest Area on I-84
1202 S I-84 North, Ontario, OR 97914
541-889-8569

MILEAGE TABLE

Arlany	-	219	158	351	123	253	147	11	44	94	73	179	78	213	329	50	207	50	65	383	277	69	121	111	24	43	152	92	40	
Albany	205	370	228	168	169	230	347	216	245	298	160	380	126	306	124	173	381	159	248	239	72	136	153	313	182	244	53	210	166	
Ashland	219	-	374	447	200	269	192	222	178	202	290	41	295	64	472	264	12	268	252	428	285	216	108	240	175	331	309	255	258	
Astoria	158	374	-	396	255	385	233	199	197	80	334	108	364	352	105	362	102	157	431	265	61	205	238	136	159	175	66	121	92	
Baker City	351	447	396	-	247	164	466	356	356	404	323	488	294	383	44	341	459	327	393	72	96	304	230	421	350	352	221	378	333	
Bandon	171	182	257	490	261	392	24	158	140	72	223	142	244	245	495	198	170	212	122	522	443	236	259	85	201	137	318	191	206	
Beaverton	67	282	93	312	167	297	208	79	107	159	15	242	21	276	268	34	270	20	109	383	216	9	151	175	44	107	91	67	28	
Bend	123	200	255	247	-	130	237	127	128	190	181	241	145	137	271	158	212	161	180	260	241	160	16	192	131	124	131	206	146	
Brookings	249	146	339	559	295	424	107	238	216	155	306	105	327	208	565	280	134	294	205	555	525	317	311	168	272	220	400	274	289	
Burns	253	299	385	164	130	-	367	257	259	320	311	339	275	235	205	288	311	291	310	130	190	290	146	522	261	253	260	336	276	
Clatskanie	130	347	35	361	221	351	256	128	121	157	56	306	75	341	317	82	334	82	157	431	265	61	205	238	136	159	175	66	121	
Coos	220	329	244	199	128	192	347	231	237	300	175	370	141	265	155	189	341	174	300	254	103	151	112	102	138	234	69	225	182	
Coos Bay	147	182	233	466	237	367	-	135	116	48	200	142	220	245	471	174	170	188	98	498	419	212	235	85	177	113	294	167	186	
Coquille	164	164	251	484	255	385	18	153	134	66	217	124	238	227	489	192	152	206	116	516	437	229	253	67	195	131	312	185	199	
Corvallis	11	222	151	356	127	257	135	-	40	83	71	182	90	213	340	46	210	58	53	388	288	81	126	111	35	44	163	90	151	
Cottage Grove	60	158	216	370	142	271	96	60	20	83	132	118	137	181	386	106	146	111	113	402	334	127	140	51	81	17	209	151	99	
Dallas	31	248	129	364	146	276	164	29	70	112	51	208	71	242	320	25	236	37	70	406	268	60	144	140	15	73	143	64	32	
Dufur	349	492	354	64	291	225	491	360	389	434	303	524	270	428	20	317	604	303	393	135	72	279	275	459	326	386	197	353	309	
Eugene	366	536	405	106	336	270	528	387	426	479	341	561	307	473	65	354	548	347	429	178	109	317	320	494	363	426	234	391	347	
Enterprise	46	178	199	356	128	259	116	40	-	61	112	138	120	173	369	86	166	94	31	388	318	110	126	71	64	4	193	130	81	
Florence	94	202	184	404	190	320	48	83	61	-	151	162	172	234	422	126	190	139	50	450	371	164	184	44	118	65	245	119	135	
Forest Grove	73	290	80	328	181	311	200	71	112	151	-	250	36	285	283	26	278	26	101	398	232	3	166	182	50	115	107	52	45	
Fossil	213	309	264	195	108	172	328	218	218	280	195	350	166	245	175	209	321	194	280	233	123	171	92	282	218	214	89	245	236	
Gold Beach	225	175	311	544	316	446	78	213	194	126	278	134	299	238	549	252	162	267	176	576	497	290	314	140	255	192	373	247	261	
Grants Pass	179	41	334	488	241	339	142	182	138	162	250	-	254	104	504	224	29	229	212	470	452	245	257	68	199	136	327	269	216	
Heppner	260	372	283	155	172	213	391	271	301	345	215	413	309	111	228	384	214	303	227	59	191	155	347	306	369	177	333	289		
Hermiston	265	390	282	124	219	269	215	78	108	157	27	239	167	354	209	298	186	28	186	203	363	232	286	134	260	216	109	61	24	
Hillsboro	73	292	87	322	176	306	206	78	117	156	6	252	30	286	278	32	280	20	106	391	226	17	160	184	50	117	101	58	37	
Hood River	131	346	154	242	152	282	273	142	172	224	86	307	312	46	307	312	146	62	136	239	108	171	21	136	92	11	136	92		
Independence	20	238	134	362	143	273	159	122	63	106	54	198	68	233	318	28	226	40	75	404	266	59	141	131	12	67	141	72	30	
John Day	257	353	359	80	153	70	372	262	262	324	287	393	249	290	135	292	365	285	315	132	127	264	136	327	266	258	190	337	281	
Junction City	31	193	177	358	130	260	116	26	14	63	97	153	109	187	359	72	181	84	77	391	308	100	128	54	10	183	116	72		
Klamath Falls	213	64	364	383	137	235	245	213	73	234	285	104	282	408	259	76	263	265	378	279	153	171	234	170	268	303	250	255		
La Grande	329	472	352	44	271	205	471	340	369	422	283	504	250	408	-	297	484	382	372	115	52	259	255	437	306	369	177	333	289	
Lake Oswego	63	283	102	311	169	299	216	78	108	157	27	239	167	353	266	34	271	20	110	381	215	8	167	176	41	108	89	81	24	
Lakeview	298	160	430	303	174	139	341	301	261	322	357	200	320	96	344	332	171	335	357	237	335	191	337	335	191	267	308	259	380	323
Madras	169	169	339	169	339	169	339	169	339	169	339	169	339	169	339	169	339	169	339	169	339	169	339	169	339	169	339	169	339	169
Lincoln City	76	289	110	392	189	319	123	74	122	75	76	238	99	292	348	50	266	65	25	450	296	88	187	107	57	122	141	74	46	
Madras	147	243	213	240	142	172	262	152	151	214	140	283	103	179	251	153	235	138	204	278	198	118	26	216	155	448	89	190	133	
McDermitt	364	536	532	256	277	147	514	404	467	458	410	422	306	299	435	381	438	458	144	351	437	239	469	408	400	407	483	423		
McMinnville	50	264	105	341	158	288	174	46	86	126	26	224	49	259	297	-	252	14	70	411	245	38	156	157	26	90	120	67	33	
Medford	207	12	362	459	211	210	170	166	190	278	29	282	76	484	252	-	257	240	442	454	273	228	96	227	164	343	297	243		
Milton-Freewater	306	471	329	111	271	227	449	317	347	400	261	482	228	408	69	275	483	268	118	20	237	255	414	284	346	155	311	268		
Milwaukie	71	287	101	309	173	303	220	81	112	161	30	243	16	277	265	42	275	28	116	380	214	7	171	179	44	111	88	75	28	
Newberg	50	269	106	321	161	291	188	106	44	139	26	229	35	263	283	34	257	89	397	321	23	159	161	30	94	106	78	19		
Newport	135	135	135	135	135	135	135	135	135	135	135	135	135	135	135	135	135	135	135	135	135	135	135	135	135	135	135	135	135	
Newport	144	185	130	463	213	144	132	113	45	119	45	220	246	171	173	185	95	496	321	166	209	238	88	174	111	291	164	191		
Nyssa	386	433	480	85	263	133	601	391	341	453	413	173	377	368	128	425	445	411	437	13	180	388	271	456	395	307	462	409		
Oakridge	82	178	232	329	96	226	145	82	42	103	163	167	157	131	367	128	167	136	356	357	151	112	98	106	34	235	171	123		
Ontario	383	428	464	72	260	130	498	388	388	450	398	470	364	365	115	411	442	397	424	-	167	374	268	453	392	384	293	448	403	
Oregon City	60	276	109	312	158	287	207	71	101	154	36	236	18	270	268	37	264	23	121	382	216	13	141	168	38	100	91	88	21	
Pendleton	277	442	300	96	241	198	419	288	318	371	232	452	198	378	52	245	454	331	321	167	-	200	255	385	254	317	125	282	238	
Portland	69	285	95	304	160	290	212	81	110	164	23</																			

These are the standard GWRRA signals for use in communicating with motorcycles that are not equipped with CB radios and which are following the lead bike. Following bikes should acknowledge comprehension by a head nod or flick of the dimmer switch. To gain the attention of the lead rider, following bikes should flash their headlights. The lead rider can then nod acknowledgement, or give the "Come Alongside" signal when safe, so the following rider can signal his or her needs. Most signals are left-handed so the right hand remains on the throttle and brake controls for safety.

[illegible]

Illustrations courtesy of Gold Wing Road Riders Association