“Interstate commerce” means trade, traffic, or transportation in the United States —

(1) Between a place in a State and a place outside of such State, including a place outside the U.S;

(2) Between two places in a State through another State or a place outside the U.S; or

(3) Between two places in a State as part of trade, traffic, or transportation originating or terminating outside the State or the U.S.

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“Interstate commerce” — between a place in a State and a place outside the State, such as goods sent by rail from an Oregon manufacturer to a plant in another state.

“Interstate commerce” — between a place in a State and a place outside the State, such as goods sent by plane from Portland to Kansas City, where it’s then sent by truck to Wichita.
What is interstate commerce?

Trade, traffic, or transportation in the United States — (1) Between a place in a State and a place outside of such State, including a place outside the U.S.; (2) Between two places in a State through another State or a place outside the U.S.; or (3) Between two places in a State as part of trade, traffic, or transportation originating or terminating outside the State or the U.S. • 49 CFR 390.5

“Interstate commerce” — between a place in a State and a place outside the State, including a place outside the U.S., such as goods sent by truck from Portland to Tijuana, Mexico.

— or between two places in a State through another State, such as goods sent by truck from Portland to Rainier, Oregon, via Interstate 5 through Washington.

“Interstate commerce” — between two places in a State through a place outside the U.S., such as goods sent by truck from Haines to Fairbanks, Alaska, via the Yukon Province of Canada.
"Interstate commerce" — between two places in a State as part of trade, traffic, or transportation originating or terminating outside the State or the U.S., such as goods sent by ship from Japan to Portland, where it’s then sent by truck to Bend, Oregon.

— or goods sent by truck from Pendleton to the Port of Umatilla, where it’s sent by barge on the Columbia River to the Port of Portland, where it’s then sent by ship to Japan.
What is interstate commerce?

Trade, traffic, or transportation in the United States — (1) Between a place in a State and a place outside of such State, including a place outside the U.S; (2) Between two places in a State through another State or a place outside the U.S; or (3) Between two places in a State as part of trade, traffic, or transportation originating or terminating outside the State or the U.S. • 49 CFR 390.5

Whether transportation is interstate or intrastate is determined by the essential character of the commerce, manifested by the shipper's fixed and persisting transportation intent at the time of shipment.

The transportation of goods by rail into Oregon and to the Salem Warehouse is clearly interstate commerce. The subsequent movement of goods by truck from the warehouse to Ashland may be intrastate commerce or a continuation of interstate commerce, depending on the shipper’s intent at the time of shipment.