

# RECOVERY DRINK.

Think Cycle Oregon's all about the miles? Hey, you can ride 60 or 80 miles anytime. But how often does that ride end at a combination microbrew garden/pizza joint/ice cream stand/gourmet restaurant/craft fair/live concert/town hall meeting, with 2,000 fit and fun people? It's rough out here. And then you have to do it all again the next day. The question becomes: Is the recovery a reward for the ride, or is the ride a warm-up for the recovery?



2007  
YEARS

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