

**RSVP**  
**2006**



**RIDE FROM SEATTLE TO  
VANCOUVER, BC AND PARTY!**



*A Cascade Bicycle Club Event*

**ROUTE MAP 2006**

# Emergency Phone Number 206-851-4312

**This number will be staffed and answered throughout the event. Please help us keep this line available for valid emergency calls by keeping calls short and to the point. If police or ambulance support is required, call 911 immediately.**

## Ride **SMART** Tips

**S**tay alert—watch for obstacles, other cars, and other riders.

**M**ove off the road when stopping —pull completely off the road to let cars and riders pass; do not block driveways or intersections.

**A**ct like a car —obey all traffic laws and stop at stop signs

**R**etain space between yourself and others — leave enough room to dodge obstacles.

**T**ell others when passing and pass on left.

## Suggested Things to Bring

- Helmet (it's required and could save your life!)
- Cycling mirror
- Layered cycling clothing
- Patch kit, spare tube, pump & tools
- Sunscreen
- Cell phone (best way to find friends on route)
- Cash and credit card for emergencies & goodies

## Things to remember

- Drink before you are thirsty
- Eat small amounts frequently before you are hungry
- The food stops will have high energy "Ride Food" that is designed to keep you going but is not suppose to be a meal.

## **RSVP - Ride from Seattle to Vancouver and Party**

*RSVP was born of calamity!*

The Ride From Seattle To Vancouver, BC & Party (RSVP) was born of calamity! In 1980, the eruption of Mount St. Helens interrupted Cascade's marquee event, the Seattle to Portland Bicycle Classic. With uncertain road conditions in southwest Washington, an alternative double century was needed.

Thus, Seattle to Vancouver was born. While the current route bears little resemblance to the original bike tour, much credit goes to Jon Jacobson and Dennis Nosen for the concept and route scouting in 1980 and 1981. Approximately 40 people participated in the inaugural three-day ride, from Seattle to Bellingham to Vancouver then to the Tswassen ferry to Sidney and down Vancouver Island to Victoria and home on the Princess Marguarite.

Seattle to Vancouver lapsed in 1982, until it was re-engineered by Dan Lund and Sue Hensley into STV (Seattle To Vancouver), which they coordinated from 1983 to 1985. This route included an extended (third day, 40 mile) ride to Sydney via the Tswassen ferry and down Vancouver Island to Victoria, B.C. Riders returned home on the Princess Marguarite ferry

Because of logistical challenges presented by The World's Fair (EXPO) in Vancouver, the ride was canceled in 1986. With a major route overhaul by Bruce Tiebout in 1987, the event became Ride From Seattle To Vancouver, BC & Party (RSVP). Bruce also directed the ride in 1988 and 1989.

In 1990, BC Government cancelled the third day and popular return boat ride from Victoria. Gary Dodson and Rita Jensen took over on short notice and found a new finish line at the University of British Columbia. The frequently changing route shifted again in 1991, with Barbara Gillespie and Kathy Saunders as talented co-coordinators. In 1992, David Swendt assumed leadership of the ride and directed it successfully for the next six years.

In 1999, Larry Sepulveda took on the challenge of directing RSVP. In 2005, RSVP achieved its highest recorded attendance: 1,195 riders. Today's ride, an official triple metric century, is also co-directed by Janice Sepulveda and Mitch Roberts.

## **Acknowledgments:**

The 2006 RSVP Directors - Larry Sepulveda, Mitch Roberts,  
Janice M.Sepulveda

Office support - Cascade Bicycle Club office staff

Logo: Design by Monica Dodd, Jersey by VOMax

Mechanical support - Craig Tamara and Team, and The Bicycle Doctor

Volunteers - The superstars!

## THE MAPS

Since RSVP is generally a south-to-north course, most (but not all) of the maps show north to the right. The overview map shows the alignment of each detail map which follows. Note also, the maps are drawn on several different scales. There are certain conventions used in the route description:

**RIGHT** = turn right

**LEFT** = turn left

**RT** = turn right at T intersection

**LT** = turn left at T intersection

**RY** = turn right at Y intersection

**LY** = turn left at Y intersection

**BR** - bear right

**BL** = bear left

**x** = cross

**cs** = continue straight

**bc** = becomes

**,** = "then"

**R/R** = railroad tracks

**( )** = additional information

**[ ]** = caution

**(ss)** = stop sign

**(4ss)** = 4-way stop intersection

**(sl)** = signal light

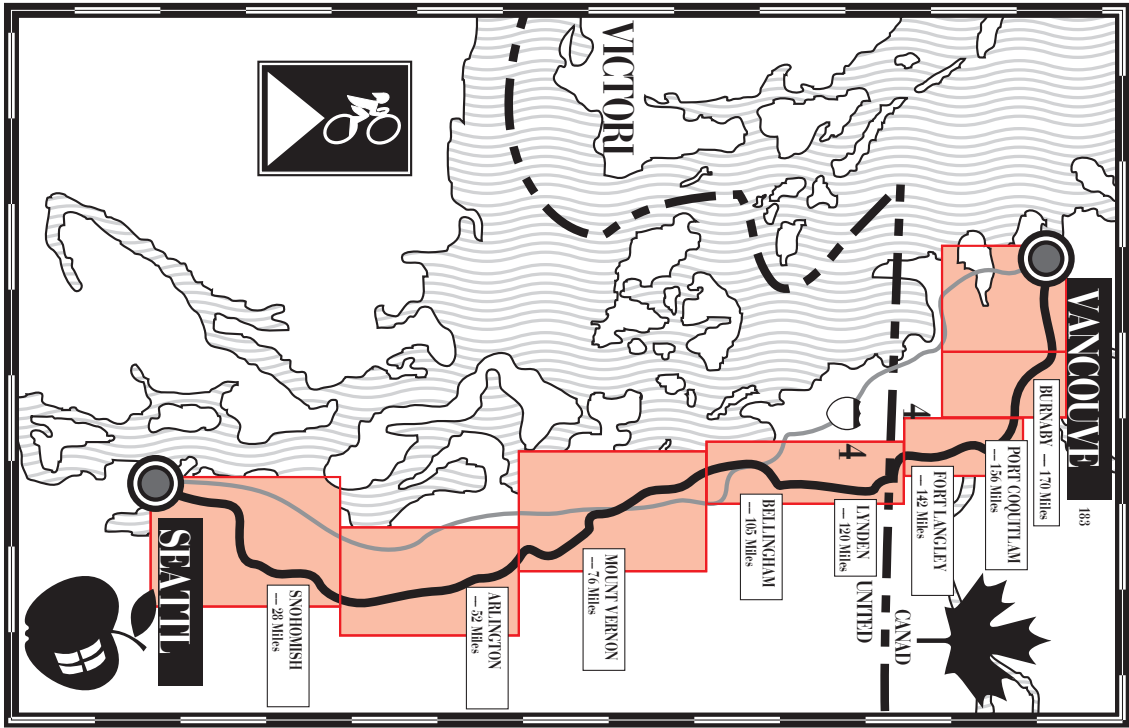
**RSVP uses special "Dan Henry" directional arrows: an APPLE (U.S.) and a MAPLE LEAF (Canada). Look for these on the road. Also, use your map. Read it before "DAY OF RIDE."**



**RIDE SAFELY, COURTEOUSLY, FOLLOW THE RULES OF THE ROAD, AND ENJOY!**

Please let the Ride Director know how much you appreciate his/her efforts and/or what changes could be made to make the ride more enjoyable, and safer. All comments and suggestions are welcome, in the form of a letter or email to:

RSVP, Cascade Bicycle Club,  
P.O. Box 15165, Seattle, WA 98115  
or email to [events@cascadebicycleclub.org](mailto:events@cascadebicycleclub.org)



**MAP #1 SEATTLE TO SNOHOMISH****FRIDAY - Start open 6:30 - 7:30 am only.**

- 0.0 Start line old Sand Point Naval Station
- 0.1 Out gate follow road to right onto 65th st.
- 0.2 X Sand Point Way (sl)
- 0.3 R onto Burke Gilman trail
- 6.8 Tracy Owen Park on right (rest rooms)

**BOTHELL**

- 9.9 Goes through 2nd underpass.
- 10.0 X Sammamish River [Continue straight] (This was an old R/R bridge).
- 10.3 cs on trail. (W. Riverside Drive & entrance to Blyth Park on right).
- 10.8 Exit Trail, bc E. Riverside Drive (ss).  
[Through traffic on left - x 102nd Ave NE].

**WOODINVILLE**

- 12.7 LEFT onto SR-202 [N.E. 175th st]  
R/R Tracks/Heavy Traffic, use Caution
- 12.9 X 131st N.E. (sl) cs on N.E. 175th St
- 13.6 X 140th Ave N.E. (sl). [bc NE Woodinville]
- 14.5 RIGHT N.E. Woodinville-Duvall Rd (sl).  
Use Caution, Heavy Traffic
- 15.1 LEFT 156th Ave N.E. (sl), Use Caution turning.
- 18.7 LEFT Paradise Lake Road (ss)
- 18.8 X Hwy 522, use caution, heavy traffic (sl)
- 18.9 RIGHT Maltby Rd.
- 19.0 BR onto Yew Way (ss)

- 19.3 X R/R, BL bc Broadway Ave
- 19.6 Maltby Park on left, restrooms
- 21.1 X 180th St S.E. (4-way ss)

**CLEARVIEW**

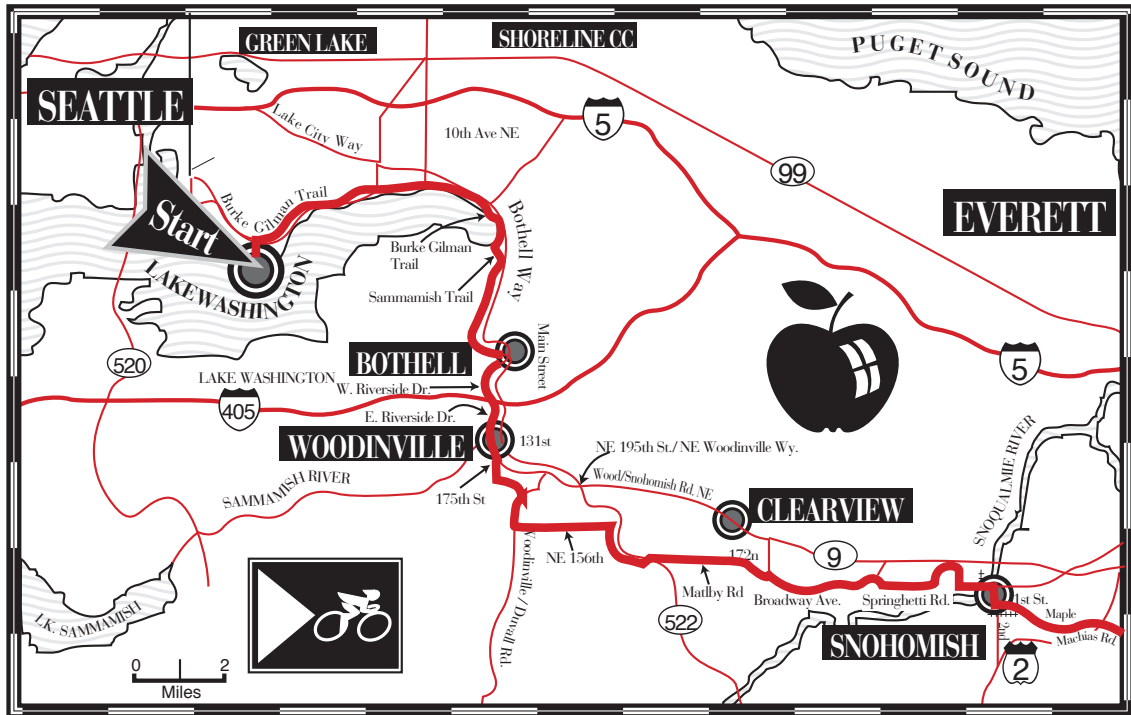
- 22.2 3-Way Stop (ss) (Cathcart Store) BL Broadway Ave [Boundary Ave & Elliott Rd].
- 24.1 BR Springhetti Rd. [easy to miss]
- 24.5 curves LEFT.
- 25.8 curves LEFT, bc 111th St. S.E.
- 26.1 cs Snohomish Airport Rd. (ss) (Hwy. 9 left).
- 26.6 CURVES LEFT, bc 99th Ave. S.E. (Airport Way)

**SNOHOMISH****Buzz Inn Airport Rest., Snohomish Bakery, Snohomish Pie Co.**

- 27.1 [2 R/R].
- 27.2 x over Snohomish River
- 27.4 RIGHT 1st St. (4-way stop) [after bridge].
- 27.5 (Restrooms in park on right)
- 27.7 LEFT Maple Ave. (before R/R).
- 27.9 x Second St. (sl).
- 28.5 x Pine St. (ss)
- 28.5 \*\*Snohomish Centennial Trail optional route to mile 33.0\*\*

**[Centennial Trail begins at mile 28.5. Ride the trail with caution. Exit (left turn) at mile 36.4, 20th St. NE. [Do not continue on trail.]**

- 28.8 x 10th St (ss)
- 29.5 bc Machias Rd. (city limits) [road narrows].
- 30.3 x under U.S. 2
- 31.6 END OF MAP #1



## MAP #2 LAKE STEVENS TO LAKE McMURRAY

### Begin Map 2

- 33.0 BR Machias Cut-off (ss)
- 33.0 Get on trail at this point on left side of road

### LAKE STEVENS

- 36.4 exit Trail LEFT onto 20th ST N.E.
- 36.9 LEFT into True Value Hardware Parking Lot

#### Lake Stevens mini-stop

**(Sani-cans, water & some food. Open 7am - 11am)**

- 36.95 LEFT to 20th St. N.E. (from parking lot)
- 37.0 RIGHT immediately to Hartford Dr. [One Way Street]
- 37.6 LEFT 131st Ave. N.E. (Loth Rd.) (ss).
- 37.8 cs bc Hartford Dr. N.E. (main road goes right). (ss)
- 37.9 BR onto trail, continue on trail under Hwy SR-92
- 38.6 exit trail BR onto 127th Dr NE
- 38.8 LT 44th St. N.E. (ss)
- 39.0 BR 123rd Ave. N.E.
- 40.5 views Mt. Pilchuck to right.
- 41.3 LEFT 84th St. N.E. (ss) [busy hwy, Getchell RD].
- 43.2 RIGHT 99th Ave. N.E. (sl) [After turn, Fire Station on Left].
- 46.3 RIGHT 132nd St. N.E. (ss)

- 46.8 BL McElroy Rd. (132nd dead end).
- 48.0 highest point 1st day.
- 49.2 cs on McElroy Rd.
- 50.5 cs, bc Burn Rd.

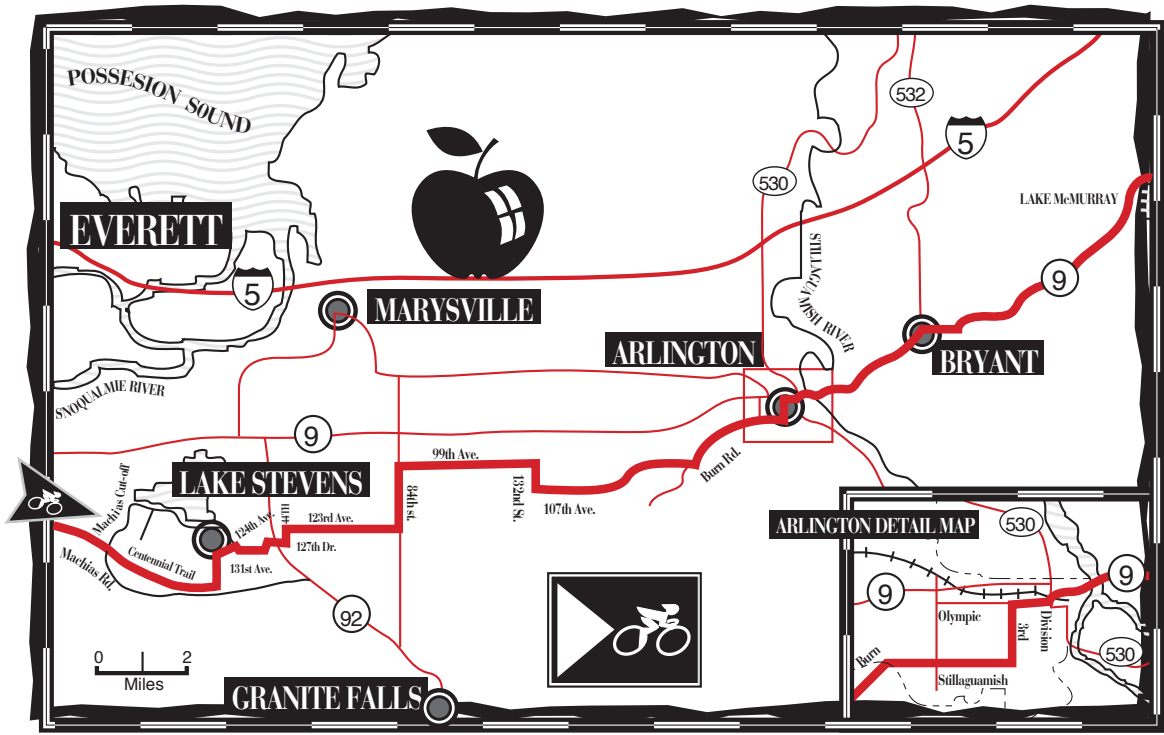
### ARLINGTON

- 52.2 X 207th St N.E. (4 way stop)
- 52.5 cs x Highline DR. (ss), bc S. Stillaguamish Ave.
- 52.8 X 1st St. E. (4-way ss)
- 53.0 LT 3rd St E (ss).
- 53.1 X N. French Ave (4-way ss)
- 53.3 X N. McLeod Ave (4-way ss)
- 53.4 RIGHT N. Olympic Ave. (sl).

**Blue Bird Cafe, Rome Rest, Little Italy, Bistro, Osui's Thai, The local Shop. [good spot to stop and rest]**

- 53.4 Restrooms at City Hall (3rd & Olympic) and Sani-cans (approx 4th & Olympic).
- 53.7 LT W. Division St. (4-way ss)
- 53.8 RIGHT Hwy. 9 (Hazel St.)
- Use Caution on Hwy. 9, Heavy Traffic, No Shoulder.**
- 57.2 pass Bryant Store.
- 59.4 cs (Lake Cavanaugh Rd. right).
- 64.1 END OF MAP 2.





**MAP #3 LAKE McMURRAY TO LARRABEE ST. PARK**

- 64.4 Lake McMurray Store (**Sani-can, DO NOT PARK IN FRONT OF THE STORE**).
- 64.5 **BR** at Jct. 534 [Hwy 9]
- 69.7 Big Lake on Left.
- 70.3 view of Mt. Baker to right.
- 72.1 pass Big Lake Grocery (100 ft. left).
- 74.5 BL Hwy. 538 (ss) as Hwy. 9 goes right (**Big Rock Grocery on right**).

**MOUNT VERNON**

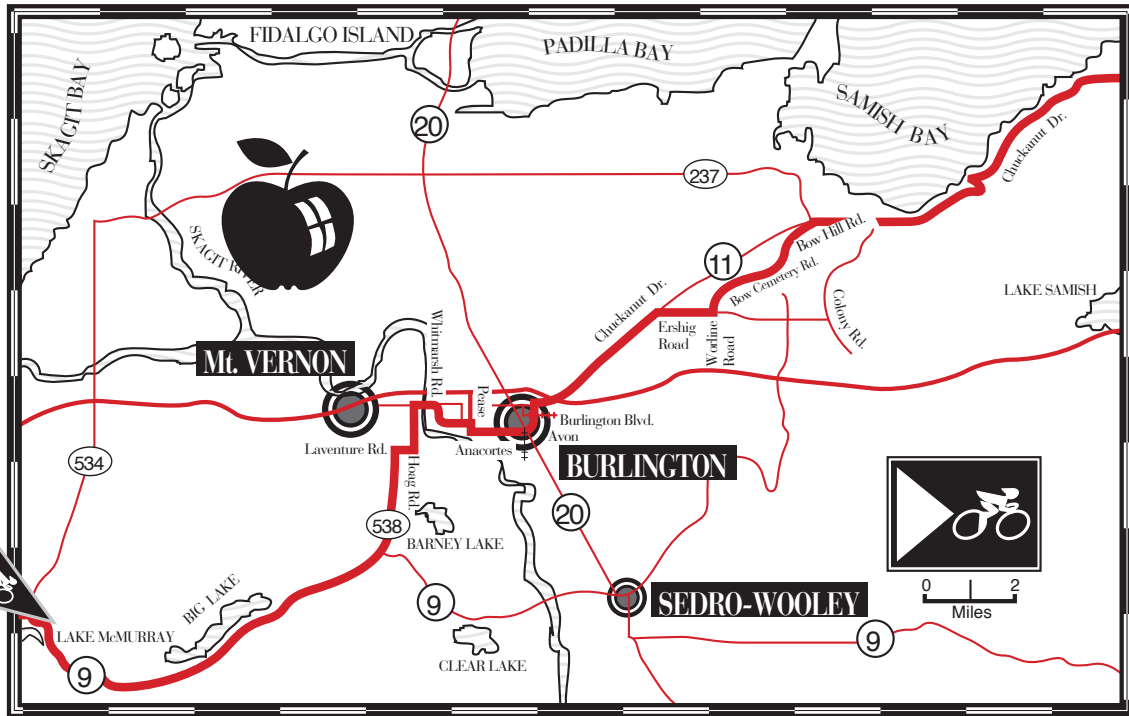
- 75.2 bc College Way.
- 75.9 RIGHT Martin Rd. (sl).
- 76.5 LEFT Centennial Elementary School  
**FOOD STOP/SOCIAL 10:00 am - 4:00 pm (Restrooms, Food, Bike Support)**
- 76.55 LEFT back onto Martin Rd.
- 77.4 x N. Laventure Rd (4-way ss) (bc Hoag Rd.)
- 77.9 x R/R
- 78.2 BR up on ramp to Bridge. Begin Bike Lane across Bridge
- 78.3 x Skagit River Bridge, use caution, heavy traffic)
- 78.5 RIGHT Whitmarsh Rd.(sl) Curves Right [immediately after bridge at sl].
- 78.6 Curves LEFT Whitmarsh Rd
- 79.2 curves LEFT, x under R/R
- 79.9 RT Pease Rd. (ss).
- 79.9 curves LEFT, bc S. Anacortes St.

**BURLINGTON**

- 81.2 x Fairhaven Ave. (4-way ss), bc N. Anacortes St.
- 81.3 [R/R] (ss) after tracks.
- 81.3 LEFT Avon Ave. (ss).
- 81.6 [R/R].
- 81.8 RT N. Burlington Blvd. (sl).
- 82.2 curves LEFT
- 82.4 x over I-5, bc Chuckanut Dr. (Hwy. 11).
- 85.4 RIGHT Ershig Rd.(immediately past mini bridge over Samish River).
- 86.7 LEFT Worline Rd.(before R/R tracks).
- 88.5 LEFT Bow Cemetery Rd. [immediately past cemetery, easy to miss].
- 88.9 LT Bow Hill Rd. (ss) [No street sign]
- 89.8 RIGHT Hwy.11 (ss) Bow Country Store (sani-can at store on left).

**BOW**

- Bow Country Store, Rhododendron Cafe, Chuckanut Valley Store.**
- 91.5 x Legg Rd.,hills begin(Chuckanut Dr. Hwy.11).
- 92.0 pass Chuckanut Manor.
- 92.5 scenic pullout to left.
- 92.8 pass Oyster Creek Inn.[Caution, One Lane Road] (sl)
- 93.4 Taylor Shellfish Farm (hair pin turn)
- 97.4 pass Larrabee St. Park  
(on left restrooms,camping,beaches).
- 100.6 END OF MAP 3.



# MAP #4A BELLINGHAM TO BORDER

## BELLINGHAM

101.4 BL as Lake Samish Rd. goes right.

**Chuckanut Bay gallery on left.**

101.8 Favorite RSVP Lemonade Stand - top of hill

102.6 LEFT on 12th (sl).

102.7 Fairhaven Middle School (Camping, Luggage Drop, Ice Cream)

**END FIRST DAY RIDE, CONGRATULATION YOU MADE IT!**

**(Note: WWU and various hotels are located further up the route)**

## SATURDAY (From Fairhaven Middle School)

0.1 CS 12th St., x bridge (sl)

0.2 RIGHT Old Fairhaven Pkwy. (sl)

1.4 Left 30th St. (sl) (left-turn lane from Old Fairhaven Pkwy.)

1.6 RIGHT Donovan Ave (ss).

1.7 LEFT 32nd Ave (ss).

2.7 x Fielding St. (start Bike Lane) (ss)

2.9 RIGHT Bill McDonald Pkwy. (sl) (get into left turn Lane) Heavy Traffic.

**To get to WWU Housing turn LEFT up hill - 1 mile.**

3.1 LEFT Samish Way (sl) (get in far left lane)

**3.3 DAYS INN on Left (Baggage Drop)**

3.5 BL E. Maple St.

3.6 BR Ellis St.

3.9 Move Left, x Lakeway Dr.

4.3 x York (sl).

4.4 Curves RIGHT, bc N. State St.

4.7 x Ohio St. (sl)

4.8 BR onto Iowa St. (sl)

4.9 x King St.

5.0 x under I-5

5.0 x Moore St. (sl)

5.2 x Pacific St. (sl)

5.7 LT Wobrun St. (sl) DO NOT GO UP HILL

6.2 x Alabama St. (sl)

6.7 x Barkley Blvd (sl)

7.1 x Mt. Baker Hwy/Sunset Dr (sl)

7.2 bc Hannegan Rd.

7.3 curves Right, curves Left

12.2 bend in road, views of Mt. Baker

## HINOTE'S CORNER

**Lunch Bucket, Rusty Wagon, stores.**

15.4 x Hwy. 544 (ss).

17.2 views of Mt. Baker to right rear.

## LYNDEN

**Dutch Mother's (breakfast buffet), Lynden's**

**Dutch Baker, sidewalk Cafe.**

19.2 LEFT Front St. (sl) (Left turn lane).

19.4 Lynden's Dutch Mother's

20.3 RIGHT 17th St. (sl).

**Map 4A notes continued next page.**

- 20.6 LEFT Village Dr. (dead end).
- 20.9 RT S. Double Ditch Rd. (ss).
- 21.0 x Main St. (ss), bc Double Ditch Rd.
- 22.3 x Hwy. 537 (ss) [50 mph].
- 24.9 LT E. Boundary Rd. [DO NOT CROSS DITCH TO CANADA].
- 25.0 pass border marker.
- 25.5 curves LEFT, curves RIGHT
- 25.55 RT Guide Meridian (ss).

## CANADA

### Aldergrove Border Crossing

25.6 Border (open 8:00am - 12:00 midnight).

**Get in line with cars unless instructed otherwise by Canadian Customs agent. Please follow their instructions. No orchard fruit (apples, pears, etc.). Bananas OK to take across border. Have Passport or Birth Certificate and Picture ID ready.**

25.65 LEFT 0 (Zero) Ave. W. Continue around duty-free shop.

25.8 curves RIGHT.

28.1 RIGHT 248th St.

29.1 END OF MAP 4A.

Map 4A



## MAP #4B BORDER TO PITT MEADOWS

- 32.7 x Fraser Hwy. (Hwy. 1A) (sl).
- 36.2 x over Trans-Canada Hwy. 1.
- 36.9 [R/R] (ss).
- 37.2 LEFT 72nd Ave.
- 38.3 RIGHT 240th St.
- 39.3 x 80th Ave.
- 39.9 RT Rawlinson Cr. (ss).
- 40.0 curves LEFT then RIGHT, bc 240th St. then 88th Ave.
- 40.7 LT River Rd. (ss).

**[WORST R/R TRACKS ON RSVP]. WALK BIKES  
ACROSS TRACKS.**

### FORT LANGLEY

- 41.7 LEFT Mavis Ave. (ss)
- 41.8 RIGHT Royal St.
- 41.9 LEFT Mary Ave. [Bike Route]
- 42.0 RIGHT bc Hudson Bay St.
- 42.1 RIGHT then LEFT
- 42.3 RIGHT 88 Ave. (Sellers Rd.)

**FOOD STOP/SOCIAL 9:00am - 2:00pm.**

**Lions Hall lower parking area.**

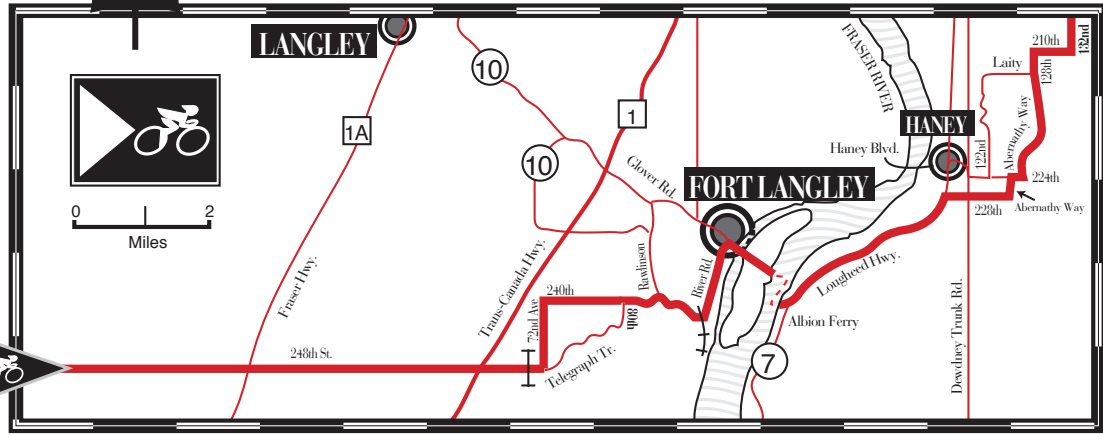
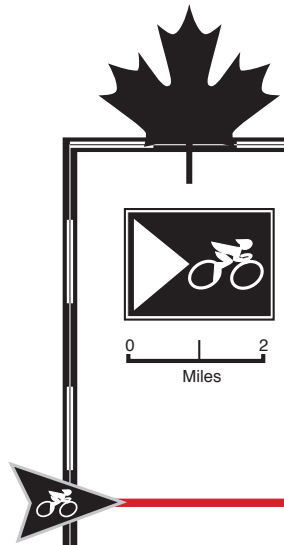
- 42.6 LEFT down gravel driveway [just before sl] to exit, LEFT on 88 Ave.
- 43.7 RIGHT Glover Rd. (sl)
- 44.2 [R/R], bridge.
- 44.8 begin wooden causeway to Albion Ferry.
- 44.9 Albion Ferry (free, leaves every 15 minutes).

**WALK ON RAMP, bicycles loaded along the sides &  
CAN'T take space meant for cars).**

- 45.0 off ferry, RIGHT River Rd. (ss).
- 45.1 curves LEFT, [2 R/R], bc 240th St.
- 45.2 LEFT Lougheed Hwy. (Hwy. 7).

### MAPLE RIDGE/HANEY

- 48.1 Maple Ridge Cycle shop ahead .5 miles.
  - 48.2 RIGHT 228th St. (sl).
  - 48.5 x Dewdney Trunk Rd (sl).
  - 49.0 LEFT Abernathy Way [Cross traffic does stop]
  - 49.1 x 227th St. (4ss).
  - 49.5 RT 224th St. (ss).
  - 49.6 LEFT Abernathy Way (227th Ave.) bc 128th Way.
  - 50.7 x 216th St. (4ss)
  - 51.1 x Laity St. on left.
  - 51.4 RIGHT 210th St. (dead end).
  - 51.9 curves LEFT, bc 132nd Ave.
  - 52.6 bc Dewdney Trunk Rd.
- END OF MAP 4B.



# MAP #5 PITT MEADOWS TO VANCOUVER

- 54.1 RT Harris Rd. (ss)
- 54.3 LEFT Dewdney Trunk Rd.
- 55.7 RIGHT Lougheed Hwy. (Hwy. 7) (yield), x Pitt River.

## PORT MOODY

- 63.3 [R/R].
- 63.6 curves LEFT, bc Murray St.
- 63.7 curves RIGHT

**Rocky Point Park, Mini-stop, 9:00 am - 4:00 pm (Restrooms, water, bike support provided by Cap's South Shore Cycles.)**

- 64.3 RIGHT to City Center (Moody St.), curves around train museum.
- 64.5 RIGHT Clark St. (sl) [Just AFTER bridge].
- 65.3 RIGHT Barnet Hwy. (Hwy. 7A) (sl).

## BURNABY

- 70.1 bc Inlet Dr.
- 71.0 LEFT Hastings St. (Gas station & Convenience store) (sl). Route signs with the Frances/Union bike route. **[DO NOT turn at Sperling].**
- 71.3 RIGHT Duthie Ave. (Frances/Union Bike route starts).
- 71.4 RIGHT Union St.
- 71.9 x Sperling Ave (to stop traffic hit rd. side button) (sl).
- 72.3 x Kensington Ave. (ss). (to stop x traffic hit rd. side button). Burnaby No. Secondary school on left
- 72.3 bc Hammerskjold
- 72.4 Trail begins as Hammerskjold ends.

**Directions for Map 5 continued...**

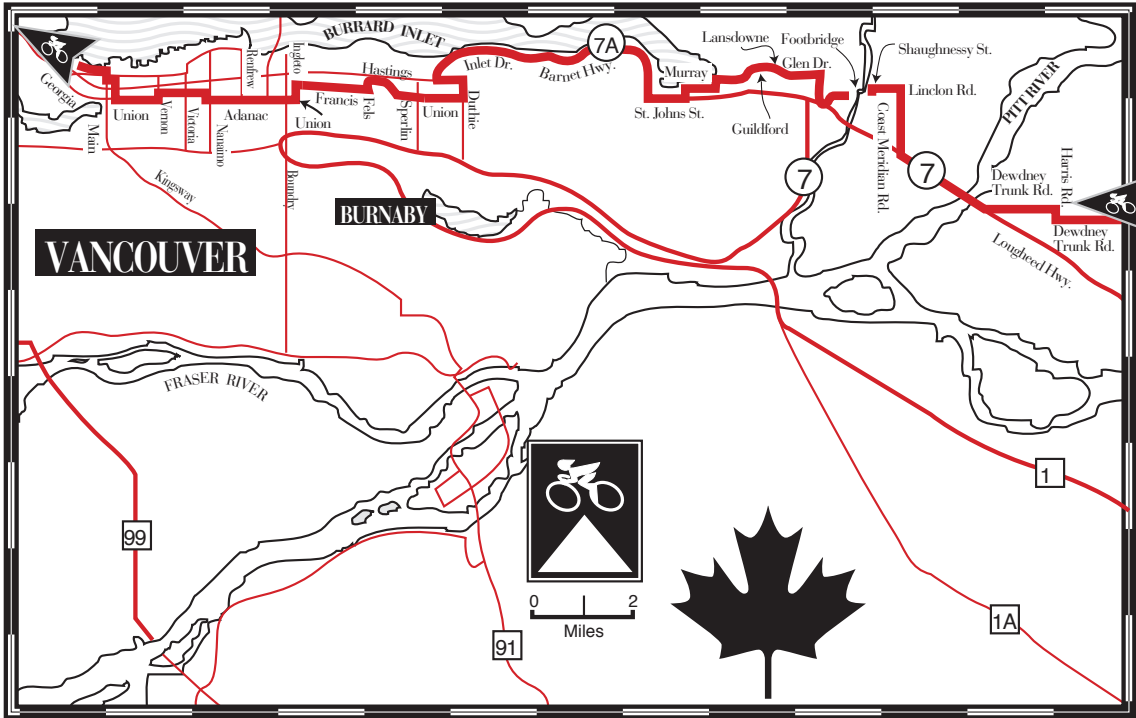
## PORT COQUITLAM

- 57.6 RIGHT Coast Meridian Rd. (sl).
- 58.9 LEFT Lincoln Ave. (sl)
- 59.7 LT Shaughnessy St. (ss).
- 59.8 RIGHT at pedestrian crossing. (1 block from Shaughnessy St) -- **EASY TO MISS**
- 59.9 WALK BIKES x cement/steel FOOTBRIDGE.
- 60.0 BR Patricia Ave.
- 60.4 RIGHT Woodland Dr. (ss).
- 60.5 x 2 Sections of Jersey Barricades [continue straight and then exit on sidewalk cutout to pipeline road, traffic on left].
- 60.5 Cap's Bicycle Shop.

## COQUITLAM

- 60.8 LEFT Glen Dr. (sl) [busy cross street].
- 61.0 x Pinetree Way. [sl]
- 62.0 RIGHT Landsdowne Dr. (sl).
- 62.1 LEFT Guildford Way (divided) (sl).
- 62.7 Move to left lane, cs (Ungless Way goes right).
- 63.1 x loco Rd., bc Guildford Dr.





**Directions for Map 5 Continued**

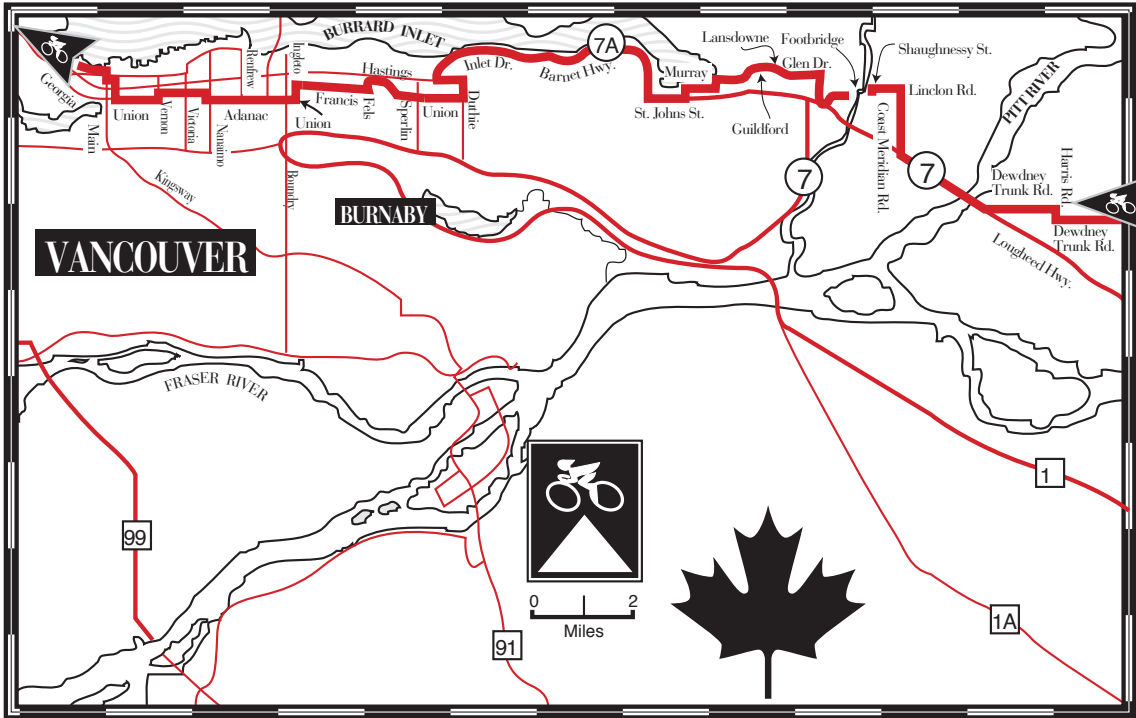
- 72.6 BL on trail before crosswalk (sl) (trail then parallels Fel St.).
- 72.7 RIGHT off trail to Frances St. (city park straight)  
**[watch for traffic on right-Fels St.].**
- 72.9 x Holdom Ave. (ss).
- 73.2 x Springer Ave. (ss).
- 73.4 x Delta Ave. (4ss).
- 73.7 x Willingdon Ave. (to stop x traffic hit rd. side button)
- 74.4 x Gilmore Ave. (ss) (bikes only straight).
- 74.6 LEFT Ingleton Ave. (nice views of the city, eh!).
- 75.1 RIGHT Union St. (4ss).

**VANCOUVER****CAUTION, DAN HENRY MARKS MAY NOT BE IN PLACE ON THE ROAD**

- 75.2 x Boundary Rd. (hit rd. side button to stop traffic)  
[watch oncoming traffic].
- 75.22 bc Adanac St. (Adanac Bikeway begins).
- 75.7 x Renfrew St. [Busy Divided Rd.] (ss).
- 76.6 x Nanaimo St. (Trip sl button on roadside stand)  
(sl).
- 76.8 CS Bicycles only (for one block between Templeton and Lakewood Drs.)
- 78.9 x Victoria Dr. (view of B.C. Place) (ss).

- 79.1 x Commercial Division (Bicycles only straight ahead) (ss) (sl).
- 79.4 x Clark Dr. (Trip (sl) button on roadside stand) (ss) (sl).
- 79.5 LT Vernon Drive (ss).
- 79.51 RIGHT Union St. (immediately).
- 79.6 [R/R]
- 79.9 x Hawks Ave. (bicycles only through park) (ss).
- 80.3 RIGHT Gore St. (Chinatown — note Chinese on st. signs)
- 80.5 LEFT Alexander St.(ss)
- 80.6 RIGHT Main St (OVERPASS) [Portside Park]

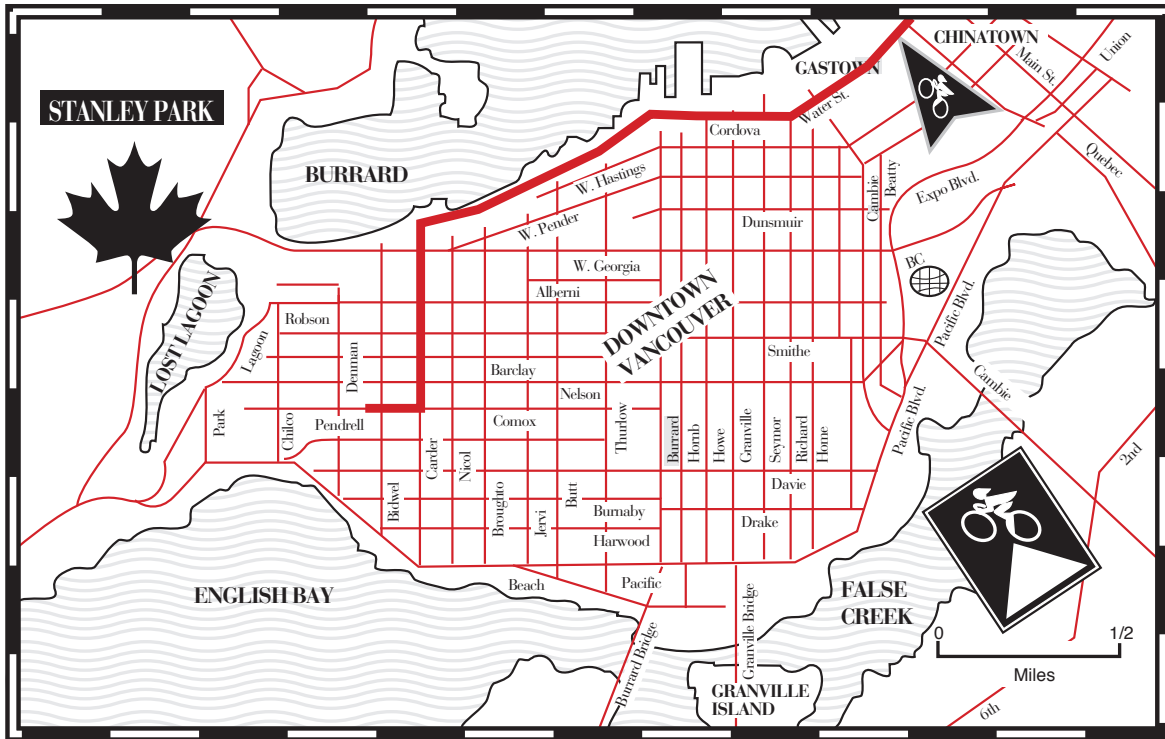
END OF MAP 5



## MAP #6 DOWNTOWN VANCOUVER

- 80.8 RIGHT Water Front Rd.
- 81.3 Speed Bumps-Go under Canada Place Convention Center
- 81.5 cs [West] to Seaside Trail- DO NOT head back to Convention Center  
Mixed use trail,GO SLOW,
- 82.4 LEFT Cardero St. [Westin Hotel in front of you]
- 82.5 x W. Georgia ST. (sl)
- 82.6 x Alberni St. (sl)
- 82.7 x Robson St
- 82.8 x Haro St (At this point you will have to cross over the bike path, cars have to turn)
- 82.9 x Barclay St
- 83.0 x Nelson St.
- 83.1 RIGHT Comox St
- 83.2 x Bidwell St
- 83.21 Finish Coast Plaza Hotel and Suites at Stanley Park**

**WELCOME TO VANCOUVER, BC**  
**CONGRATULATIONS, YOU MADE IT**  
**Give yourself a pat on the back and NOW**  
**PARTY.**





# **Emergency Phone Number**

## **206-851-4312**

**This number will be staffed and answered throughout the event. Please help us keep this line available for valid emergency calls by keeping calls short and to the point. If police or ambulance support is required, call 911 immediately.**

# *bicycle club* **Cascade**



GroupHealth

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