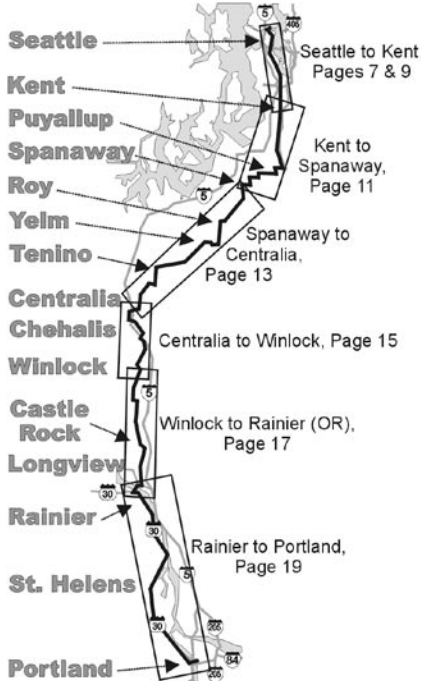


Route Map sections
on the following pages...



Day of Ride **EMERGENCY NUMBER**

(206) 255-6695

26th Anniversary Edition

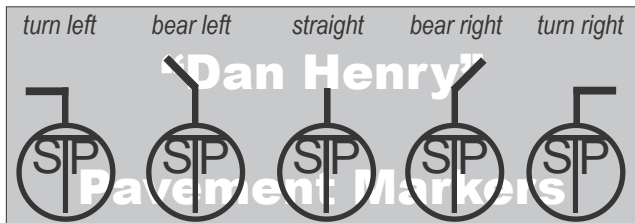
Group Health Seattle to Portland Bicycle Classic

2005 Route Map



Safety Information & Route Conventions

RIGHTturn Right
LEFTturn Left
RTturn right at “T” intersection
LTturn left at “T” intersection
RYturn right at “Y” intersection
LYturn left at “Y” intersection
BRbear right
BLbear left
xcross
c scontinue straight
bc“becomes”
,“then”
R/Rrailroad track crossing
()additional information
[]CAUTION
(ss)stopsign
(sl)stoplight



Please use common sense and courtesy.

Ride safely and legally; wear your helmet at all times. State laws require that cyclists ride no more than two abreast, and are responsible for observing the rules of the road. Do not draft in a paceline without permission! Remember, this is not a race.

Emergency Helpers: Volunteers in support vehicles are equipped with **Nextel Communications** phones, first aid kits, and bicycle racks. **Medically trained volunteers** will be riding the route to provide assessment and first aid.

Members of the **Gold Wing Touring Association** will once again be on the road this year, equipped with radios, cell phones and first aid kits. Give them a big thumbs-up thank you for their volunteer help.

The **Safety Crew** are our on-road ambassadors. Greet them as they encourage us to ride smartly, observe traffic regulations and be good visitors to all the welcoming communities along the route.

CAUTION: Follow posted detours through road construction zones!

The Group Health Seattle to Portland Bicycle Classic Welcomes you!

Have a SAFE and wonderful ride!

University of Washington Start Line

University of Washington E-1 Parking Lot on Montlake Blvd., just north of Husky Stadium. Parking is not allowed at other UW parking lots, in area business lots, or on neighborhood streets. Limited overnight event parking will be available for **pre-sale only**. Friday (after 5 p.m.), Saturday, and Sunday - \$5.⁰⁰ per each night.

Start Times

Saturday, July 9, 2005. ONE DAY RIDERS only from 4:45 to 5:15 a.m. All riders from 5:15 to 7:30 a.m.

Baggage Trucks

Leave the University of Washington on Saturday at 8:00 a.m. MARK YOUR BAGS with the tear-off tags from your bib number. Complete all emergency information on the back of your bib.

TWO DAY RIDERS: Be sure to put your bags on the truck going to your first-day destination! Pack lightly, you may be carrying your gear by yourself from the truck to your lodging.

ONE DAY RIDERS: Put any gear on the Portland truck.

Personal Information: Please fill out the back of your bib and wear the bib during the ride. Carry basic repair items, **WEAR A HELMET** and proper clothing; carry paper money and quarters along with your ID.

Pre-arrange meeting places and times to regroup with your friends along the route. Be sure to let your friends and family know your bib number in case of emergency.

DRINK BEFORE YOU ARE THIRSTY!

EAT BEFORE YOU ARE HUNGRY!

STRETCH OFTEN AND WEAR SUN PROTECTION!

Riding Partner Names:	Bib #	Phone

Pre-arranged Meeting Points:

Saturday Lodging: _____

Reservation Name: _____

Sunday Lodging: _____

Reservation Name: _____

The Group Health STP Services and Baggage Schedule - Page 4

Foodstops and Ministops, Day and Time

Mile 11	Seward Park Ministop	Sat	5:15 a.m. - 9:00 a.m.
Mile 15	BikeWorks Mechanical Support	Sat	5:15 a.m. - 9:00 a.m.
Mile 24	Kent/REI Free Food Stop	Sat	5:45 a.m. - 9:30 a.m.
Mile 41	Puyallup Ministop	Sat	6:30 a.m. - 12:00 p.m.
Mile 55	Spanaway/Whole Foods Market Free Foodstop	Sat	6:30 a.m. - 1:00 p.m.
Mile 69	McKenna Ministop	Sat	7:00 a.m. - 3:00 p.m.
Mile 74	Yelm Ministop	Sat	8:00 a.m. - 5:00 p.m.
Mile 88	Tenino Ministop	Sat	8:00 a.m. - 5:00 p.m.
Mile 102	Centralia Free Foodstop for <u>ONE-DAY RIDERS ONLY</u>	Sat	8:30 a.m. - 1:00 p.m.
Mile 109	Chehalis Ministop	Sat	8:30 a.m. - 7:00 p.m.
Mile 114	Napavine (Sani-Cans only)		
Mile 130	Vader Ministop	Sun	6:00 a.m. - 12:00 p.m.
Mile 140	Castle Rock H.S. Ministop	Sat	1:00 p.m. - 6:00 p.m.
		Sun	8:00 a.m. - 1:00 p.m.
Mile 147	Lexington Free Foodstop	Sat	12:00 p.m. - 6:00 p.m.
		Sun	8:00 a.m. - 2:00 p.m.
Mile 165	Goble Ministop	Sun	10:00 a.m. - 4:00 p.m.
Mile 178	St. Helens Free Foodstop	Sat	1:30 p.m. - 7:00 p.m.
		Sun	8:00 a.m. - 4:00 p.m.
Mile 189	Scappoose Ministop	Sun	10:00 a.m. - 5:00 p.m.

Free Foodstops: Food, water, portable toilets, mechanical assistance, first aid.

Ministops: Food for purchase, portable toilets, mechanical assistance, first aid. Staffed & sponsored by community organizations.

Baggage Trucks on Saturday

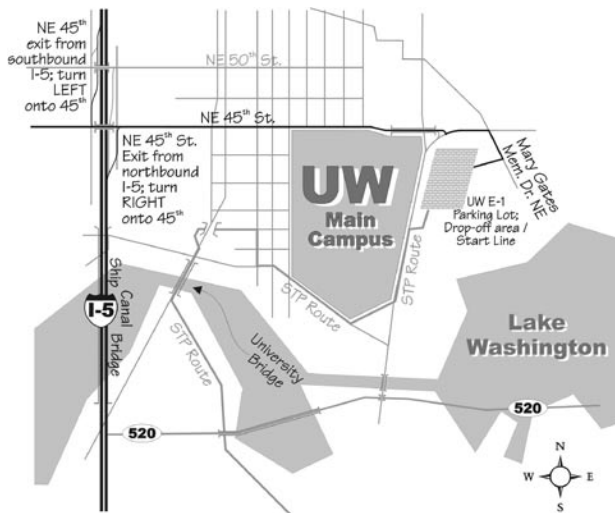
Leave from UW Campus	8:00 a.m.
Arrive in:	
Centralia College (102 miles)	12:00 p.m.
Chehalis Recreation Park (109 miles)	
Bethel Church (110 miles)	12:00 p.m.
Winlock Elementary / High School (121 miles)	12:30 p.m.
Toledo High School (123 miles)	12:00 p.m.
Vader Assembly of God Church (124 miles)	1:30 p.m.
Castle Rock High School (134 miles)	12:30 p.m.
Kelso Hall of Justice (150 miles)	3:00 p.m.
Portland (DoubleTree Hotel/Holladay Park - 206 miles)	2:00 p.m.

Baggage Trucks on Sunday

Leave from:	
Centralia College	8:00 a.m.
Chehalis Rec. Park AND Bethel Church	8:00 a.m.
Winlock Elementary / High School	8:00 a.m.
Toledo High School	9:00 a.m.
Castle Rock High School	8:00 a.m.
Vader Assembly of God Church	8:30 a.m.
Kelso Hall of Justice	8:00 a.m.
Arrive in Portland (DoubleTree Hotel/Holladay Park)	1:00 p.m.

Note: Times and locations are approximate and subject to change. Updates will be provided at Packet Pickup, if necessary.

2005 Route Map, Directions to Start Line at UW E-1 Parking Lot - Page 5



Getting to the STP Starting Line at the UW E-1 Parking Lot

From Southbound I-5, take **Exit #169**, NE 50th / NE 45th St.; stay in the left exit lane for NE 45th St., turn **LEFT** onto NE 45th, and...

From Northbound I-5, take **Exit #169**, NE 45th / NE 50th St.; move to the right exit lane for NE 45th St. turn **RIGHT** onto NE 45th, and...

...go east through the University District and the UW Campus for 1.1 miles; go down a steep hill on the NE 45th St. Bridge, at the base of the bridge, turn left onto Montlake; take the next right onto Mary Gates Memorial Dr., and turn right again into the UW E-1 Parking Lot entrance. Park on the north or middle section of the E-1 parking lot; the starting line area is for bicycles only.

***IMPORTANT NOTE:** If possible, please try to avoid Montlake Blvd. to get to the University of Washington E-1 parking lot, since this will interfere with fellow riders leaving the starting line!*

Special People!

These generous volunteers spent the last year on the Group Health STP Organizing Committee. This nationally-renowned event is the result of their tireless efforts, plus an additional 700 volunteers; Cascade Bicycle Club salutes them all! We're always looking for new committee members, so if you'd like to put something back into cycling, call (206) 522-BIKE, or visit www.cascade.org. Thanks to you all, and the hundreds of volunteers that make the Group Health STP possible.

Dave Douglas, Director

Special Thanks To...

Tom Brokaw and Spanaway Junior High School
Ilona Kerby and Altrusa International
Amber Counts and the Centralia/Chehalis Chamber
Cindy Sommers and the St. Helens High School Band
Corey Eng and the Portland Wheelmen Touring Club
Ed Bronsdon and SKIFORALL
Dave Shaw and H4 Consulting
David Carnes, dc/graphics (Route Guide Design)

GROUP HEALTH STP ORGANIZING COMMITTEE

Alan Burgstahler, Registration Sales

Bob Goldberg, Packet Pickup

Corey Eng, Finish Line / Portland Wheelmen

Damien King, Group Health Aid Stations

Dave Schindele, Operations

David Douglas, Director

David Shaw, Finish Line Expo

Diana Larson, Volunteers

Don Lindberg, Route Safety

Don Sims, GWTA

Carol Sims, GWTA

Carry Porter, Marketing

Ed Bronsdon, U.W. Bike Corral

Vicki Hanna, Promotions

Janice Sepulveda, Volunteer Housing

Jerry Weltner, GWTA

Larry Sepulveda, Operations / Route

Luther Hintz, Technical Advisor

Mady Burgstahler, Support Drivers

Mark Illing, Bike Coral - UW

Ron Montaque, STP Seminars

Ruth Becker, STP Store

Saul Snatsky, Mini Stops

Sandy Becker, Treasurer / Souvenirs

Scott Marlow, Sponsorships / Web Site

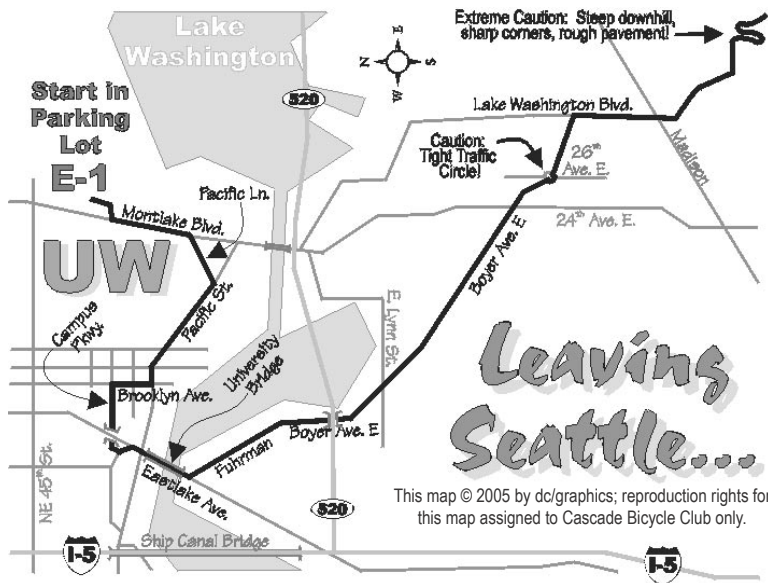
Steve Baima, Medical Support Team

Susan Hiles, Secretary

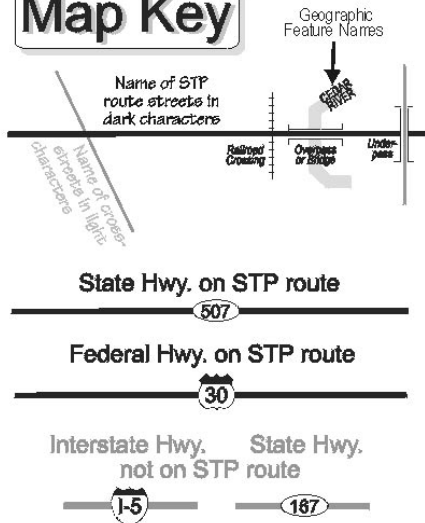
Terry Wirth, Executive Coordinator

Will Chin, Rider Prep Classes

2005 Route Map, Seattle Detail Map - Page 7



Map Key



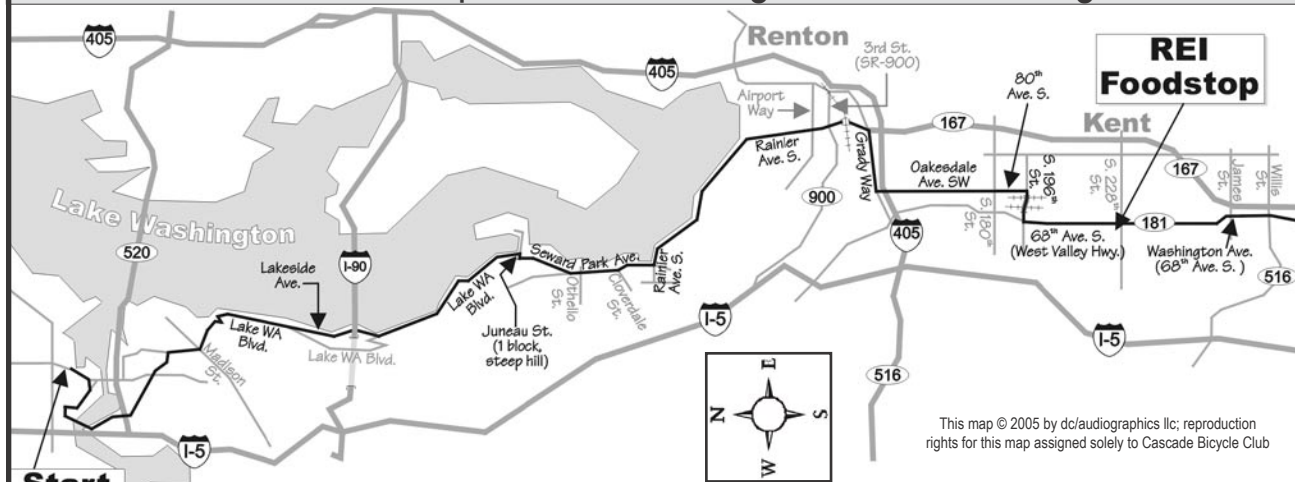
Course Notes, UW Start Line to Lake Washington:

From the E-1 parking lot on the UW campus, ride west past the UW medical center, cross Lake Union on the University Bridge, turn left on Furrman St. and ascend a gentle hill on Boyer Ave. E. Be aware of the tight traffic circle at 26th and Boyer. A short, steep switchback descent about one-half mile after crossing Madison requires caution.

2005 Route Directions, Seattle Starting Line to Kent - Page 8

Mileage					
0.0	Start	UW Parking Lot E-1		10.7	LT Seward Park Ave. S. (ss)
0.1	LT	Montlake Blvd. (stay in curb lane)		11.1	BL Seward Park Ave. S. / Wilson Ave. (ss)
0.3	BR	Pacific Lane		11.7	x, cs S. Othello (ss)
0.5	BR	Pacific Street		12.3	x, cs Cloverdale / S. Grattan (ss)
0.9	RIGHT	Brooklyn Ave. NE		12.7	x, cs S. Henderson (ss)
1.0	x	Lincoln (ss)		12.9	LEFT Rainier Ave. (sl)
1.1	LEFT	Campus Parkway, stay in left lane		13.9	x, cs Cornell (Start Bike Lane)
1.4	x	University Bridge on Eastlake Ave., move to left lane		15.6	x, cs 115 th Place (sl)
1.6	LEFT	Fuhrman at south end of bridge		15.8	Renton City Limits
2.0	bc	Boyer Ave. E.		16.6	x, cs Airport Way (sl) (End Bike Lane)
2.6	x	Lynn (ss)		17.0	x, cs 3rd St. (sl) SW Sunset Blvd. under R/R trestle
3.2	x	24th Ave. E. (sl)		17.3	cs
3.4	RT	Lake Washington Blvd. E.		17.7	RIGHT Grady Way (sl)
4.1	x	Madison (sl)		18.4	LEFT Oakesdale Ave. SW (sl) [Heavy Traffic on Grady Way - Caution moving to left lane and turning]
4.7	!	[Caution, downhill switchback - very rough pavement]		18.45	x, cs under I-405
4.8	x, cs	39th (ss)		18.5	x, cs SW 16 th St. (sl) Begin bike lane
5.4	x, cs	Madrona (ss)		20.0	x [R/R]
6.2	bc	Lakeside Ave. (for one mile)		20.3	x, cs S. 180 th St. (sl) [Caution, heavy cross- traffic]
7.4	bc	Lake Washington Blvd. E. (again)		20.3	bc, cs 80 th Ave. S. (Kent City Limits)
10.6	!	Seward Park Ministop on left		20.6	x [R/R]
10.6	RIGHT	Juneau, one block up a steep hill (ss)		20.9	x [R/R]

2005 Route Map, Seattle Starting Line to Kent - Page 9



**Start
@ UW**

Course Notes, Lake Washington to Kent:

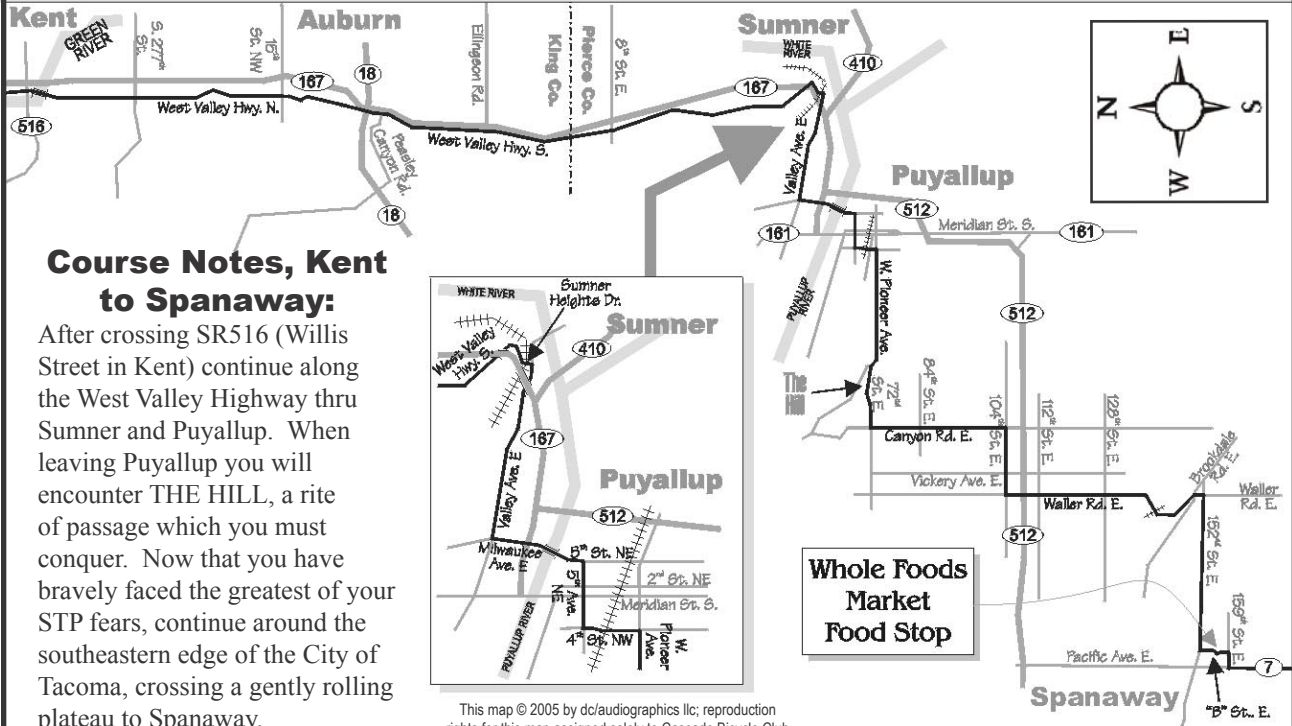
Having burned a few too many calories in the infamous “Blaze of Glory” during the first few miles, we now settle into a more reasonable cadence and continue south along the west side of Lake Washington. Be aware that shortly the street name will change from Lake Washington Blvd. to Lakeside Ave., and then back to Lake Washington Blvd. after about a mile. Continue south on Lake Washington Blvd. past the Seafair hydroplane pits to Seward Park. A short steep hill (Juneau St.) awaits - but fear not, it’s only one block long. Continue thru the City of Renton and the northwest corner of the city of Kent to the first Free Foodstop - REI headquarters at West Valley Highway (68th Ave. S.) and 228th Street.

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2005 Route Directions, Kent to SE Tacoma Plateau - Page 10

21.0	x	[<i>R/R, 3 tracks</i>]	34.8		Sumner City Limits
21.2	x	[<i>R/R, 3 tracks</i>]	37.8	x	under SR-167
21.3	RT	S. 196 th St. (sl)	38.0	LEFT	Sumner Heights Dr. (ss)
21.6	x	over <i>R/R</i> tracks (and Interurban Bike Trail) on long concrete overpass	38.05	x	[<i>R/R, 2 tracks</i>]
22.1	LEFT	68 th Ave. S. (sl) (West Valley Highway)	38.1	RT	Valley Ave. E. (ss) (Sumner Bakery on your left, about one-half mile)
23.9	x	[<i>R/R tracks</i>]	38.3	x	under SR-167
24.0	RIGHT	S. 228 th (Kent/REI Food Stop on right)	39.8	LEFT	Milwaukee Ave. E. (sl)
24.05		LEFT out of REI parking lot, RIGHT on 68 th Ave. S. (sl)	40.0	x	under SR-167
24.7	bc, cs	Washington Ave. / SR 181 (was 68 th Ave. S.)	40.4	x	Puyallup River
25.1	x, cs	Willis St. (SR-516) (sl)	40.4	bc	5 th St. NE at Puyallup City Limits
25.4	x	Green River Bridge	40.6	RIGHT	5 th Ave. NE
25.4	bc	West Valley Highway, 2-lane road	40.8	x, cs	2 nd St. NE (sl) Puyallup Ministop on the right (Grayland Park)
27.0		pass Smith Brothers Dairy on right	40.9	x, cs	N. Meridian St. N. (sl)
27.0	x, cs	277th St. (sl)	41.1	LEFT	4 th St. NW (ss)
27.5		Auburn City Limits	41.2	x, cs	Stewart (sl) bc 5 th Ave.
30.4	x, cs	under SR-18 on West Valley Highway	41.22	x	[<i>R/R 2 tracks</i>]
31.1	cs	Algona City Limits	41.5	RIGHT	W. Pioneer Ave. (sl)
33.2	cs	Pacific City Limits	43.3	LY	72 nd Street, "THE HILL" (be brave!)
34.5	x, cs	8 th St. E. (sl) [Caution, heavy cross-traffic; begin intermittent rough pavement until Sumner]	44.3	LEFT	Canyon Rd. (sl) top of The Hill
			45.1	x, cs	84 th St. E. (sl)
			46.4	RIGHT	104 th St. E. (sl)
			47.3	x, cs	Vickery Ave. E.

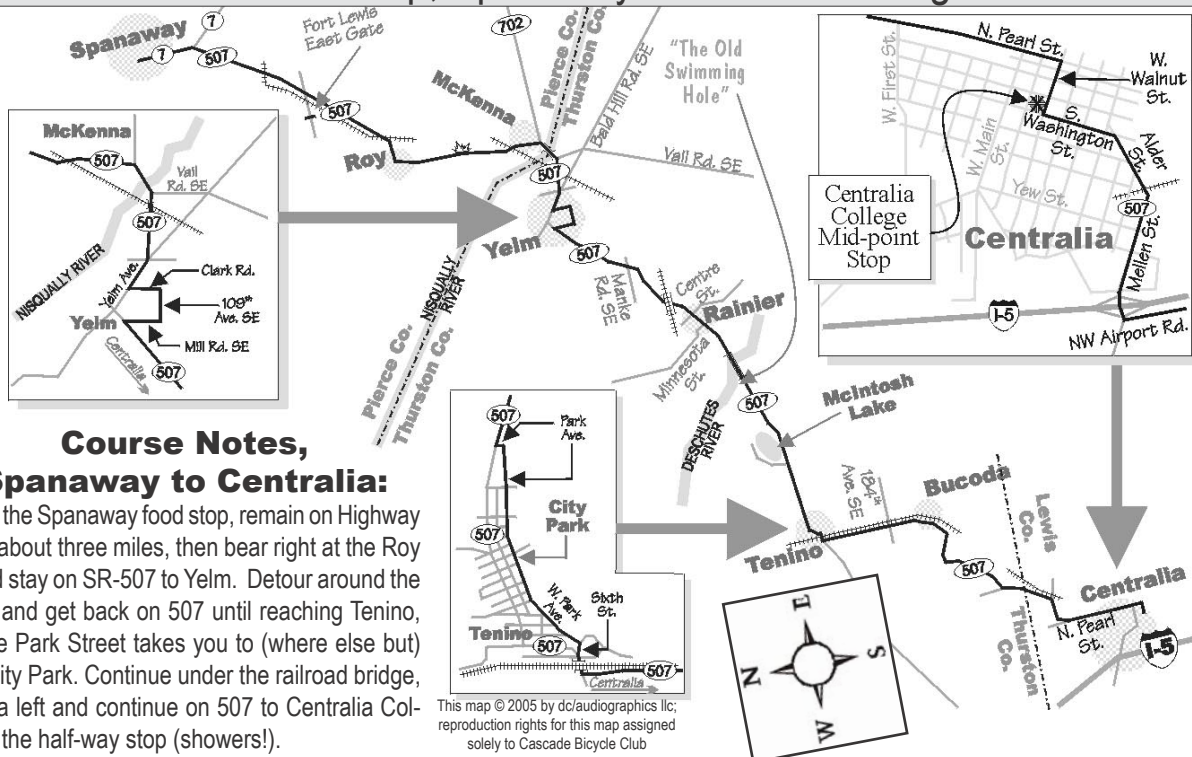
2005 Route Map, Kent to Spanaway - Page 11



2005 Route Directions, SE Tacoma Plateau to Centralia - Page 12

47.9	LEFT	Waller Rd. E. (sl)	68.7	BR	continue on SR-507 (sl) [McKenna Mini stop on right at school]
48.2	x	under SR-512	69.1	x	Nisqually River, enter Thurston Co.
48.4	x, cs	112 th St. E. (sl)	69.7	x	R/R on overpass (Mt. Rainier on left)
49.4	x, cs	128 th St. E. (ss)	69.9	bc	Yelm Ave. at Yelm City Limits
49.7	BR	continue on Waller Rd. E.	71.1	LEFT	Clark Rd. SE (sl) [Heavy traffic - caution]
49.9	x	[R/R]	71.7	BR	109 th Ave. SE
50.0	BL	continue on Waller Rd. E.	72.2	BR	Mill Rd. SE
50.6	x	Brookdale Rd. E. (ss) 4 Way Stop	72.5		Mill Pond Intermediate School,
51.3	RIGHT	152 nd St. E. (sl)			Yelm Ministop on left
53.2	LEFT	Military Rd. E. (Caution Heavy Traffic)	72.9	LT	First St. (ss) (back on SR-507)
53.3	cs, bc	“B” Street E.	77.1		Rainier City Limits
53.6		Spanaway/Whole Foods Market Food Stop on the left	77.6	x	under R/R trestle
53.7	RIGHT	159 th St. (sl)	77.8	bc	Binghamton (still SR-507)
53.9	LT	Pacific Ave. S. (sl) (SR-7) [extreme caution, heavy traffic for 2 miles]	78.9	x	Deschutes River Bridge (Old Swimming Hole just past on the right)
55.9	RY	SR-507 (stay on this highway to Yelm)	82.4		pass McIntosh Lake on your right
57.8	x	[R/R] [caution, Bad R/R Crossing]	85.6		Tenino City Limits
60.0	cs	Pass Fort Lewis East Gate on right	85.9	LEFT	Park Ave. (50 feet to...)
63.1	x	[R/R] [extreme caution, worst R/R crossing on STP route!!!]	85.9	RIGHT	Park Ave. (ss)
63.4	bc	Water Street at Roy City Limits	86.6		City Park on left, Tenino Ministop
63.8	bc	McNaught St. (main street curves left)	87.3	RT	Crowder Rd. / 6th St. (ss) (see map insert)
67.9	x	[R/R] [caution, Bad R/R Crossing]	87.4	cs	SR-507 (ss) (Caution Heavy Traffic)

2005 Route Map, Spanaway to Centralia - Page 13



Course Notes, Spanaway to Centralia:

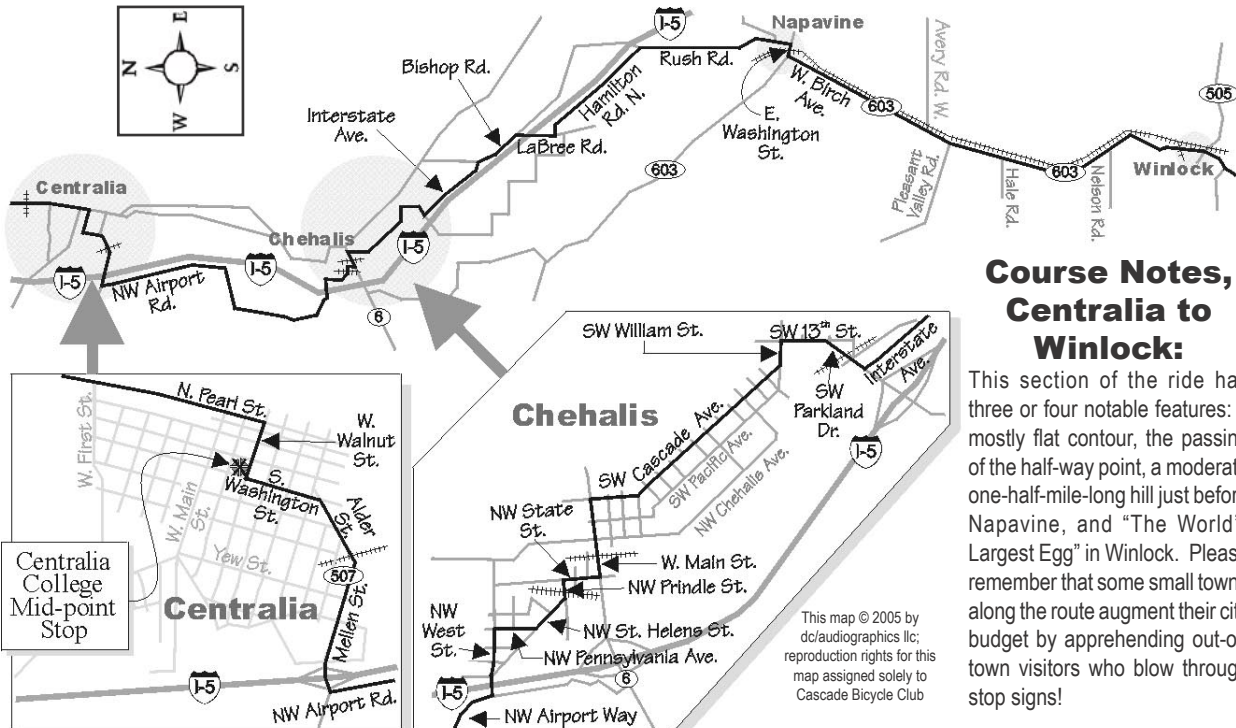
From the Spanaway food stop, remain on Highway 7 for about three miles, then bear right at the Roy Y and stay on SR-507 to Yelm. Detour around the town and get back on 507 until reaching Tenino, where Park Street takes you to (where else but) the City Park. Continue under the railroad bridge, take a left and continue on 507 to Centralia College, the half-way stop (showers!).

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2005 Route Directions, Centralia to Winlock - Page 14

87.4	x	under R/R trestle, 2 tracks	102.0	!	Halfway To Portland (yipeeyayo!!!)
87.5	LEFT	SR-507 (blinking light)	103.4		pass golf course on right, airport on left
90.9	bc	N. Summer St. at Bucoda City Limits	104.7	BL, bc	NW Airport Way
91.2	bc	S. Front St. (town on your left)	105.0	cs, bc	NW West Ave.
92.0	bc	SR-507	105.1	x	over Interstate 5
95.2	x	Skookumchuck River	105.4	RIGHT	Pennsylvania Ave.
96.7		Schaefer County Park (on your left)	105.5	BL	St. Helens Ave.
96.8	x	Skookumchuck River	105.6	BL	Prindle St.
97.0	bc	N. Pearl St. at Centralia City Limits	105.62	x	[R/R]
99.2	x	[R/R] rubber surface.	105.7	RIGHT	State St. (ss)
99.5	cs x	W. First St. (sl)	105.8	LEFT	Main St. (sl - flashing light)
99.9	x	W. Main St. (sl)	105.82	x	[R/R, 3 tracks]
100.0	x	W. Locust St. (sl)	105.83	x	Chehalis Ave. (sl)
100.05	R	W. Walnut St.	106.0	RIGHT	SW Cascade Ave. (sl)
100.1	x	S. Iron (ss)	106.8	BL, bc	SW William St.
100.2	cs	Centralia College Mid-Point Stop	106.9	!	Recreation Park, Chehalis Ministop
100.25	cs	Exit mid-point (caution barriers)			on right (one of the STP Campsites)
100.3	LEFT	S. Washington St. (caution rough road)	106.92	RIGHT	SW 13 th St. (ss)
100.5	R	Alder St. (ss) (caution, heavy traffic)	107.0	BR, bc	Parkland (still on same road)
100.6	x	[R/R]	107.1	x	[R/R]
100.7	BR	becomes Mellen St.	107.2	LEFT	Interstate Ave. (sl) [use caution, heavy vehicle traffic on Interstate Ave.]
100.8	x, cs	Yew St.			
101.0	x, cs	under Interstate 5 (sl)	108.3	RT	Bishop Rd. (ss)
101.1	LEFT	NW Airport Rd. (before bridge)	109.2	RIGHT	LaBree Rd. (follow Interstate 5 sign)

2005 Route Map, Centralia to Winlock - Page 15



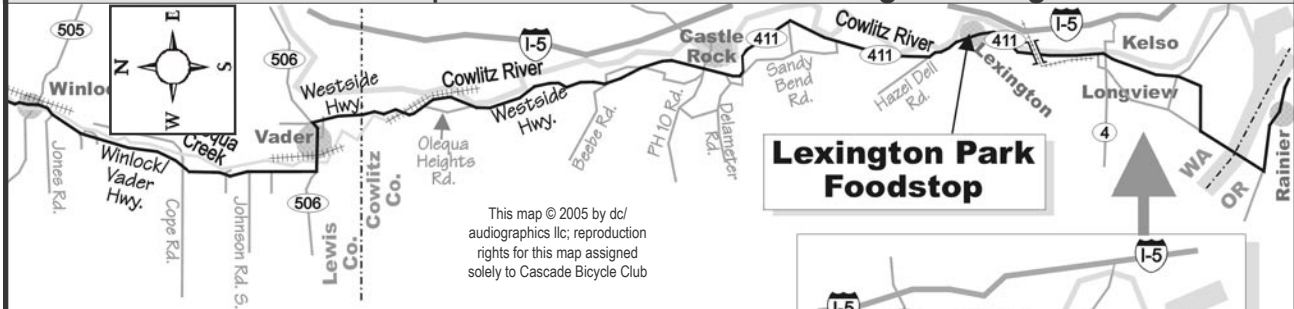
Course Notes, Centralia to Winlock:

This section of the ride has three or four notable features: a mostly flat contour, the passing of the half-way point, a moderate one-half-mile-long hill just before Napavine, and "The World's Largest Egg" in Winlock. Please remember that some small towns along the route augment their city budget by apprehending out-of-town visitors who blow through stop signs!

2005 Route Directions, Winlock to Rainier, Oregon - Page 16

109.3	x	over Interstate 5, <i>immediately...</i>	130.4	x	overpass, <i>R/R</i> and Olequa Creek [<i>caution, road w/ NO SHOULDER ahead</i>]
109.5	LEFT	Hamilton (follow Interstate 5 sign)	137.3	!	Castle Rock High School on left
111.4	bc	Rush Rd. (start up 1/2 mile medium hill			Castle Rock Ministop
113.1		Napavine City Limits	137.8	x, cs, bc	P.H. No. 10 Rd. (ss); becomes SR-411
113.6	RT	E. Washington St.			at this point [<i>caution, Heavy Traffic from here to Longview / Kelso</i>]
113.7	x	[<i>R/R, 2 tracks</i>], <i>in 250 feet, turn...</i>	141.2	!	[<i>caution, road has NO SHOULDERS, is hilly and has sharp corners for 3 miles</i>]
113.72	LEFT	W. Birch Ave. (SR-603)	144.2		entering Lexington (unincorporated)
119.6	bc	Kerron St. at Winlock City Limits	144.8	LEFT	Riverside Park (easy to miss entrance)
120.0	x	[<i>R/R</i>]	145.0	!	Lexington Riverside Park Food Stop
120.1	cs	The Worlds Largest Egg (and the town of Winlock) on your left	145.2	LT	West Side Highway / SR-411 (ss)
120.3	x, cs	on Kerron St. (ss)	147.1	cs	under high <i>R/R</i> trestle
120.5	x	Olequa Creek on old concrete bridge	148.4	bc	1st Ave. NW at Kelso City Limits
120.6	LY	Winlock-Vader Rd.	148.7	x	under SR-4 bc 1st Ave NW
126.5		pass Historic Cemetary on your left	148.8	x, cs	W. Main St. (sl)(Kelso motels left here)
127.0	LT	SR-506 (ss) pass Three Corner Store	148.82	cs, bc	1st Ave. SW
127.3	bc	7th St. at Vader City Limits	149.0		Baggage Stop for Longview / Kelso at the Hall of Justice on your left
127.4	x	[<i>R/R, 2 tracks, rubber surface, CAUTION, trains go thru @ 70 mph</i>]	149.3	x, cs	Hudson St. (sl) [<i>move to center lane before crossing this street</i>]
127.6	RIGHT	“D” St., Vader Ministop on corner of SR-506 and “D” St., at school			
127.9	RIGHT	onto SR-506, up short / steep hill			
128.2	RIGHT	West Side Highway			

2005 Route Map, Winlock to Rainier, Oregon - Page 17



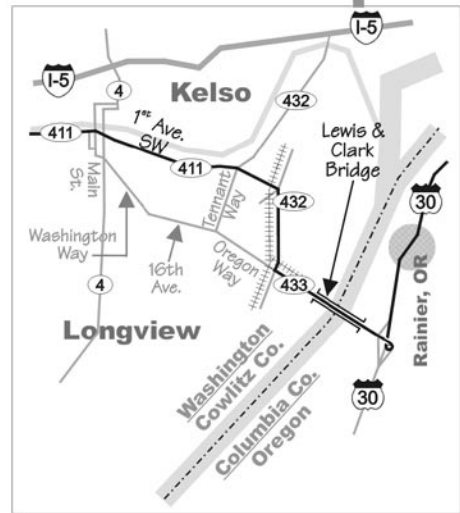
Course Notes, Winlock to Rainier, OR:

From just past Vader to Castle Rock you will be following the Westside Highway; rollers are in abundance, with a fast downhill and two level miles through Castle Rock. State Route 411 starts at Castle Rock; sections of the road do not have shoulders; be aware of traffic coming from both directions! The Free Foodstop is at Lexington Park !!!

Special Note concerning the Lewis & Clark Bridge:

Extreme caution should be taken while crossing this bridge from Washington into Oregon. You may encounter crosswinds and heavy traffic. On Sunday from 8 a.m. to 2:30 p.m., the Goldwing Touring Association will escort riders over the bridge in large groups - OBEY THEIR INSTRUCTIONS! **Go SLOW over the expansion joints!**

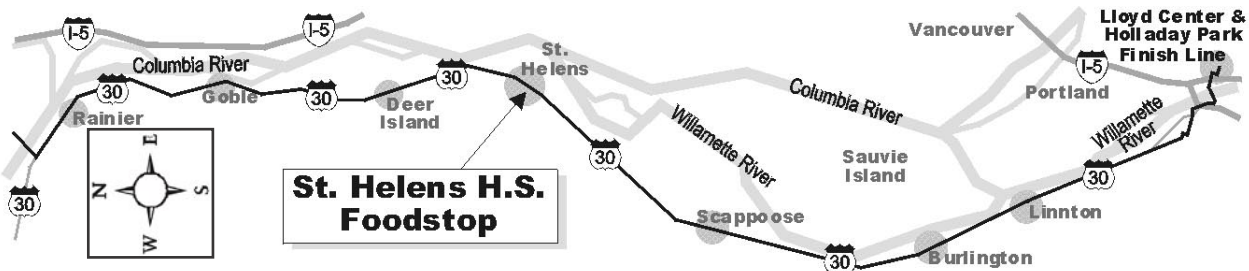
Lexington Park Foodstop



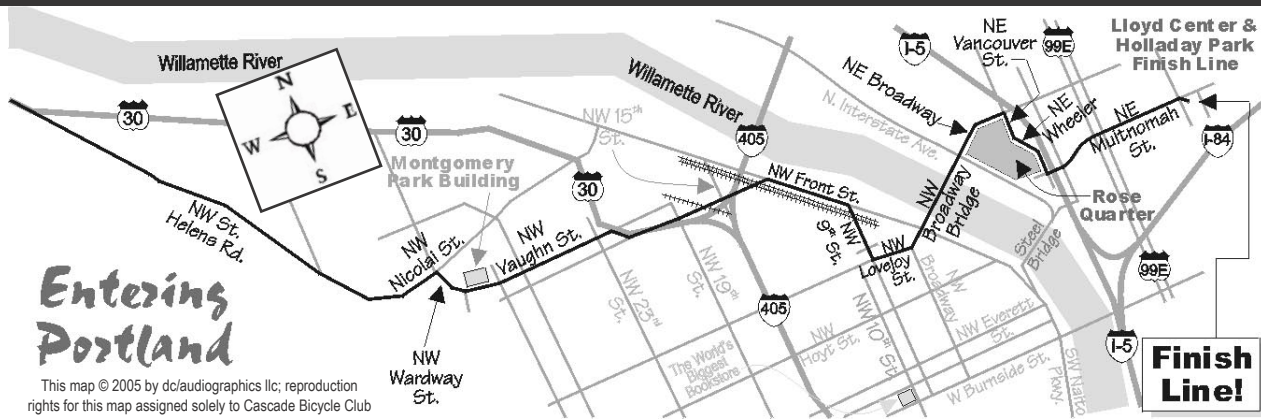
2005 Route Directions, Rainier to Portland - Page 18

150.5	x, cs	under Tennant Way (sl) [<i>move to center lane before crossing under the highway</i>]	168.5	cs	US 30, pass town of Deer Island
150.5	bc	3rd Ave. SW / SR-432	170.7	x	[<i>R/R</i>] [<i>Bad Crossing</i>]
151.0	x	[<i>R/R</i>]	171.3	cs	Begin Bike Lane !!!
151.1	BR, bc	Industrial Way / SR-432 (sl)	174.3	cs	US 30, St. Helens City Limits
152.0	x	[<i>R/R</i> , rough rubber surface]	175.4	RIGHT	Gable St., Food Stop at St. Helens High School , 0.1 mile west of US 30;
152.02	LEFT	Port Way / SR-433 (sl)			retrace route to US 30 when thru eating
152.1		Lewis & Clark Bridge [<i>EXTREME CAUTION - Heavy Traffic, Long Hill, Single File on Right Shoulder</i>]	175.6	RIGHT	US 30 south toward Portland
	>>>>	(Note: 2-day riders look for Gold Wing escort motorcycles at base of bridge)	181.9	cs	US 30, town of Scappoose, only 22 miles to go!
153.0		The State of Oregon Welcomes You!	188.1		Scappoose Ministop on right
153.6		Rainier City Limits	190.5	cs	US 30, town of Burlington
153.8	x	US 30 overpass, follow US 30 East-bound signs (270-degree loop) - <u>DON'T</u> take the westbound exit for Astoria!!!	192.6	cs	US 30, pass Sauvie Island Rd. (sl)
154.4	cs	Rainier, Oregon downtown	193.8	cs	US 30, Portland City Limits !!!
157.6	cs	US 30, pass town of Lindberg	194.7	cs	US 30, neighborhood of Linnton
159.7	cs	US 30, pass road to Prescott on left	196.1	cs	US 30, <u>DON'T</u> go up the hill to the St. John's Bridge
160.6	cs	US 30, pass PG&E Trojan Nuclear Power Plant on left (park / picnic area)	199.1	BR	NW St. Helens Rd. (sl)
162.4		Goble Ministop on your right	200.6	x, bc	31st Ave., bc NW Nicolai St.
			200.8	RIGHT	NW Wardway (look for "NW Vaughn St." sign - Bike Lane, up short steep hill)
			200.9	bc	NW Vaughn St. (Bike Lane)

2005 Route Map, Rainier to Portland - Page 19



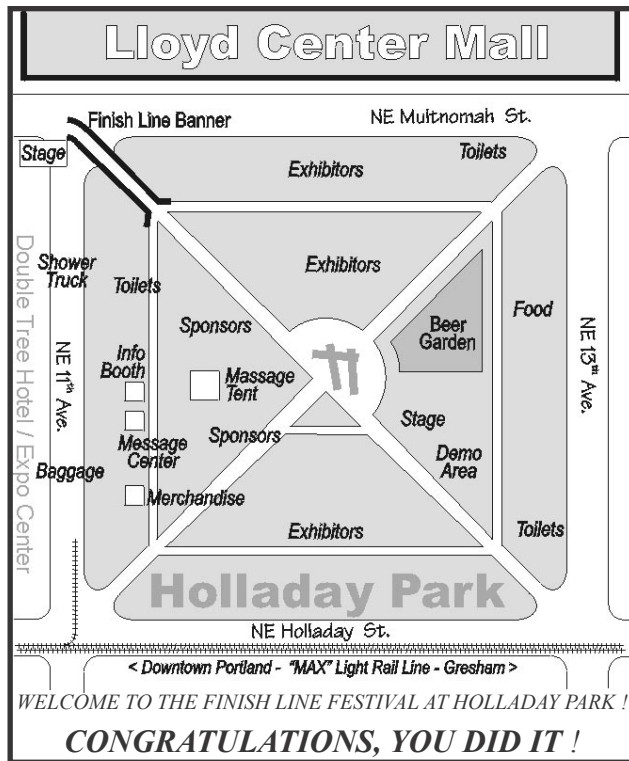
Portland area detail map shown below



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2005 Route Directions, Portland Finish Line - Page 20

- 201.5 **bc** NW Thurman St. (**Watch For Sign!**)
STAY RIGHT! DON NOT GET ON FREEWAY!
- 201.9 **x,cs** NW 19th Ave.
- 202.0 **x** (R/R tracks)
- 202.1 **cs** (ss)
- 202.12 **cs** (R/R tracks)
- 202.13 **RIGHT** NW Front St. (sl)
- 202.4 **RIGHT** NW 9th (sl).
- 202.4 **x** (R/R tracks - 2 sets)
- 202.5 **x** NW Marshall St.
- 202.52 **LEFT** NW Lovejoy (sl) (get in left turn lane)
- 202.6 **cs** Bike Lane Starts
- 202.7 **BL** (sl) Cross over Broadway St. Bridge
USE BIKE LANE ON SIDEWALK!!!
- 203.1 **cs** N. Interstate Ave (sl)
- 203.12 **cs** N. Benton St. (sl)
- 203.2 **RIGHT** N. Vancouver St. (sl)
- 203.3 **cs** N. E. Wheeler St. (sl)
- 203.5 **LEFT** NE Multnomah St. (sl) Bike lane
- 203.6 **cs** NE 1st (sl)
- 203.7 **x.cs** NE 9th Ave (sl)
- 204.00 **BR** Into Holladay Park Finish Line!
SLOW, Pedestrians are in the run-out area beyond the finish line!!!



Welcome to the Portland Finish Line Festival!

Baggage will be unloaded at the DoubleTree Hotel Expo Hall, and will arrive at the following times:

*Saturday (One-day riders) - **between 2 and 4 p.m.***

*Sunday (Two-day riders) - **between 11 a.m. and 2 p.m.***

Baggage will be placed in a secure area. It can only be reclaimed with your number bib; no bib, NO BAGGAGE!

After the finish line closes on Sunday, July 10, any unclaimed baggage will be taken back to the Cascade Bicycle Club offices in Seattle (206) 522-3222.

Bike storage corral - can be found at the DoubleTree Hotel in the Expo Hall next to the baggage area. This area will be staffed during Finish Line Festival hours. As with the baggage, you must have your number bib to reclaim your bike - no bib, NO BIKE!

Showers are available! Please bring your own towel.

Food of many varieties - New Belgium Brewing Beer Garden - Along with live music to celebrate the completion of your ride.

**The Finish Line Festival is sponsored by
New Belgium Brewery**

Saturday, July 9, 2005 - 3:00 to 9:00 p.m.

Sunday, July 10, 2005 - 10:00 a.m. to 7:00 p.m.

Celebrate the completion of your ride at Holladay Park with food, music and friends. The Festival offers:

- ❖ Food and beverages
- ❖ Exhibitor and Sponsor booths
- ❖ Massage tent, showers and first aid
- ❖ Beer Garden and live bands!
- ❖ Official STP Message Center
- ❖ Bike Corral parking area and Baggage Holding area at the DoubleTree Hotel Expo Hall
- ❖ Transportation to Seattle (see page 22)

Transportation - Return to Seattle

Saturday, July 9 (One-day riders)

Bikes will be loaded onto trucks in the parking lot to the west of the DoubleTree Hotel on Saturday from 4:00 to 9:00 p.m. Passengers will board Gray Line chartered buses at the same location from 6:00 to 9:00 p.m. Buses will depart for the University of Washington as they are filled.

Due to the truck's very late departure time from the finish line in Portland, the bicycles on those trucks will not be available for pick-up at the University of Washington E-1 parking lot until **Sunday morning at 10:00 a.m.** If this does not work for you, please make other arrangements to get your bike back to Seattle. NOTE: Amtrak has limited space for bikes on its trains and requires advance reservations.

Note: If you are a one-day rider using the return transportation, you must arrive at the finish line in Portland (and be ready to get on the bus) before 9:00 p.m.; the buses will not wait past this time.

Sunday, July 10 (Two-day riders)

Bikes will be loaded onto trucks in the parking lot to the west of the DoubleTree Hotel on Saturday from 12:30 to 7:00 p.m. Passengers will board Gray Line chartered buses at the same location starting at 2:30 p.m. Buses will depart for the University of Washington as they are filled. For those who elect to spend the night in Portland, one truck will be designated to load bikes on Sunday for a Monday delivery to the University of Washington.

Monday, July 11

Passengers will be loaded onto buses in front of the DoubleTree Hotel from 8:30 to 10:00 a.m. on Monday morning. Please load your bike **SUNDAY** on the Monday truck. That way your bike will be waiting for you when you get off the bus in Seattle.

Return tickets at Finish Line

If you did not reserve a ticket for the bus back to Seattle in advance, a LIMITED number of these tickets will be available at the transportation booth at Holladay Park. First come, first served.

Passengers purchasing tickets at the finish line will be issued “standby” bus tickets and will fill spaces on the buses after all the regular passengers have boarded. You may sell your ticket to someone else - no refunds or replacements for lost bus tickets.

Both passenger buses and trucks with bikes will arrive at the University of Washington E-1 parking lot in Seattle (start line location) approximately 3.5 hours after leaving Portland; there are no planned stops in between. You must be in Seattle to claim your bike with your number bib - remember, **no bib, NO BIKE!**

If you are returning to Seattle on Monday, you should load your bicycle on a truck on Sunday - HOWEVER - you will NOT have access to your bike after it is loaded onto the truck.

The Bike Corral in Seattle...

is where your bike will be found after it is unloaded from the truck. The Bike Corral is located on the north end of the E-1 parking lot at the University of Washington (which is where the starting line was).

Bike Corral Hours

Our SKIFORALL volunteers will have the bike corral open on:

Sunday from 10:00 a.m. to 12:00 midnight

Monday from 10:00 a.m. to 3:00 p.m.

ETA in Seattle for bikes returned by truck from Portland

Saturday One-Day Riders by 10:00 a.m. Sunday

Sunday Two-Day Riders from 6:00 to 11:00 p.m. Sunday

Monday Morning departure by 1:00 p.m. Monday

Note: If you load your bicycle Monday morning expect a 1-2 hour wait for you bicycle in Seattle. Please load you bicycle Sunday for Monday delivery to avoid any delays.



GROUP HEALTH
SEATTLE TO PORTLAND
BICYCLE CLASSIC

A Cascade Bicycle Club Event



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