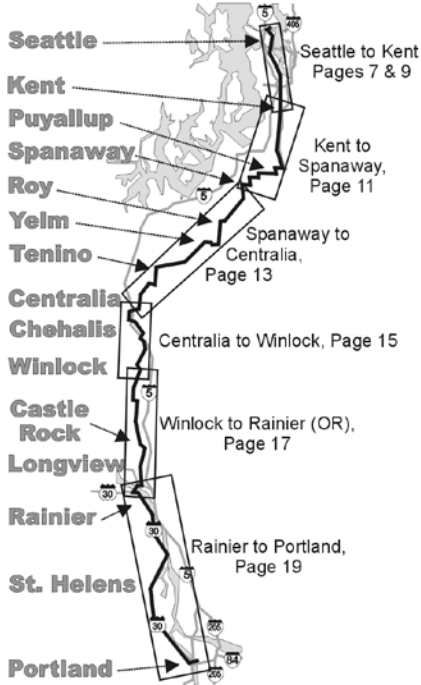


Route Map sections  
on the following pages...



Day of Ride **EMERGENCY NUMBER**

**(206) 851-4312**

*27th Anniversary Edition*

# Group Health Seattle to Portland Bicycle Classic

## 2006 Route Map

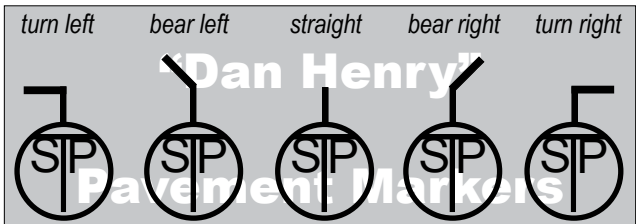


GroupHealth



## Safety Information & Route Conventions

|       |                                     |
|-------|-------------------------------------|
| 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                          |
| c s   | .....continue straight              |
| bc    | .....“becomes”                      |
| ,     | .....“then”                         |
| R/R   | .....railroad 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 **Sprint Communications** phones, first aid kits, and bicycle racks. **Medically trained volunteers** will be riding the route to provide assessment and first aid. The Major Food stops will have Group Health first aid volunteers.

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.

All riders need to observe ALL traffic regulations because the roads are not closed to vehicle traffic 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. Overnight event parking must be purchased in advance on the registration form or at packet pickup. Available Friday (after 5 p.m.), Saturday, and Sunday - \$5 per night.

## Start Times

Saturday, July 15, 2006. ONE DAY RIDERS only from 4:45 to 5:15 a.m. All riders from 5:15 to 7:30 a.m. sharp!

## 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 and let friends and family know this number in case of emergency.

**TWO DAY RIDERS:** 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:** Make sure to put your bags on the Portland truck.

## 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.

# The Group Health STP Services and Baggage Schedule - Page 4

## Foodstops and Ministops, Day and Time

|          |  |     |                        |
|----------|--|-----|------------------------|
| Mile 10  | 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 <b>Free Food Stop</b>                                       | Sat | 5:45 a.m. - 9:30 a.m.  |
| Mile 41  | Puyallup Ministop  | Sat | 6:30 a.m. - 12:00 p.m. |
| Mile 53  | Spanaway/Whole Foods Market <b>Free Foodstop</b>                     |     |                        |
|          |  | Sat | 6:30 a.m. - 1:00 p.m.  |
| Mile 69  | McKenna Ministop   | Sat | 7:00 a.m. - 3:00 p.m.  |
| Mile 72  | Yelm Ministop  | Sat | 8:00 a.m. - 5:00 p.m.  |
| Mile 87  | Tenino Ministop  | Sat | 8:00 a.m. - 5:00 p.m.  |
| Mile 100 | Centralia <b>Free Foodstop</b> for <u><b>ONE-DAY RIDERS ONLY</b></u> |     |                        |
|          |  | Sat | 8:30 a.m. - 1:00 p.m.  |
| Mile 107 | Chehalis Ministop  | Sat | 8:30 a.m. - 7:00 p.m.  |
| Mile 114 | Napavine (Sani-Cans only)  |     |                        |
| Mile 128 | 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 146 | Lexington <b>Free Foodstop</b>                                       | Sat | 12:00 p.m. - 6:00 p.m. |
|          |  | Sun | 8:00 a.m. - 2:00 p.m.  |
| Mile 162 | Goble Ministop   | Sun | 10:00 a.m. - 4:00 p.m. |
| Mile 176 | St. Helens <b>Free Foodstop</b>                                      | 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

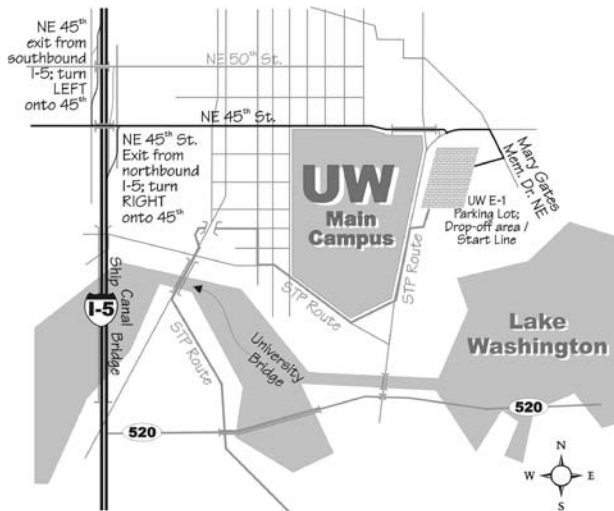
|   |            |
|---|------------|
| Leave from UW Campus                                  | 8:00 a.m.  |
| <b>Arrive in:</b>                                     |            |
| Centralia College (102 miles)                         | 12:00 p.m. |
| Chehalis Recreation Park (109 miles)                  |            |
| 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 Catlin School (150 miles)                       | 3:00 p.m.  |
| Portland (DoubleTree Hotel/Holladay Park - 204 miles) | 2:00 p.m.  |

## Baggage Trucks on Sunday

|  |           |
|--|-----------|
| <b>Leave from:</b>   |           |
| 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 Catlin School  | 8:00 a.m. |
| <b>Arrive in Portland (DoubleTree Hotel/Holladay Park)</b> | 1:00 p.m. |

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

# 2006 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 50<sup>th</sup> / NE 45<sup>th</sup> St.; stay in the left exit lane for NE 45<sup>th</sup> St., turn **LEFT** onto NE 45<sup>th</sup>, and...

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

...go east through the University District and the UW Campus for 1.1 miles; go down a steep hill on the NE 45<sup>th</sup> 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](http://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  
Chris Heinemyer and the St. Helens High School Band  
Corey Eng and the Portland Wheelmen Touring Club  
Mark Illing and SKIFORALL  
Dave Shaw and H4 Consulting  
David Carnes, dc/graphics (Route Guide Design)

# GROUP HEALTH STP ORGANIZING COMMITTEE

**Alan Burgstahler**, Baggage Drivers

**Bob Goldberg**, Packet Pickup

**Brendan & Lynn Godfrey**, GWTA

**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

**Carry Porter**, Marketing

**Janice Sepulveda**, Volunteer Housing

**Larry Sepulveda**, Operations / Route

**Luther Hintz**, Route Marking

**Mady Burgstahler**, Support Drivers

**Mark Illing**, Bike Coral - UW

**MJ Kelly**, Web Site

**Ron Montaque**, Mini Stops

**Ruth Becker**, STP Store

**Sandy Becker**, Treasurer / Souvenirs

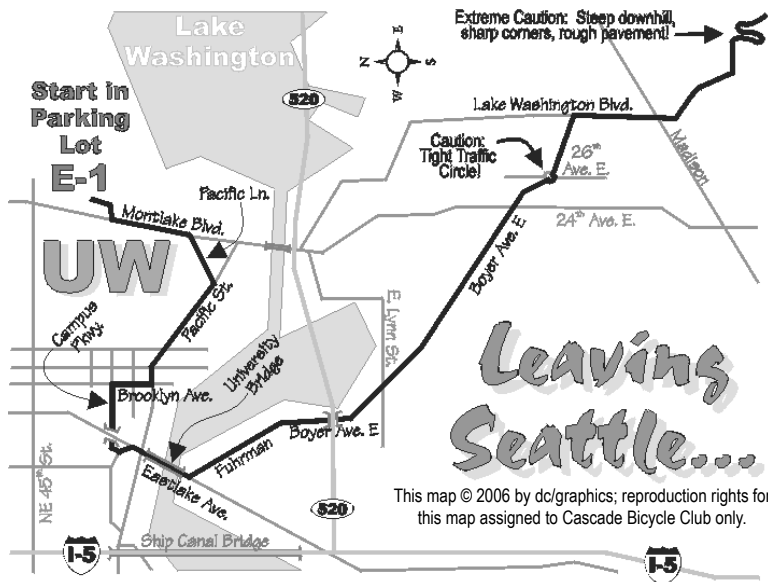
**Steve Baima**, Medical Support Team

**Susan Hiles**, Secretary

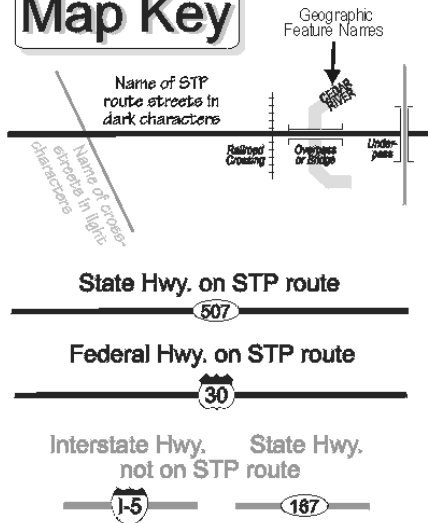
**Terry Wirth**, Executive Coordinator

**Will Chin**, Rider Prep Classes

# 2006 Route Map, Seattle Detail Map - Page 7



## Map Key



### Course Notes, UW Start Line to Lake Washington:

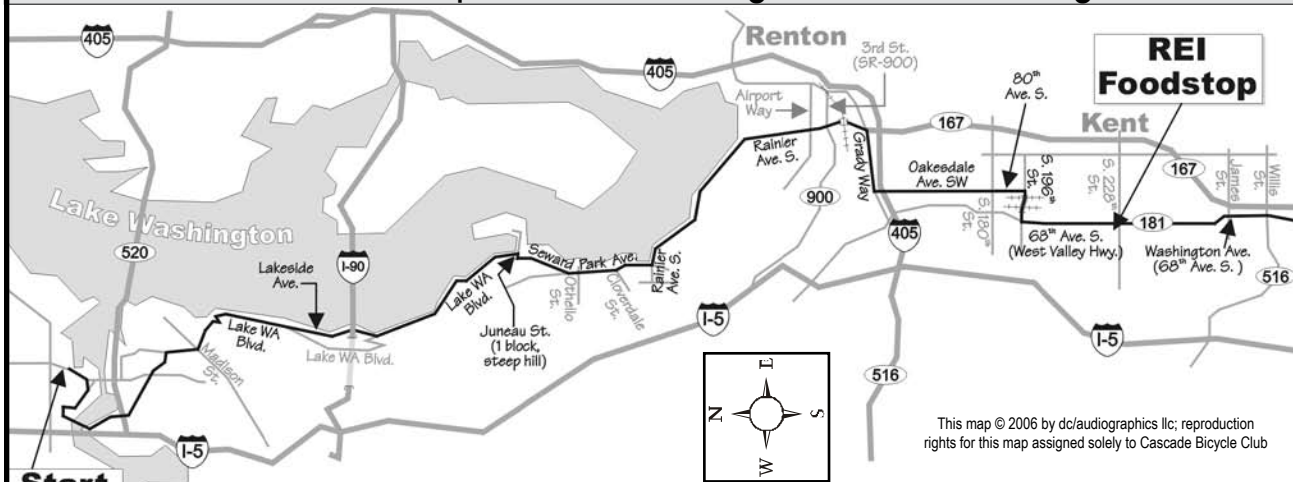
From the E-1 parking lot on the UW campus, ride west past the UW medical center, cross Lake Union on the University Bridge, turn left on Furrman St. and ascend a gentle hill on Boyer Ave. E. Be aware of the tight traffic circle at 26<sup>th</sup> and Boyer. A short, steep switchback descent about one-half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

# 2006 Route Directions, Seattle Starting Line to Kent - Page 8

|         |                |   |       |               |   |
|---------|----------------|---|-------|---------------|---|
| Mileage |                |   |       |               |   |
| 0.0     | Start          | UW Parking Lot E-1                                | 11.1  | <b>LT</b>     | Still on Seward Park Ave. S (ss)                                      |
| 0.1     | <b>BL</b>      | onto Montlake Blvd. E(stay in curb lane)          | 11.7  | <b>X, cs</b>  | S. Othello (ss) obey stop signs!                                      |
| 0.3     | <b>BR</b>      | Pacific Lane E.                                   | 12.3  | <b>X, cs</b>  | S. Cloverdale / S. Grattan (ss)                                       |
| 0.5     | <b>BR</b>      | Pacific St. E (sl)                                | 12.7  | <b>X, cs</b>  | S. Henderson St. (ss)   |
| 0.9     | <b>RIGHT</b>   | Brooklyn Ave. NE (sl)                             | 12.9  | <b>LEFT</b>   | Rainier Ave. S. (sl)  |
| 1.0     | <b>X</b>       | NE 40th St./Lincoln Way (sl)                      | 13.9  | <b>X, cs</b>  | Cornell Ave. S - start bike lane                                      |
| 1.1     | <b>LEFT</b>    | Campus Parkway, stay in left lane                 | 15.6  | <b>X, cs</b>  | S. 115 <sup>th</sup> Place (sl)                                       |
| 1.3     | <b>BL</b>      | onto Eastlake Ave. E., move to left lane.         | 15.8  | pass          | Renton City Limits  |
| 1.5     | <b>X</b>       | University Bridge                                 | 16.6  | <b>X, cs</b>  | Airport Way S. (sl) - end bike lane                                   |
| 1.6     | <b>LEFT</b>    | E. Fuhrman @ south end of bridge                  | 17.0  | <b>X, cs</b>  | S. 3rd St. (sl), under <b>R/R</b> trestle                             |
| 2.0     | <b>cs, bc</b>  | Boyer Ave. E.                                     | 17.7  | <b>RIGHT</b>  | SW Grady Way (sl) - <b>heavy traffic</b>                              |
| 2.6     | <b>X, cs</b>   | E. Lynn (4 way ss)                                | 18.4  | <b>LEFT</b>   | Oakesdale Ave. SW (sl) - <b>use caution.</b>                          |
| 3.2     | <b>X, cs</b>   | 24th Ave. E. (sl)                                 | 18.45 | <b>X, cs</b>  | under I-405   |
| 3.27    | Caution        | Slow for traffic circle and rough road.           | 18.5  | <b>X, cs</b>  | SW 16 <sup>th</sup> St. (sl)  |
| 3.4     | <b>RT</b>      | Lake Washington Blvd. E. (ss)                     | 20.0  | <b>X</b>      | [ <b>R/R</b> ]  |
| 4.1     | <b>X, cs</b>   | Madison (sl)                                      | 20.3  | <b>X, cs</b>  | S. 180 <sup>th</sup> St. (sl) [ <b>Caution, heavy cross-traffic</b> ] |
| 4.7     | <b>Caution</b> | [ <b>Steep downhill / tight corners / rough</b> ] | 20.3  | <b>bc, cs</b> | 80 <sup>th</sup> Ave. S. (Kent City Limits)                           |
| 4.8     | <b>X, cs</b>   | 39th Ave. E (ss)                                  | 20.6  | <b>X</b>      | [ <b>R/R</b> ]  |
| 5.4     | <b>X, cs</b>   | E. Madrona (ss)                                   | 20.9  | <b>X</b>      | [ <b>R/R</b> ]  |
| 6.2     | <b>cs, bc</b>  | Lakeside Ave. S.(for one mile)                    | 21.0  | <b>X</b>      | [ <b>R/R, 3 tracks</b> ]  |
| 7.4     | <b>cs, bc</b>  | Lake Washington Blvd. E. (again)                  | 21.2  | <b>X</b>      | [ <b>R/R, 3 tracks</b> ]  |
| 10.6    | <b>!</b>       | <b>Seward Park on left - Ministop</b>             | 21.3  | <b>RT</b>     | S. 196 <sup>th</sup> St. (sl)   |
| 10.6    | <b>RIGHT</b>   | S.Juneau, one block up a steep hill (ss)          | 21.6  | <b>X</b>      | Overpass over <b>R/R</b> tracks and Interurban Bike Trail             |
| 10.7    | <b>LT</b>      | Seward Park Ave. S. (ss) moderate hill            |       |               |   |



## 2006 Route Map, Seattle Starting Line to Kent - Page 9



This map © 2006 by dc/audiographics llc; reproduction rights for this map assigned solely to Cascade Bicycle Club

**Start  
@ UW**

### **Course Notes, Lake Washington to Kent:**

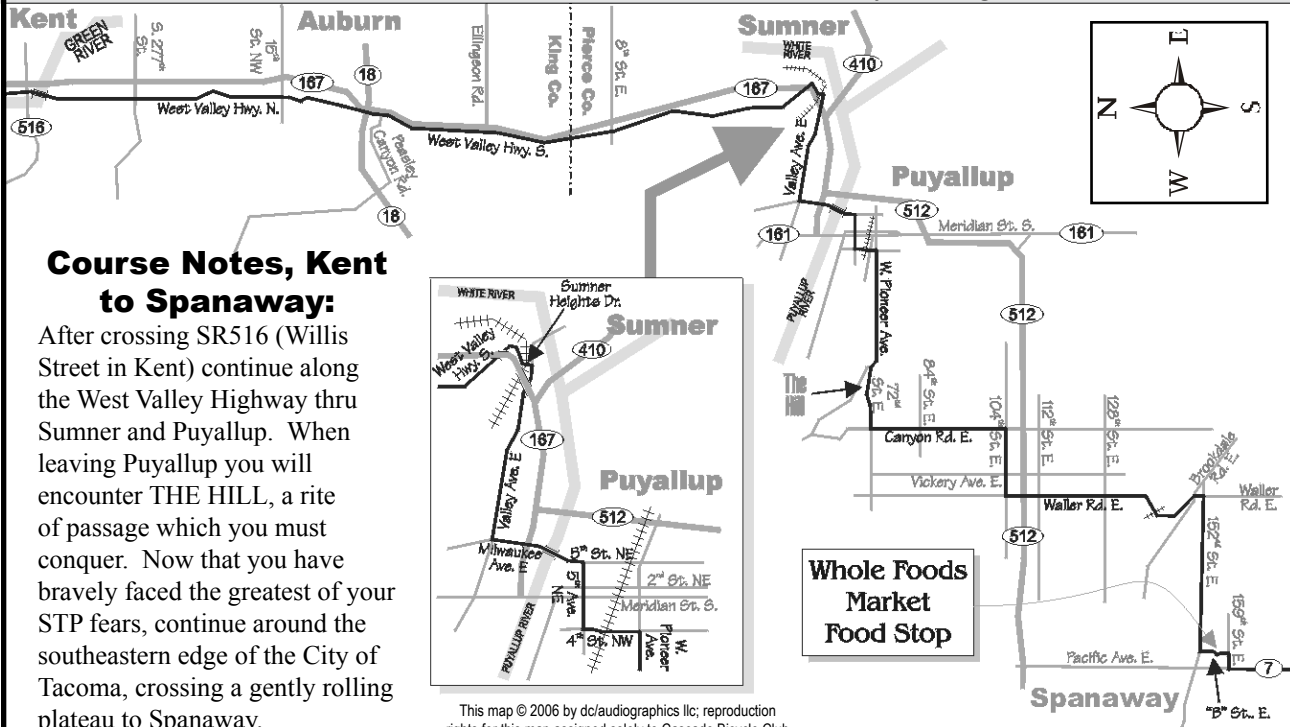
Having burned a few too many calories in the infamous “Blaze of Glory” during the first few miles, we now settle into a more reasonable cadence and continue south along the west side of Lake Washington. Be aware that shortly the street name will change from Lake Washington Blvd. to Lakeside Ave., and 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 (68<sup>th</sup> Ave. S.) and 228<sup>th</sup> Street.

## 2006 Route Directions, Kent to SE Tacoma Plateau - Page 10

|       |                  |  |       |                  |  |
|-------|------------------|--|-------|------------------|--|
| 22.1  | <b>LEFT</b>      | 68 <sup>th</sup> Ave. S. (sl) (West Valley Highway)                              | 40.0  | <b>X</b>         | under SR-167   |
| 23.9  | <b>x</b>         | <b>[R/R]</b>   | 40.4  | <b>X</b>         | Puyallup River - narrow bridge.  |
| 24.0  | <b>RIGHT</b>     | S. 228 <sup>th</sup> ( <b>Kent/REI Food Stop</b> on right)                       | 40.42 | <b>cs, bc</b>    | 5 <sup>th</sup> St. NE at Puyallup city limits                                     |
| 24.05 | return to        | 68 <sup>th</sup> Ave. S. (sl) - aka W. Valley Hwy.                               | 40.6  | <b>RIGHT</b>     | 5 <sup>th</sup> Ave. NE  |
| 24.7  | <b>bc, cs</b>    | W. Washington Ave. / SR 181  | 40.8  | <b>X, cs</b>     | 2 <sup>nd</sup> St. NE (sl) <b>Puyallup Ministop on the right at Grayland Park</b> |
| 25.1  | <b>X, cs</b>     | W. Willis St. (SR-516) (sl)  | 40.9  | <b>X, cs</b>     | Meridian St. N. (sl)   |
| 25.4  | <b>X, cs, bc</b> | Green River Bridge, aka W. Valley Hwy.   | 41.1  | <b>LEFT</b>      | 4 <sup>th</sup> St. NW (ss)  |
| 27.0  | pass             | Smith Brothers Dairy on right  | 41.2  | <b>X, cs</b>     | W. Stewart (sl)  |
| 27.1  | <b>X, cs</b>     | <b>S. 277<sup>th</sup> St. (sl)</b>  | 41.22 | <b>X</b>         | <b>[R/R 2 tracks]</b>  |
| 27.5  | pass             | Auburn city limits   | 41.5  | <b>RIGHT</b>     | W. Pioneer Ave. (sl)   |
|       | <b>Caution</b>   | Rough road until Sumner - cracks.  | 43.3  | <b>LY</b>        | 72 <sup>nd</sup> St. E., <b>"THE HILL"</b>   |
| 30.4  | <b>X, cs</b>     | under SR-18 still on West Valley Hwy   | 44.3  | <b>LEFT</b>      | Canyon Rd. E (sl) at the top of The Hill   |
| 31.1  | <b>pass</b>      | Algona city limits   | 45.0  | <b>X, cs</b>     | 84 <sup>th</sup> St. E. (sl)   |
| 33.2  | <b>pass</b>      | Pacific city limits  | 46.3  | <b>RIGHT</b>     | 104 <sup>th</sup> St. E. (sl)  |
| 33.5  | <b>X, cs</b>     | 3rd Ave SW (ss)  | 47.3  | <b>X, cs</b>     | Vickery Ave. E.  |
| 34.5  | <b>X, cs</b>     | 8 <sup>th</sup> St. E./Jovita Blvd. (sl) - <b>caution heavy cross traffic.</b>   | 47.9  | <b>LEFT</b>      | Waller Rd. E. (sl)   |
| 35.1  | pass             | Sumner city limits   | 48.2  | <b>X</b>         | underneath SR-512  |
| 37.8  | <b>X</b>         | under SR-167   | 48.4  | <b>X, cs</b>     | 112 <sup>th</sup> St. E. (sl)  |
| 38.0  | <b>LEFT</b>      | Sumner Heights Dr. E (sl) (see Sumner / Puyallup detail map for next four miles. | 49.4  | <b>X, cs</b>     | 128 <sup>th</sup> St. E. (ss)  |
| 38.03 | <b>X</b>         | <b>[R/R, 2 tracks]</b>   | 49.7  | <b>BR</b>        | street continues as Waller Rd. E.  |
| 38.06 | <b>RT</b>        | Valley Ave. E. (sl)  | 49.9  | <b>Hazard</b>    | <b>[R/R - very rough crossing]</b>   |
| 38.3  | <b>X</b>         | under SR-167 on Valley Ave E.  | 50.0  | <b>BL</b>        | continue on Waller Rd. E.  |
| 39.8  | <b>LEFT</b>      | Milwaukee Ave. E. (sl)   | 50.6  | <b>BR, X, cs</b> | cross Brookdale Rd. E. (4 way stop).   |

Make an 80-degree R turn at the intersection, continuing on Waller Rd. E.

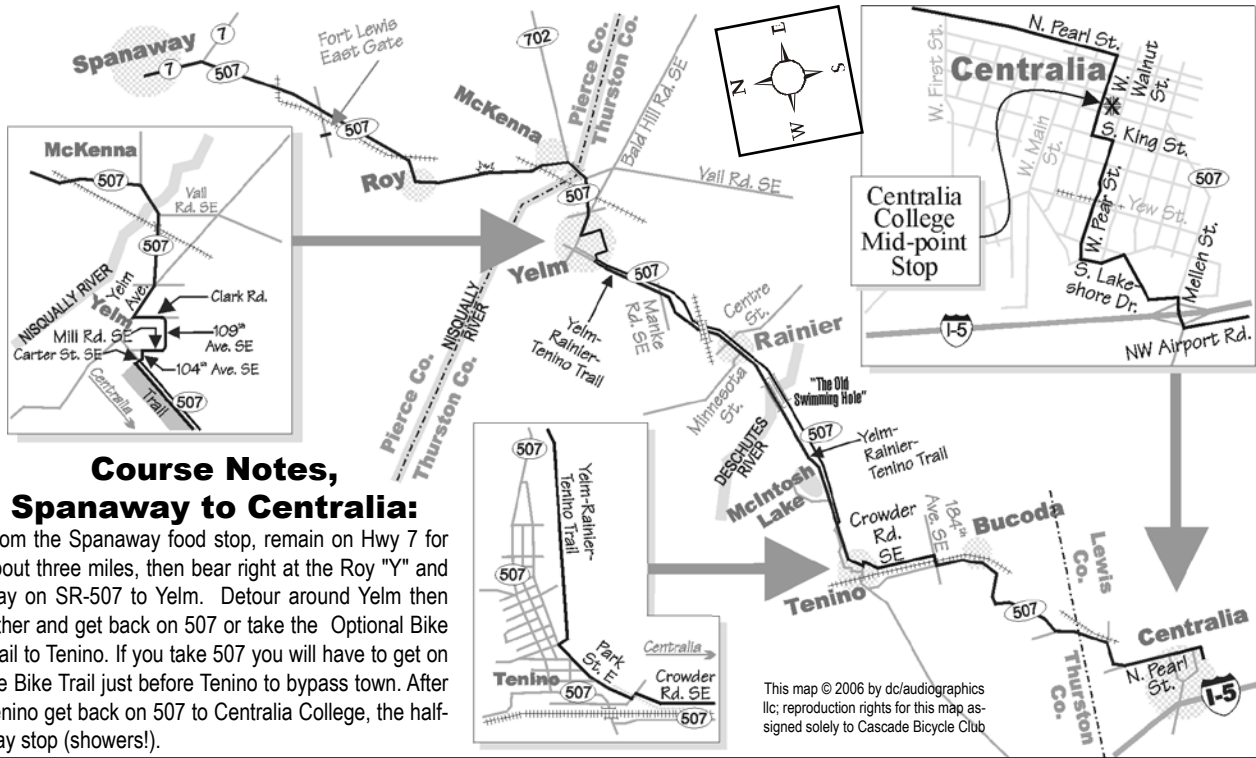
# 2006 Route Map, Kent to Spanaway - Page 11



## 2006 Route Directions, SE Tacoma Plateau to Centralia - Page 12

|      |                |  |       |                |   |
|------|----------------|--|-------|----------------|---|
| 51.3 | <b>RIGHT</b>   | 152 <sup>nd</sup> St. E. (sl)  | 71.7  | <b>BR</b>      | 109 <sup>th</sup> Ave. SE   |
| 53.2 | <b>LEFT</b>    | Military Rd. E. ( <b>Caution Heavy Traffic</b> )                                     | 72.2  | <b>BR</b>      | Mill Rd. SE   |
| 53.3 | <b>cs, bc</b>  | "B" Street E.  | 72.5  |                | Mill Pond Intermediate School,  |
| 53.6 | <b>on left</b> | <b>Whole Foods Market FreeFood Stop /</b><br>Spanaway Junior High                    | 72.7  | <b>LEFT</b>    | <b>Yelm Ministop</b> on left<br>SE 104th Ave.                                     |
| 53.7 | <b>RIGHT</b>   | 159 <sup>th</sup> St. S (sl)   | 72.9  | <b>RIGHT</b>   | Carter St. SE (ss)  |
| 53.9 | <b>LT</b>      | Pacific Ave. S. (sl) (SR-7) [ <b>caution, heavy traffic for 2 miles</b> ]            | 72.95 | <b>LEFT</b>    | SR-507 (ss) <b>Heavy Traffic</b>  |
| 55.9 | <b>RY</b>      | SR-507 (just after Shell station on right)   |       | <b>Option</b>  | Yelm/Rainier/Tenino Trail - cross 507 trail on LEFT, Parallels HWY for 13 mi.     |
| 57.8 | <b>X</b>       | <b>/R/R/</b>   | 77.1  | <b>pass</b>    | Rainier City Limits   |
| 60.0 | <b>cs,pass</b> | Fort Lewis East Gate on right  | 77.6  | <b>X</b>       | under <b>R/R</b> trestle  |
| 60.4 | <b>Hazard</b>  | Narrow bridge, no shoulder   | 77.8  | <b>bc</b>      | Binghamton St. (still SR-507)   |
| 63.1 | <b>X</b>       | <b>/R/R/</b>   | 78.9  | <b>X</b>       | Deschutes River Bridge  |
| 63.4 | <b>cs,bc</b>   | Water Street at Roy City Limits  | 82.4  | pass           | McIntosh Lake on right  |
| 63.8 | <b>BL,bc</b>   | McNaught St.   | 84.3  | <b>LEFT,X</b>  | SR-507 onto Yelm/Rainier/Tenino Trail this is <b>mandatory</b> per Tenino Police. |
| 67.9 | <b>Caution</b> | <b>[R/R - Angled / Rough Crossing]</b>   | 86.8  |                | End of Yelm/Rainier/Tenino Trail  |
| 68.4 | pass           | McKenna City Limits  |       |                | <b>Tenino Ministop</b> on Left.   |
| 68.7 | <b>X,BR</b>    | continue on SR-507 (sl) [ <b>McKenna Mini stop on right at school</b> ]              | 86.83 | <b>BL</b>      | onto Park Ave.  |
| 69.1 | <b>X</b>       | Nisqually River, enter Thurston Co.  | 87.0  | <b>LT</b>      | Crowder Rd. (ss) ( <b>see map insert</b> )  |
| 69.7 | <b>X</b>       | <b>R/R</b> on overpass ( <b>Mt. Rainier on left</b> )                                | 89.2  | <b>RIGHT,X</b> | 184th Ave SE (ss) [R/R, 2 tracks]   |
| 69.9 | <b>pass,bc</b> | E. Yelm Ave at Yelm City Limits  | 89.22 | <b>LEFT</b>    | SR-507 (ss) ( <b>Caution Heavy Traffic</b> )                                      |
| 70.5 | <b>X,cs</b>    | Creek St./Bald Hills Rd (sl) start bike lane - heavy traffic. - see Yelm detail map. | 90.7  | <b>cs,bc</b>   | N. Summer St. at Bucoda City Limits   |
| 71.1 | <b>LEFT</b>    | Clark Rd. SE (sl) [ <b>Caution at intersection</b> ]                                 | 91.0  | <b>cs,bc</b>   | S. Front St. (town on your left)  |
|      |                |  | 91.8  | <b>cs,bc</b>   | SR-507  |

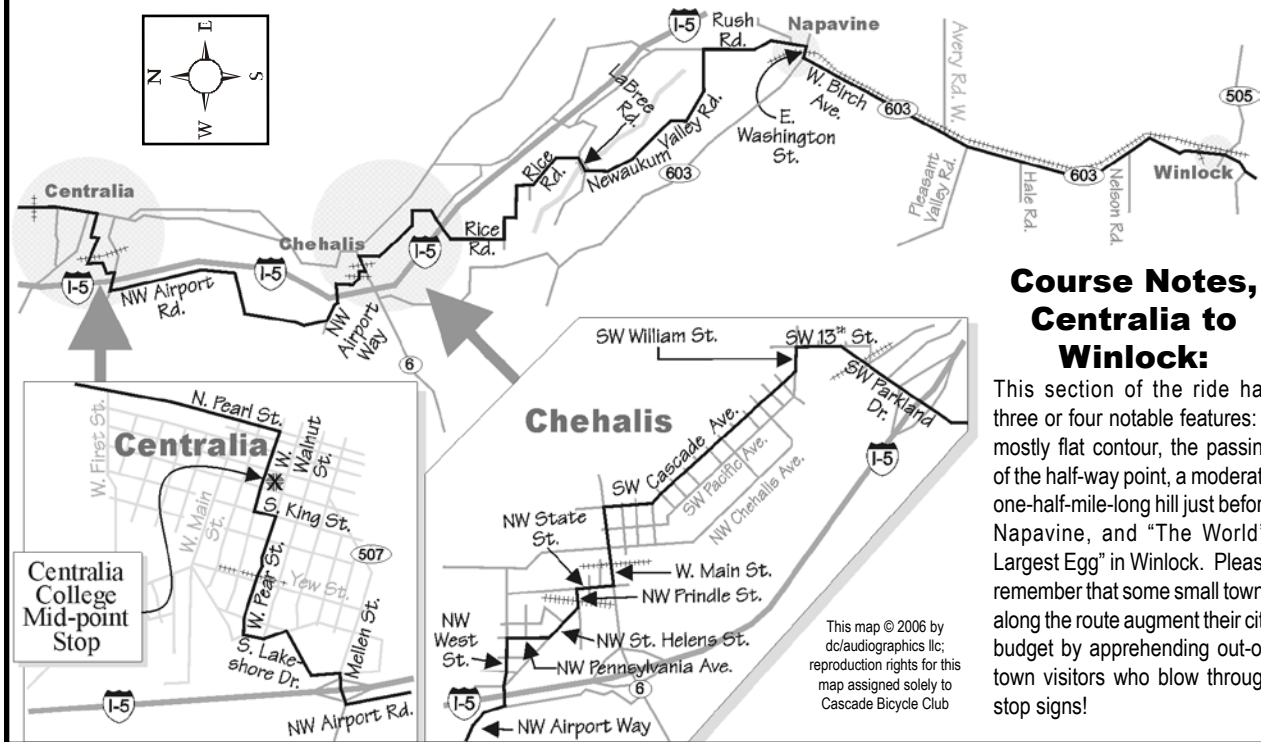
# 2006 Route Map, Spanaway to Centralia - Page 13



## 2006 Route Directions, Centralia to Winlock - Page 14

|        |               |   |        |                |  |
|--------|---------------|---|--------|----------------|--|
| 95.0   | <b>X</b>      | Skookumchuck River                            | 101.5  | <b>X</b>       | under I-5 (sl) off & on ramps.                     |
| 96.5   | <b>pass</b>   | Schaefer County Park (on your left)           | 101.6  | <b>LEFT</b>    | NW Airport Rd. (just before bridge)                |
| 96.6   | <b>X</b>      | Skookumchuck River                            | 102.2  | <b>Halfway</b> | To Portland (yipeeyayo!!!)                         |
| 96.8   | <b>cs,bc</b>  | Downing St. at Centralia City Limits          | 104.3  | <b>pass</b>    | Chehalis City Limits                               |
| 96.9   | <b>cs,bc</b>  | N. Pearl St.                                  | 104.7  | <b>BL, bc</b>  | NW Airport Way                                     |
| 99.0   | <b>Hazard</b> | Narrow bridge, no shoulder                    | 105.0  | <b>cs,bc</b>   | NW West Ave. ( <b>ss</b> ) - up small hill,        |
| 99.2   | <b>X</b>      | [ <b>R/R</b> rubber surfaced].                | 105.1  | <b>X</b>       | over I-5 - see Chehalis detail map                 |
| 99.4   | <b>X,cs</b>   | W. First St. (sl) - see Centralia Detail map. | 105.3  | <b>RIGHT</b>   | NW Pennsylvania Ave.                               |
| 99.7   | <b>X,cs</b>   | W. Main St. (sl)                              | 105.5  | <b>BL</b>      | NW St. Helens Ave.                                 |
| 99.75  | <b>X,cs</b>   | W. Locust St. (sl)                            | 105.6  | <b>BL</b>      | NW Prindle St.                                     |
| 100.0  | <b>RIGHT</b>  | W. Walnut St.                                 | 105.62 | <b>Hazard</b>  | [ <b>R/R Crossing, Rough</b> ]                     |
| 100.1  | <b>X,cs</b>   | S. Iron (ss)                                  | 105.7  | <b>RIGHT</b>   | NW State Ave. (ss)                                 |
| 100.2  | <b>into</b>   | <b>Centralia College Mid-Point Stop</b>       | 105.8  | <b>LEFT</b>    | W Main St. (flashing stop light - start bike lane) |
|        |               | - Free Food Stop for One Day Riders Only!     | 105.85 | <b>X</b>       | [ <b>R/R, 3 tracks</b> ]                           |
| 100.25 | <b>cs</b>     | Exit mid-point (caution barriers)             | 105.9  | <b>X,cs</b>    | SW Chehalis Ave. (sl)                              |
| 100.3  | <b>X,cs</b>   | S. Washington St. (caution rough road)        | 106.1  | <b>RIGHT</b>   | SW Cascade Ave. (sl)                               |
| 100.4  | <b>LEFT</b>   | S. King St.                                   | 106.9  | <b>BL, bc</b>  | SW William St.                                     |
| 100.5  | <b>RIGHT</b>  | W. Pear St.                                   | 106.95 | <b>pass</b>    | <b>Recreation Park, Chehalis Ministop</b>          |
| 100.6  | <b>X</b>      | [ <b>R/R</b> ] use caution, bad tracks.       |        |                | on right (a STP Campsites)                         |
| 100.8  | <b>X, cs</b>  | S. Yew St (ss).                               | 106.96 | <b>RIGHT</b>   | SW 13 <sup>th</sup> St. (ss)                       |
| 100.9  | <b>X,cs</b>   | Courtland St. (ss)                            | 107.2  | <b>BR, bc</b>  | SW Parkland (still on same main road)              |
| 100.93 | <b>LT</b>     | Lakeshore Dr.                                 | 107.3  | <b>X,cs</b>    | Interstate Ave. (sl) still on Parkland -           |
| 101.2  | <b>br</b>     | continuing on Lakeshore Dr (rough rd)         |        |                | <b>caution heavy traffic</b>                       |
| 101.4  | <b>RIGHT</b>  | Mellen St. (ss)                               | 107.5  | <b>X,bc</b>    | over I-5, Rice Rd.                                 |

# 2006 Route Map, Centralia to Winlock - Page 15



## Course Notes, Centralia to Winlock:

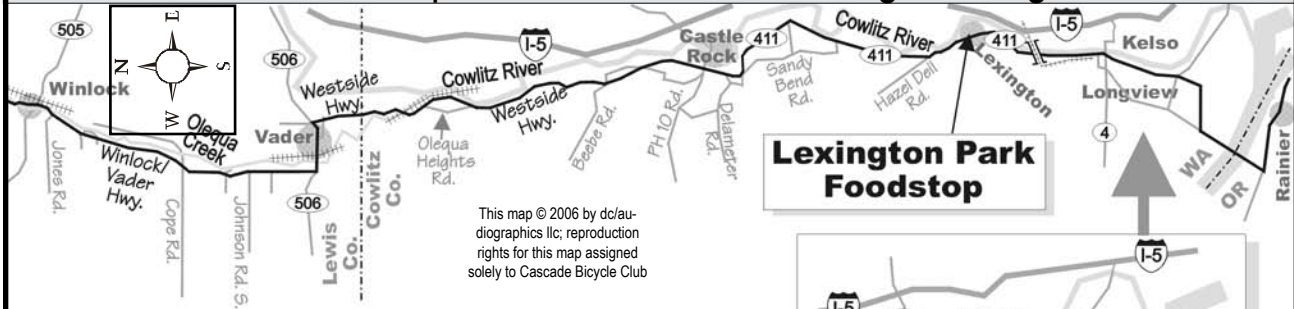
This section of the ride has three or four notable features: a mostly flat contour, the passing of the half-way point, a moderate one-half-mile-long hill just before Napavine, and "The World's Largest Egg" in Winlock. Please remember that some small towns along the route augment their city budget by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

## 2006 Route Directions, Winlock to Rainier, Oregon - Page 16

|        |                  |  |  |        |                  |   |
|--------|------------------|--|--|--------|------------------|---|
| 109.8  | RIGHT            | LaBree Rd. (ss)  |  | 137.8  | pass             | Castle Rock High School on left   |
| 110.0  | <b>X, bc</b>     | Newaukum River, Newaukum Valley Rd.  |  | 138.3  | <b>X, cs, bc</b> | <b>Castle Rock Ministop and camping.</b><br>P.H. No. 10 Rd. (ss); becomes SR-411 at this point. |
| 112.5  | <b>RIGHT</b>     | Rush Rd. (ss) (start up 1/2 mile hill)                                       |  | 141.7  | <b>Caution</b>   | <b>Heavy Traffic for the next 6 miles to Longview / Kelso]</b>                                  |
| 113.8  | cs, bc           | 2nd Ave. E. Napavine   |  | 144.7  | pass             | Lexington City Limits (unincorporated)  |
| 114.1  | <b>RIGHT</b>     | E. Washington St. (sl)   |  | 145.3  | <b>LEFT</b>      | <b>Riverside Park (easy to miss entrance)</b>   |
| 114.2  | <b>X</b>         | <i>[R/R, 2 tracks], in 250 feet, turn...</i>                                 |  | 145.7  | <b>food</b>      | <b>Lexington Riverside Park Food Stop</b>   |
| 114.24 | <b>LEFT</b>      | W. Birch Ave. (SR-603) [sani-cans]   |  | 145.8  | <b>LT</b>        | West Side Highway / SR-411 (ss)   |
| 120.1  | <b>bc</b>        | Kerron St. at Winlock City Limits  |  | 147.6  | <b>cs</b>        | under high <b>R/R</b> trestle   |
| 120.5  | <b>X</b>         | <i>[R/R]</i> Ministop on right just before R/R                               |  | 148.3  | pass             | Longview City Limits  |
| 120.6  | <b>cs</b>        | The Worlds Largest Egg (and the town of Winlock) on your left across the R/R |  | 148.9  | <b>cs, bc</b>    | 1st Ave. NW (sl) at Kelso City Limits   |
| 120.8  | <b>X, cs</b>     | W. Walnut St./SR-505 (ss)  |  | 149.2  | <b>X</b>         | under SR-4 bc 1st Ave NW  |
| 121.0  | <b>X</b>         | Olequa Creek on old concrete bridge  |  | 149.3  | <b>X, cs</b>     | W. Main St. (sl)  |
| 121.1  | <b>BL, bc</b>    | Winlock-Vader Hwy.   |  | 149.35 | <b>cs, bc</b>    | 1st Ave. SW at Longview City Limits   |
| 127.0  | pass             | Historic Cemetary on your left   |  | 149.8  | <b>X, cs</b>     | Hudson St. (sl) <i>[move to center lane before crossing this street]</i>                        |
| 127.5  | <b>LT</b>        | SR-506 (ss) pass Three Corner Store  |  | 151.0  | x, cs            | Tennant Way/Frontage Rd (sl) <i>[move to center lane before crossing under Hwy]</i>             |
| 127.8  | <b>cs, bc</b>    | 7th St. at Vader City Limits   |  | 151.02 | <b>bc</b>        | 3rd Ave. SW / SR-432  |
| 127.9  | <b>X</b>         | <i>[R/R, 2 tracks, rubber surface, CAUTION, trains go thru @ 70 mph]</i>     |  | 151.5  | <b>x</b>         | <i>[R/R, 2 tracks]</i>  |
| 128.1  | <b>On Right</b>  | "D" St., Vader Ministop at Vader Elementary School                           |  | 151.6  | <b>BR, bc</b>    | Industrial Way / SR-432 (sl)  |
| 128.4  | <b>Return to</b> | SR-506, up short / steep hill  |  | 152.5  | <b>x</b>         | <i>[R/R, rough rubber surface]</i>  |
| 128.7  | <b>RIGHT</b>     | West Side Highway  |  | 152.6  | <b>LEFT, bc</b>  | Oregon Way/Port Way - SR-433 (sl)   |
|        | <b>Caution</b>   | No shoulder on Hwy - ride single file.                                       |  |        |                  |   |
| 130.9  | <b>X</b>         | overpass, <b>R/R</b> and Olequa Creek  |  |        |                  |   |



# 2006 Route Map, Winlock to Rainier, Oregon - Page 17

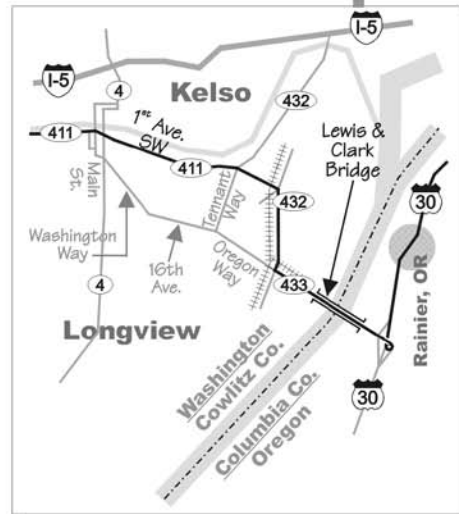


## Course Notes, Winlock to Rainier, OR:

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:*

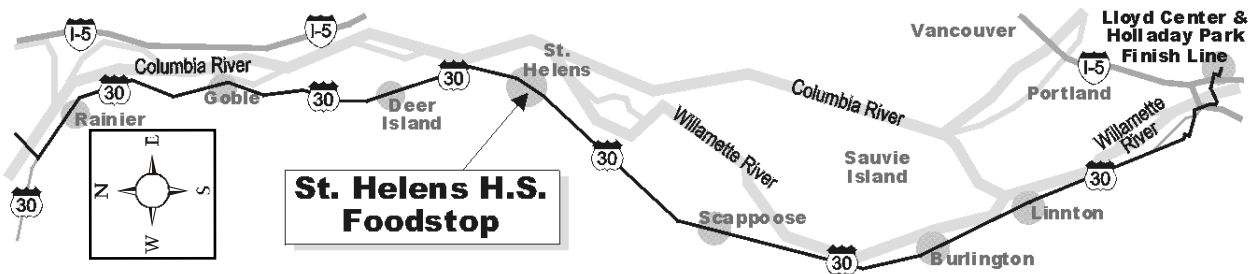
**Extreme caution** should be taken while crossing this bridge from Washington into Oregon. You may encounter crosswinds and heavy traffic. On Sunday from 8 a.m. to 2:30 p.m., the Goldwing Touring Association will escort riders over the bridge in large groups - OBEY THEIR INSTRUCTIONS! **Go SLOW over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



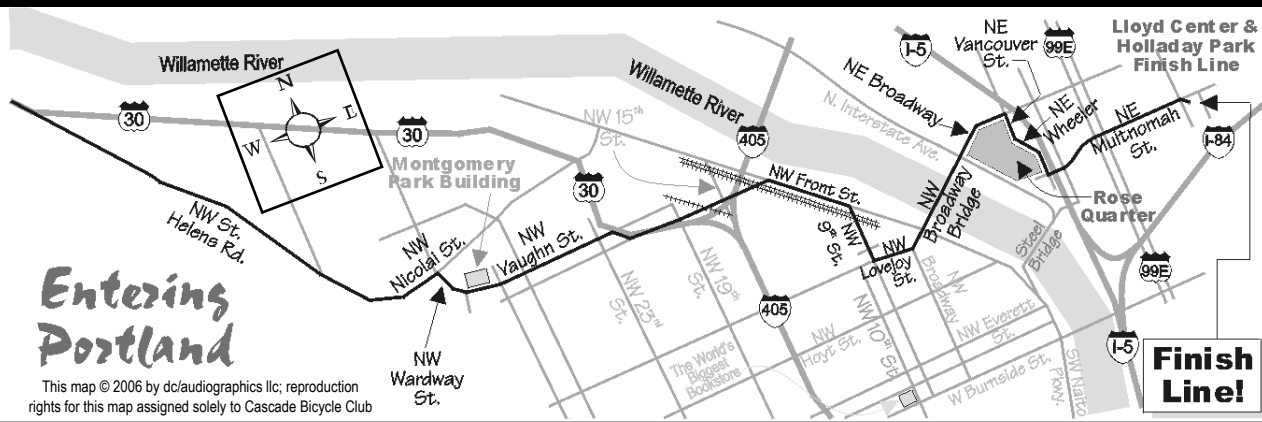
## 2006 Route Directions, Rainier to Portland - Page 18

|        |                |   |        |                |  |
|--------|----------------|---|--------|----------------|--|
| 152.8  | <b>Caution</b> | Lewis & Clark Bridge [ <b>EXTREME CAUTION - Heavy Traffic, Long Hill, Single File on Right Shoulder if not escorted</b> ] | 176.0  | <b>RIGHT</b>   | Gable St. Back to US 30  |
|        | >>>>           | (Note: 2-day riders look for Gold Wing escort motorcycles at base of bridge)  | 176.1  | <b>RIGHT</b>   | US 30 south toward Portland  |
|        | <b>Hazard</b>  | <b>Extreme Caution on downhill side of bridge - watch for expansion joints.</b>   | 182.4  | <b>cs</b>      | US 30, town of Scappoose, only 22 miles to go to Holladay Park!                                    |
| 153.5  |                | The State of Oregon Welcomes You!   | 188.6  | <b>pass</b>    | <b>Scappoose Ministop</b> on right   |
| 154.3  | <b>X,BR</b>    | US 30 overpass, follow US 30 East-bound signs (270-degree loop) - <b>DON'T</b> take the westbound exit for Astoria!!!     | 191.0  | <b>cs</b>      | US 30, town of Burlington  |
| 154.5  | <b>pass</b>    | Rainier, Oregon City Limits   | 193.1  | <b>cs</b>      | US 30, pass Sauvie Island Rd. (sl)   |
| 155.7  |                | Start Bike Lane   | 194.3  | <b>pass</b>    | US 30, Portland City Limits Sign - 10 miles to go!!!   |
| 158.1  | <b>cs</b>      | US 30, pass town of Lindberg  | 195.2  | <b>cs</b>      | US 30, neighborhood of Linnton   |
| 160.2  | <b>cs</b>      | US 30, pass road to Prescott Park on left   | 196.6  | <b>cs</b>      | US 30, <b>DON'T</b> go up the hill to the St. John's Bridge  |
| 162.9  | <b>pass</b>    | <b>Goble Ministop</b> on your right @ Goble Tavern  | 200.10 | <b>BR</b>      | NW St. Helens Rd. (sl) - see Portland Detail Map   |
| 169.0  | <b>cs</b>      | US 30, pass town of Deer Island   | 201.2  | <b>X, bc</b>   | 31st Ave., bc NW Nicolai St.   |
| 171.2  | <b>HAZARD</b>  | [R/R] [ <b>Rough &amp; angled crossing</b> ]  | 201.3  | <b>BR</b>      | NW Wardway (look for "NW Vaughn St." sign - Bike Lane, up short steep hill)                        |
| 171.4  | <b>pass</b>    | Welcome to Columbia City, OR  | 201.4  | <b>bc</b>      | NW Vaughn St. (Bike Lane)  |
| 171.8  | <b>cs</b>      | US 30, Begin Bike Lane !!!  | 201.9  | X,cs           | NW 23rd Ave (sl) stay on right shoulder of freeway on ramp.  |
| 174.8  | <b>pass</b>    | US 30, St. Helens City Limits   | 202.0  | <b>BR</b>      | Exit Ramp, watch for "NW Thurman St." sign; [ <b>STAY RIGHT - DO NOT GET ONTO 405 FREEWAY!!!</b> ] |
| 175.9  | <b>RIGHT</b>   | Gable St.,  | 202.4  | <b>X,cs,bc</b> | NW 19th Ave (ss) bc NW Thurman   |
| 175.95 | <b>LEFT</b>    | <b>Food Stop at St. Helens High School</b>  |        |                |  |

# 2006 Route Map, Rainier to Portland - Page 19



**Portland area detail map shown below**



This map © 2006 by dc/audiographics llc; reproduction rights for this map assigned solely to Cascade Bicycle Club

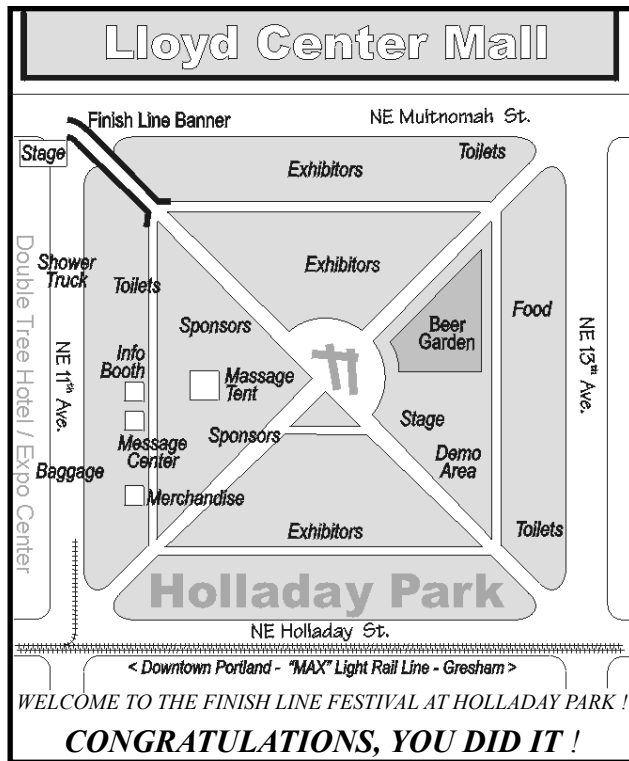
# 2006 Route Directions, Portland Finish Line - Page 20

- 202.5 **HAZARD** [R/R - rough crossing]  
202.6 **X,cs** NW 14th Ave (ss)  
202.62 **HAZARD** [R/R - rough crossing]  
202.63 **RIGHT** NW Front St. (sl) (Naito Parkway)  
202.9 **RIGHT** NW 9th (sl).  
202.91 **Caution** [R/R tracks - 2 sets]  
203.0 **X,cs** NW Marshall St.  
203.02 **LEFT** NW Lovejoy (sl) (get in left turn lane)  
203.2 **LY,X** N.Broadway (sl) cross over on Broadway Street. Bridge.

## USE BIKE LANE ON SIDEWALK!!!

- 203.6 **X,cs** N. Interstate Ave (sl)  
203.62 **X,cs,bc** N. Benton St. (sl), N Weidler St.  
203.7 **RIGHT** N. Vancouver St. (sl)  
203.8 **BL,bc** N. Wheeler St. (sl)  
204.0 **LEFT** NE Multnomah St.(sl) Bike lane  
204.1 **cs** NE 1st (sl)  
204.2 **x.cs** NE 9th Ave (sl)  
204.5 **BR** NE 11th Ave (sl) right into Holladay Park Finish Line!

**SLOW to get your STP Finishers Patch -  
You Have Earned It!!!**



# 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 16, 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 15, 2006 - 3:00 to 9:00 p.m.

Sunday, July 16, 2006 - 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 15 (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 16 (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 6:30 p.m. **Please load your bike early because the trucks can not leave until they are full and they travel slower than buses.** 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 17

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 there MAY be tickets available on First come, first served. Check at the Bus Information both at the finish line.

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, north end, 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.



A Cascade Bicycle Club Event



GroupHealth



Cascade Bicycle Club  
P.O. Box 15165  
Seattle, WA 98115-0165  
(206) 522-3222  
events@cascadebicycleclub.org  
www.cascade.org



Published by: Cascade Bicycle Club  
Current Edition: June 2006 *All rights reserved.*

*No part of this book may be reproduced in any  
manner without the written permission of the  
Board of the  
Cascade Bicycle Club.*