

KAISER PERMANENTE
SEATTLE to PORTLAND



Presented by



RIDE GUIDE



We're proud to have Kaiser Permanente as the Title Sponsor of the Seattle to Portland event.

Kaiser Permanente is committed to helping shape the future of health care. We are recognized as one of America's leading health care providers and not-for-profit health plans. Founded in 1945, our mission is to provide high-quality, affordable health care services and to improve the health of our members and the communities we serve. Kaiser Permanente is dedicated to care innovations, clinical research, health education and the support of community health. Learn more at kp.org/share.



Alaska Airlines, for the third year running, is "all in" as presenting sponsor for this year's event. Once you've completed this awesome 200+ mile adventure, Alaska Airlines invites you to explore new adventures at 30,000 feet. Stream entertainment directly to your device, get free inflight messaging with Free Chat™, and relax in your custom, power-equipped seat. Add in their award-winning service to your inflight experience and your travel expectations will be blown away.

Kaiser Permanente

SEATTLE TO PORTLAND

presented by Alaska Airlines

As the pinnacle of Northwest riding, the Kaiser Permanente Seattle to Portland presented by Alaska Airlines is a life goal for many. Now in its 38th year, the STP is the largest bicycle event in the state with 10,000 riders every year, a quarter of whom will tackle the 200+ mile course in a single day. STP is a joint fundraiser for Cascade Bicycle Club and Washington Bikes. Your registration fee makes our statewide education, advocacy and free group rides programming possible. And together, we're improving lives through bicycling. Thank you. Whether this is your first or your 15th STP, thank you for riding. We'll do everything we can to make sure your experience is the ride of a lifetime.

QUICK REFERENCE

START LINE - SEATTLE

4:45 - 7:30 a.m.

University of Washington
Parking Lot E-1 / E-18
(north of Husky Stadium)

FOOD STOPS

Free food is available for riders at rest stops in Kent, Spanaway, Centralia, Riverside Park in Lexington, and St. Helens. Local school, nonprofit and community groups staff mini-stops in between with food and beverages for sale.

FINISH LINE FESTIVAL HOLLADAY PARK, PORTLAND

Saturday 3 - 9 p.m.
Sunday 10 a.m. - 7 p.m.

End STP with a bang!
Stop by Holladay Park in northeast Portland for food, live music, well-earned massages, a beer garden and more.

TABLE OF CONTENTS

4 - 6	About Cascade Bicycle Club
7	About Washington Bikes
8	STP by the numbers
9 - 11	Training Guide
12	Before you head out
13 - 14	Baggage Service
15	During the ride
16	Support
17	Rider Profile
18	Midpoint
19	Finish Line
20	Transportation
21	Miscellaneous
22	Merchandise
23	Elevation map
24	Sponsorship

BICYCLING FOR ALL

Cascade Bicycle Club, the nation's largest statewide bicycle organization, is powered by over 17,000 members and 40 staff and serves bike riders of all ages and abilities throughout the Puget Sound region and across Washington state. With a mission to improve lives through bicycling, Cascade delivers community and school-based education programs, grassroots organizing workshops, free group rides, world-class events and more. Our signature programs include events like Kaiser Permanente STP presented by Alaska Airlines, Emerald Bike Ride presented by Kaiser Permanente and RSVP; advocacy work like our Advocacy Leadership Institute; and education programs like Let's Go, the Major Taylor Project and more. Learn more at cascade.org.



17,000
MEMBERS STATEWIDE

MISSION

Improving
lives
through
bicycling

VALUES

Diversity
Fun
Respect
Balance
Excellence

DID YOU KNOW?

We'll celebrate our 47th birthday this year! Cascade was formed in 1970 by a small group of riders seeking to build community around recreational riding. This school year, we'll expand our Let's Go program to every elementary school in Seattle Public Schools—that means more than 24,000 third through fifth grade students will receive bicycle skills and safety education! We love visitors. And this is Seattle, so obviously we love our coffee. We'd love for you to stop by the Cascade Bicycling Center so we can pour you a hot cup after a long ride!



YOUR 203-MILE JOURNEY EMPOWERS

Advocacy
Leadership Summit

Let's Go

Bike Everywhere Month
and
Bike Everywhere Breakfast

Connect Puget Sound

Major Taylor Project

Seattle Bike Swap

She Bikes Cascade

and so much
more!



STP is a joint fundraiser for Cascade and Washington Bikes. That means your 203-mile journey from Seattle to Portland will help spread the joy of bicycling to a whole new generation of cyclists. From the 24,000 elementary students learning to rock their new bike skills through Let's Go to the annual class of 40 new Advocacy Leadership Institute grads—your participation helps so many others begin a bicycle journey of their own.



None of this would be possible without amazing STP riders like you.



WANT TO HELP? THERE ARE LOTS OF WAYS TO GET INVOLVED!

VOLUNTEER

Cascade began as a volunteer-run organization, and volunteers continue to be our heart and soul. No matter your interests, skills or availability, we have a way for you to get involved!

www.cascade.org/volunteer

DONATE

YOU make our work possible: thank you! Our donors help us raise the critical support we need to get bikes into schools and advocate for safer streets.

www.cascade.org/donation



OTHER WAYS TO GET INVOLVED

Become a Cascade member

www.cascade.org/connect/join-renew

Attend our annual Bike Everywhere
Breakfast in the Spring

www.cascade.org/breakfast

Join the Cascade Champions Club

www.cascade.org/cascade-champions

Donate a bicycle or other vehicle

www.cascade.org/donate-your-vehicle

Participate in major rides like
the **RSVP** or **Kitsap Color Classic**





Keeping Washington State Bicycle Friendly For Years to Come

Washington Bikes advocates for bicyclists and a more bicycle-friendly Washington. People who bike make a difference.

Washington Bikes is the statewide voice for people of all ages and abilities who ride bicycles for transportation, health, travel and recreation. We work to elect, build relationships with, and hold accountable policymakers to improve the safety and accessibility of bicycling throughout Washington state, thereby improving the health and prosperity of our communities.

Our work and that of our many partner organizations means more people biking all across Washington, the #1 Bicycle Friendly State in America (9 years in a row)!

www.WAbikes.org



BY THE NUMBERS

WHO'S RIDING?

10,000
REGISTERED RIDERS

42 U.S. STATES
6 COUNTRIES

ELDEST RIDER **89** YEARS OLD

RIDERSHIP

8,363
WASHINGTON

248
OREGON

985 NON-U.S. RIDERS

FREQUENT RIDERS CLUB

4,545
FIRST-TIMERS

1,887
1-5 TIMES

654
6-10 TIMES

278
11-20 TIMES

75
20+ TIMES



100 SAFETY & MEDICAL RIDERS ON COURSE

12 SUPPORT VEHICLES

200 GOLD WING TOURING ASSOCIATION OF MOTORCYCLIST

256 HONEY BUCKETS

35K SANDWICHES

10K SERVINGS OF ORANGES

17K SERVINGS OF BANANAS

11K FIG BARS

35K SNACK BARS

17K FRESH BAKED COOKIES

1,000+
VOLUNTEERS

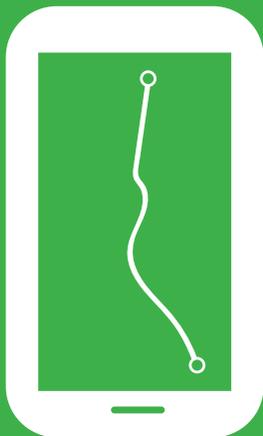
30+
MECHANICS



LOOKING FOR MORE RIDES TO GET YOU READY FOR STP?

Cascade Bicycle Club offers Free Group Rides every day of the year, more than 2,200 rides annually! Free Group Rides range from leisurely 10-mile jaunts to longer endurance rides. Some rides are urban and some are in the greater Puget Sound region.

www.cascade.org/grouprides



Ride with GPS has an ambassador program supported by bicycle clubs around the country. Find popular routes in your own bike yard.

www.ridewithgps.com/ambassadors

Proper training is extremely important for a successful ride. One of the most difficult things about 200 miles is the time in the saddle. Nothing prepares your body for that other than actual time in the saddle. The STP website has a simple training grid that will help you get ready for the ride. Start your training early and you will enjoy the ride a lot more!



WANT TO KNOW HOW STP FUNCTIONS?

Whether you are new to STP, rode it last year or haven't ridden it in a while, our STP prep classes are a great way to prepare yourself for the ride of your life. Classes are free and times and locations vary. Check the website for details.

www.cascade.org/STPclasses

For best results in the saddle, start training early and often.

TWO DAY	MILES	M	T	W	TH	F	SA	SU	ACTUAL
February 13 - 19	40			10			10	20	
February 20 - 26	54			10			10	*33	
February 27 - March 5	80			20			30	30	
March 6 - 12	100			20			40	40	
March 13 - 19	80			20			30	30	
March 20 - 26	100			20			40	40	
March 27 - April 2	120			20			**50/60	50	
April 3 - 9	130			30			50	50	
April 10 - 16	90			20			50	20	
April 17 - 23	130			30			50	50	
April 24 - 30	140			20			60	60	
May 1 - 7	170			30			70	70	
May 8 - 14	110			30			50	30	
May 15 - 21	170			30			70	70	
May 22 - 28	180			20			80	80	
May 29 - June 4	170			40			60	40	
June 5 - 11	160			40			***65 OR 100	65 OR 30	
June 27 - July 3	120			30			50	40	
June 19 - 25	150			20			100	20	
June 26 - July 2	120			30			50	40	
July 3 - 9	100			20			50	50	
July 10 - 16	222			20			103	102	

* Chilly Hilly
 **Valley River Ride
 *** Flying Wheels Century

WANT TO TEST YOUR FITNESS?

Find a local century ride to test your fitness. Cascade Bicycle Club's Flying Wheels Summer Century is Saturday, June 10. The Portland Wheelmen Touring Club hosts the Pioneer Century on Saturday, June 10.

www.cascade.org/flying-wheels



TWO DAY	MILES	M	T	W	TH	F	SA	SU	ACTUAL
February 13 - 19	60			20			20	20	
February 20 - 26	74			20			20	*34	
February 27 - March 5	80			20			40	20	
March 6 - 12	70			20			30	20	
March 13 - 19	90			30			50	20	
March 20 - 26	110			20			70	20	
March 27 - April 2	110			30			**50/60	30	
April 3 - 9	130			40			70	20	
April 10 - 16	120			20			80	20	
April 17 - 23	140			40			70	30	
April 24 - 30	190			50			80	60	
May 1 - 7	160			50			90	20	
May 8 - 14	170			30			100	40	
May 15 - 21	160			40			70	50	
May 22 - 28	170			50			110	30	
May 29 - June 4	170			40			60	40	
June 5 - 11	160			40			***100	60	
June 27 - July 3	140			40			70	60	
June 19 - 25	210			50			100	30	
June 26 - July 2	160			40			70	50	
July 3 - 9	120			40			60	20	
July 10 - 16	222			20			202	0	

* Chilly Hilly
 **Valley River Ride
 *** Flying Wheels Century

GET YOUR BIKE READY!

Getting your bike ready is as important as your body. Don't let your bike be the reason you don't finish! All bikes should be in tip top shape before you depart on your journey. Visit our partners at Performance Bicycle, REI, or Velofix. Or look for other shops in your area before it's too late!

www.cascade.org/explore

IDENTIFICATION

WITH YOU

CLOTHING & PERSONAL ITEMS

- Wallet**
cash, ID, medical insurance card, credit card, etc.
- Cell phone, GPS, bike computer, etc.** don't forget to charge 'em!
- Cycling shoes, inserts,**
- Toe warmers, booties**
Socks and a spare pair
- Shorts**
- Jersey or shirt**
- Arm/knee/leg warmers, etc.**
- Jacket or vest**
- Rain gear**
jacket, booties, rain pants
- Cycling gloves**
- Sunglasses, prescription eyewear, eye drops**
- Sun screen and lip balm**
- Medications**
aspirin, ibuprofen, inhaler, insulin, contact lens care, etc.

RIDER NUMBERS

- Bib number on jersey**
- Bike number on front of handle bars**
- Helmet number on the front of the helmet**

BIKE SUPPLIES

- Lock & Key**
- Helmet**
- Pump**
- Pack**
under-the-seat, stem, pannier, handlebar
- Tool kit**
patch kit with fresh glue and patches, hex wrenches, chain tool, spokes, etc.
- Spare tubes**
carry two, bring one in your overnight bag
- Compact Rider Map**
from your rider packet

PACKING DO'S & DONT'S

DO...

Limit baggage to a light (20 lbs.), small, distinctively colored gym bag; sleeping bag and tent

Put your clothing inside a plastic bag before packing. It may be out in the rain at the stop before you arrive

Pack light

Pick up your luggage at your mid-point location and/or the finish line in Portland

DO NOT...

Pack breakables or valuables. We are not responsible for lost, stolen or damaged luggage

Tie pieces together or use plastic garbage bags

IDENTIFICATION

BEFORE YOU LEAVE HOME

- Detach the official baggage tag from your number bib. Fill it out completely and securely attach to your baggage**
- Fill out the backside of your bib with all appropriate emergency info**
- Pin on your bib number. It needs to be visible from behind. This bib number will get you access to the free food stops**
- Attach your adhesive helmet number to the front of your helmet. These are used for the photographers on route**
- Affix the bike number to the front of your handle bars. This is used for bike transportation and bike corrals**

OVERNIGHT BAG

MAX. 2 BAGS / 20 LBS EACH

- Day 2 ride items: clean jersey/shirt, shorts, socks, jacket, food, etc.**
- Camping gear: tent (with rain fly), sleeping bag, pad, pillow, teddy bear*, ear plugs**
- Street clothes**
- Street shoes**
- Personal hygiene items**
- Towel**
- Any additional medications**
- Extra batteries or chargers for phone/GPS device**

*optional, but comforting

BROUGHT TO YOU BY
OUR PARTNERS AT



..... SATURDAY, JULY 15

DIRECTIONS

STEP 1

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... 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...

STEP 2

Go east through the University District and the UW Campus for 1.1 miles; go down a steep hill on the NE 45th Bridge, at the base of the bridge, stay left onto Montlake; take the next right onto Mary Gates Memorial Dr., 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 in the south end is for bicycles only.

IMPORTANT NOTE: 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!

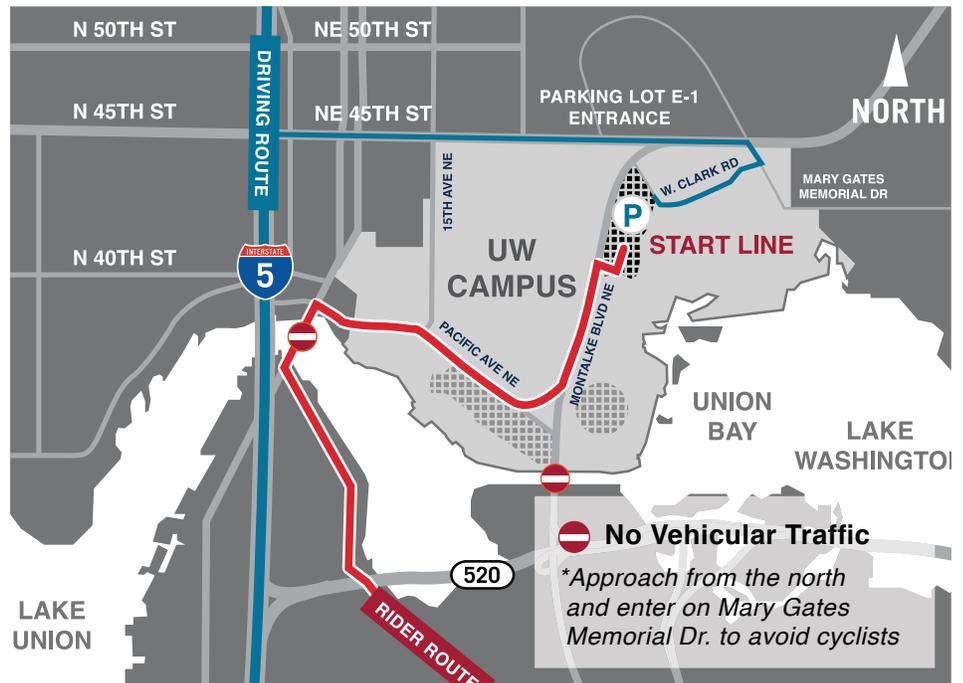
PARKING AT THE START LINE

Weekend parking is available at the north end of UW parking lot E-1. Parking is \$10 per day and can be purchased online, at packet pick-up or the start line.

If leaving your car until Monday you must park in E-18. Map Online

DROPPING OFF RIDERS

Vehicles may enter parking lot E-1 to drop off riders free of charge. All cars parked in the lot after 7:30 a.m. on Saturday must have a parking pass.



LOCATION

University of Washington
Parking Lot E-1/E18
North of
Husky Stadium

ONE-DAY RIDERS

4:45 - 5:15 a.m.

ALL RIDERS*

5:15 - 7:30 a.m.

ONE-DAY RIDERS

The start line is open 4:45 - 5:15 a.m. exclusively for one-day riders, but one-day riders may start later if they would like. We suggest you get out early, not only for the amount of riding you have ahead, but your pace will (hopefully) be faster than those riding 100 miles for the day.

TIMING CHIPS

One-day riders can rent a timing chip to record an official time posted online. All chips must be turned in at the Cascade Bicycle tent at the finish line. Chips can be rented for \$10. Chips are rented online during registration or later as an add-on and will also be available at REI packet pickup Wednesday and Thursday. Timing chips are not available at Friday packet pickup nor at the start line.

Remember, STP is not a race
and riders must obey all the rules of the road.



No need to weigh yourself down—let us handle the heavy lifting!

BAGGAGE GUIDELINES

- Fill out and attach your official STP luggage tags to your bags before placing on trucks
- Attach any tags from your accommodation (must have both!)
- Maximum of two bags (20 lbs each)
- Waterproof bags are recommended or pack your belongings in plastic bags for protection from possible rain. The PNW always has a 30% chance of rain!
- Have your bike plate affixed to your bike; you can only claim your bike from corrals with your official rider bib.
- Bike boxes must have their bike box ticket attached (sold in advance or at packet pickup). These go on the Portland truck only.
- Do not leave bags unless there is a volunteer present for loading. Your bag may not end up where you want it!
- Know which of the trucks your baggage needs to be on; confirm with your accommodation.
- Cascade Bicycle Club is not responsible for any damaged, lost, or stolen luggage.

START: DROP-OFF LOCATION

LOCATION: UW E-1 PARKING LOT

FRIDAY: ADDITIONAL CHARGE

Open from 6 - 10 p.m.
\$5 charge for dropping your bags, bike or bike box at the start line (each item)

SATURDAY: NO CHARGE

Open from 4:30-7 a.m.
(bikes can be picked up from the corral at this time)

MIDPOINT: PICK-UP/DROP-OFF

Reference baggage drop locations and schedule online
www.cascade.org/STPBaggageService

Trucks are labeled by the drop location. Times and distances are approximate. Please know in advance which drop location is closest to your mid-point housing and how to get there from the main STP route. See route for details.

Be sure your bags meet you in Portland!

**On Sunday luggage trucks (or luggage pile at some locations) begin accepting luggage at 6 a.m. Trucks are locked, loaded and leaving promptly at their designated time. Have your bag on the truck a minimum of 30 minutes prior to scheduled leave time.

FINISH LINE: PICK-UP

LOCATION: DOUBLE TREE, LLOYD CENTER EXHIBITION HALL

(Adjacent to the parking structure; across from the main lobby entrance)

Your bags are not loaded onto the bus for you! Please pick up your bags before getting on the STP transportation.

Bags not picked up by Sunday night will be charged a transportation/storage fee and available for pickup at Cascade Bicycle Club.

www.cascade.org/about/contact-us

SATURDAY

Bags will be available after 2 p.m.

SUNDAY

Bags will be available after 4 p.m.

**TAKE
THE
NEXT
RIGHT!**



ROUTE FINDING

Route maps - these will be included in your rider packet. It is a folded map. You can fold the map so that just what you need is showing and refold when you get past the last cue. A cue clip is a great purchase for your handlebars or just follow the route markings on the road and have it in your pocket for reference. There are also .tcx and .gpx files available online from Ride with GPS. Please do not download these to your device until the week before the event. We often get minor route changes due to construction or other unexpected circumstances. Look for the Dan Henry markings on the road for direction. There will be two prior and one to confirm each turn. Try not to blindly follow those in front of you; riders often go off route or may not know where they are going any better than you do. Try to pay attention. Additional details can be found at

www.cascade.org/ride-major-rides-kaiser-permanente-stp-about-ride/route

SAFE RIDING

STP is not a race. You have signed a waiver pledging to follow the rules of the road and abide by state law.

RULES OF THE ROAD

- Always wear a helmet.
- Ear phones are not allowed.
- Pull off and stop when using a cell phone.
- Obey all traffic laws. Cyclists have all the rights and responsibilities of vehicle drivers.
- Ride as far to the right as is safe.
- Use your voice or bell when passing others and only pass on the left.
- Ride no more than two abreast. (Remember single file is safer.)
- Use hand signals and your voice before turning, stopping or passing.
- Limit pacelines to seven and take responsibility for your group. Ask before joining a paceline.

STP OFFICIAL REST STOPS

Official STP rest stops provide free food for registered STP riders only. Please do not take food for unregistered individuals, and be considerate of your fellow riders. The food provided is "ride food" chosen for its nutritional quality, carbohydrate and potassium replacement and taste. These are not full meals, but will keep you going. Water, Nuun electrolyte drink, portable toilets, mechanical assistance and first aid attendants are also available at these stops. If you have specific food requirements or allergies please plan on bringing ride snacks that suit your needs.

- 24 miles - REI in Kent
- 55 miles - Spanaway
- 100 miles - Centralia (lunch stop for one-day riders only)
- 143 miles - Lexington
- 172 miles - St. Helens

MINI-STOPS

Located approximately halfway between each food stop, mini-stops are hosted by local schools, nonprofits and community organizations and offer food for purchase, mechanical support, portable toilets and first aid kits (no medical staff).

These stops are a major fundraiser for the communities through which we ride. We highly encourage riders to stop and contribute to the wonderful communities that have hosted this event for 38 years.



FOOD & WATER TIPS

- Eat and drink small amounts frequently.
- Drink lots of water. A general rule is one 20-oz. water bottle every hour.

MEDICAL SUPPORT

Bicycle Medical Team: One hundred medics, firefighters, police officers, nurses and doctors volunteer their time and expertise to ride as members of the Bicycle Medical Team. They wear red safety jerseys and provide medical assistance en route.

MEDICAL JERSEY



STP STAFFED MEDICAL LOCATIONS

The five official STP food stops and finish line will be staffed with volunteer medical teams. All the other official mini-stops on the route will have first aid supplies available for riders but will not be staffed. If you have a medical issue en route that needs immediate attention, please flag down one of the Goldwing support motorcycles or one of the official STP support cars. Aid stations provide basic first aid to get you back on the road and have limited medical supplies. Please carry your own medication to cover known conditions and plan ahead for common occurrences such as muscle fatigue, saddle sores and sunburn.

MECHANICAL SUPPORT

Most stops provide mechanical support. Supporting bicycle shops provide free labor for minor repairs but charge for parts and major repairs. Come prepared to pay for repairs. Many accept cash as well as credit cards or checks.

www.cascade.org/STPmechanics

ON-ROAD SUPPORT

STP SPONSORED SUPPORT VEHICLES

Twelve support cars will patrol the route to pick up riders unable to continue. They circle the course until the last rider finishes each day and shuttle stranded riders to the nearest rest stop or mini-stop where services are available. Their cars are marked with Support stickers and they will be wearing Cascade volunteer T-shirts. If you cannot continue, you need to make arrangements for transportation to your final destination.

PERSONAL SUPPORT VEHICLES (PSVS)

We have designed the STP so you do not need a follow car. Personal Support Vehicles will not have access to the route through Joint Base Lewis- McChord. Perimeter Rd. gate will be manned by MP's and only allow pre-approved support vehicles and riders with official bibs. If you must have a follow car, visit www.cascade.org/stp for directions and instructions. With cell phone service, motorcycle support, and vehicle support provided by STP we can always get you in touch with your PSV, so they can remain off route until called for help. Please help us keep the ride safe for all 10,000 participants.

www.cascade.org/STPPersonalSupportVehicles

OUTRIDERS JERSEY



GOLDWING TOURING ASSOC. (GWTA)

The GWTA has provided 200 motorcyclist patrols, equipped with radios and simple first aid kits. They respond to mechanical problems and minor medical situations. If you need assistance, give the "thumbs down" signal to a GWTA motorcyclist. They will find a safe place out of the way to pull over, so please be patient. They will also be there to mark any unexpected route changes or to direct riders around a hazard until someone can come to properly clean up or mark major road hazards.

LEWIS AND CLARK (LONGVIEW) BRIDGE ESCORT – SUNDAY ONLY

With help from the Gold Wing Motorcycle Club and the Washington State Patrol, riders will be escorted in groups across the Longview Bridge between 8 a.m. and 2:30 p.m. on Sunday. You will be asked to exit for queuing prior to reaching the bridge. Expect a short delay and use caution when crossing the bridge. Watch your downhill speed and keep an eye out for the steel expansion joints. Why isn't this available Saturday? The spread of one day riders is too great and it is tougher to queue a large group for the police to escort. If you are riding alone and would rather ride across the bridge with others, pull over prior to the bridge and wait for a group to approach.

CASCADE BICYCLE CLUB OUTRIDERS

The Cascade Bicycle Club Outriders are a team of well-trained and experienced Cascade Bicycle Club volunteers and ride participants. They are well versed in CBC events and are available to help with minor mechanical issues, help you fix your flat and answer any questions you may have about the route, food stops or cycling in general. They are wearing the green, white and black OUTRIDER jerseys. Feel free to flag them down if you have any questions or need assistance in any way. They are ambassadors of good cycling etiquette and safe riding. They may remind you that single file is safer or warn you of upcoming hazards on route. Please understand they are there to keep everyone safe on the road to Portland. Your riding habits affect others: don't cut someone else's trip to Portland short due to bad behavior.

FOR THE LOVE OF CYCLING

When Cascade Events Director Rebecca Sorensen was ready to close down a food stop on the 2015 Kitsap Color Classic, a father/son duo rode up. She assumed they were locals out for a short ride due to the age and size of the child. But she realized they were both wearing bibs, and this young kid was halfway through our 59-mile route!

This is how Rebecca was introduced to Julian Roger, who informed her that he was seven years old, deaf and determined to be a 2016 STP finisher.

According to his parents, Jeffrey and Joanna Roger, Julian's interest in cycling began at age two on his push bike, and he quickly graduated to taking long rides on their tandem "limo" family bike. Julian developed a love for cycling that helped him navigate some difficult challenges in his young life. As a small child, Julian had a rapidly progressive hearing loss. By age four he was clinically deaf and received a cochlear implant. Despite the frustrations his hearing loss posed, Julian always found joy on his bike.

When his dad decided to ride the 2015 STP, Julian insisted he ride with him. They expected Julian to ride a few miles with his mom providing support. He ended up finishing 80 miles over the two-day ride on a 20" single speed kids bike! Julian set his sights on the 2016 STP, determined not to allow anything to get in his way.

In addition to regular rides around home, Julian's training included many Cascade events, totalling more than 600 miles in 2016. And he's not stopping in 2017. In his own words, he's "not a quitting type of person."



According to Julian's father, Cascade has provided a safe way for Julian to challenge himself.

"Through the generous support of Cascade event organizers, who now know him by name, as well as the amazingly supported opportunities [they] provide for him, he has garnered accomplishments that have boosted his self-esteem in the world as an athlete who happens to be deaf," said Jeffrey.

We at Cascade want to congratulate Julian on his amazing accomplishments last year as Cascade's youngest rider with the most miles and finishing the 2016 STP. When we asked what his favorite part of the rides, it was tough for him to nail down just one, but Julian responded, "I do love crossing those finish lines."

We look forward to cheering him across the finish line again!

CENTRALIA COLLEGE

The official midpoint is hosted at Centralia College and offers 30 acres of camping space, 200+ showers, food vendors, a full cafeteria, television viewing areas (broadcasting the Tour de France for inspiration) and parking for RV and support vehicles. This year's bike corral will be continuously staffed by the Centralia Reserve Police Department for a small fee. Hop on the Centralia Trolley or public bus system to explore the town.

OTHER MIDPOINT ACCOMMODATIONS

There are not enough hotels near the midpoint and most of them sell out to repeat participants before STP registration opens. That is why we have partnered with the Centralia- Chehalis Chamber of Commerce to help coordinate community groups that offer cyclists affordable overnight accommodation and food. You can find all community organized accommodations on the website. Riders can stay anywhere between mile 102 (Centralia) to 150 (Kelso). These are major fundraisers for these communities and we encourage riders to take advantage of their one-of-a-kind hospitality. Without them STP would not be the event it is. Washington Bikes and Cascade Bicycle Club are extremely appreciative of the communities who welcome our riders into their homes year after year.

<https://www.cascade.org/STPmidpoint-lodging>

STARTING THE SECOND DAY SUNDAY

Please place your gear aboard the truck at any of the designated pickup sites. Most trucks will be open for loading by 6 a.m. If you do not finish the ride, your baggage will be sent to lost and found at the Cascade Bicycle Club in Seattle. Please see the Lost and Found section for more details.

THE KAISER PERMANENTE STP PRESENTED BY ALASKA AIRLINES would not be possible without the support, enthusiasm and engagement of the countless communities along the 200+ mile route. And the STP is proud to give back to these local communities. When you ride STP, you support the work of the Cascade Bicycle Club and Washington Bikes and strengthen neighborhoods throughout the Pacific Northwest. We can't say this enough: THANK YOU. Each year, STP serves as a major fundraiser for community organizations such as the Centralia-Chehalis Chamber of Commerce, Altrusa International, Longview-Kelso, Spanaway Junior High School athletics, St. Helens High School Band Patrons, Portland Wheelmen Touring Club, Gold Wing Washington State and Centralia College athletic department.

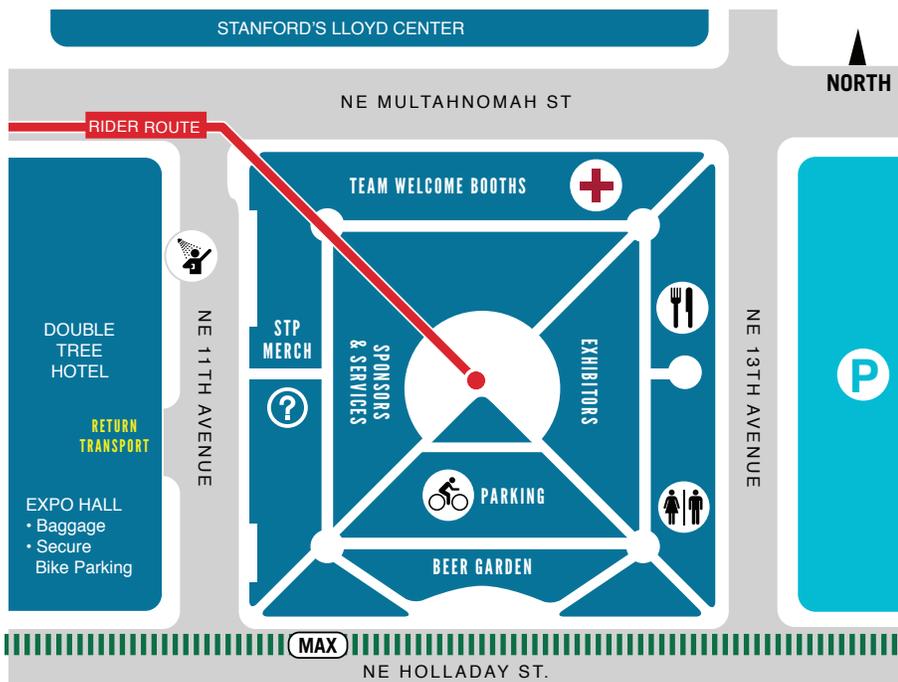


FINISH LINE



SATURDAY, JULY 15
3 - 9 p.m.

SUNDAY, JULY 16
10 a.m. - 7 p.m.



HOLLADAY PARK

Finish Line Festival - Portland
NE Multanomah St.
between 11th & 13th

The festival features music, food and beverage service; exhibitor and sponsor booths; massage tents; showers and first aid. The New Belgium Beer Garden is located on the festival grounds near the live music stage. The DoubleTree Hotel—our official host hotel—is located across the street from the park, and Portland's light rail system (MAX) stops nearby. The MAX can transport riders and bikes to the airport or downtown.

PRE-RIDE TRANSPORTATION

FRIDAY, JULY 14

Portland Wheelmen Touring Club (PWTC) is our partner at the finish line in Portland. They coordinate bus (for you) and truck (for your bike) transportation from the Double Tree - Lloyd Center (official finish line) to the University of Washington (near the start line) dorms on Saturday, July 15. Reservations should be made directly through PWTC. More information can be found on our website. Spaces are limited and will most likely sell out. Weekend parking passes are available for sale at the Double Tree.

POST-RIDE TRANSPORTATION

SATURDAY, JULY 15

(One-Day Riders)
Load your bike 5 - 9 p.m.
Board the bus 7 - 9 p.m.

Return transportation for you and your bike is located in the parking lot adjacent to the Finish Line Festival. Buses and trucks will depart as they fill. Our final bus will leave promptly at 9 p.m. If you are afraid you may not finish in time we suggest you make plans to travel home on Sunday. Bikes will not be available for pickup until Sunday, July 16, 10 a.m. at the UW bike corral.

SUNDAY, JULY 16

12:30 - 7 p.m.
Return transportation for you and your bike will be on 9th St. behind the Double Tree Lloyd Center (STP's host hotel). Buses and trucks will depart as they fill.

TIP: Load your bike onto the trucks ASAP to minimize your wait time at UW. Trucks cannot leave until full and it takes multiple bus loads to fill a truck! Prepare to wait for your bike or you are welcome to pick it up on Monday before 7 p.m. at UW bike corral.

MONDAY, JULY 17

Load your bike Sunday, 2:30-7 p.m.
9th St. behind the Double Tree - Lloyd Center (STP's Host Hotel)

Board the bus Monday, 8:30-10 a.m.
at the Double Tree Hotel

TIP: Load your bike onto the truck early (on Sunday) to minimize wait times at UW.

BICYCLE TRANSPORTATION

Bicycles are wrapped with a blanket, placed on a truck and returned to the UW start line. Every precaution is taken to prevent bikes from being scratched or damaged.

Keep the bike number affixed to your bicycle. Bib numbers are used as a claim check to retrieve your bicycle back at UW. For quick loading please remove anything that easily detaches:

- Water bottles
(at least emptied if not removed)
- Computers
- Lights
(if they are easily removed)
- Mirrors
- Anything that could possibly get caught, damaged, or easily fall off

BICYCLE PICK-UP

University of Washington
parking lot E-1 (start line location)
Sunday: 10 a.m. - 11:30 p.m. (or when last truck arrives)

Monday, 10 a.m. - 7 p.m.

SEATTLE BIKE CORRAL

Located on the North end of the UW E-1 parking lot. Enter through the North gates to avoid payment.

Sunday, 10 a.m. to 10 p.m.

*This depends on how quickly you load your bike in Portland! Load your bike before enjoying the finish line!

Monday: 10 a.m. - 7 p.m.

After Monday 7 p.m. all remaining bikes will be taken to Cascade Bicycling Center (7787 62nd Ave NE Seattle, WA 98115) and charged a \$10/day storage fee.
www.cascade.org/STPTransportation

SO YOU BONKED...

No big deal! It happens to the best of us. But you probably have a few questions.

WHAT IF I CAN'T MAKE IT TO PORTLAND? WILL STP SUPPORT VEHICLES GIVE ME A RIDE HOME OR TO THE FINISH LINE?

Sorry, the support vehicles are on the road to provide emergency services to those riders in need. They will transport stranded riders to the nearest STP food stop or mini-stop for mechanical or medical assistance. If the rider is unable to continue, he or she will need to make their own arrangements to get to their final destination.

WHAT HAPPENS TO MY BAGGAGE IF I DON'T MAKE IT TO THE FINISH LINE?

All unclaimed baggage at the finish line will be brought back to the Cascade Bicycling Center in Seattle.

LOST AND FOUND

Mark everything with your name, phone number, bib number and lodging for each night. Lost and found items will be taken to the information booth at the finish line. After the ride, all unclaimed items, including bicycles, will be taken to the Cascade Bicycling Center (7787 62nd Ave NE Seattle, WA), where they will be available for one week. After August 1, unclaimed items will be donated to charity. Bicycles unclaimed at the UW bike corral may be picked up at the Cascade offices and are subject to a \$10 per day storage and handling fee. You can call 206.522.3222 between 10 a.m. and 4 p.m. Monday-Friday to inquire about lost items.

STP MERCHANDISE

Official STP Merchandise

With your paid registration you will receive a coupon redeemable at the finish line for a finisher award.

Our online apparel store features a variety of STP souvenir items. New items are added every year so make sure to check it out. STP merchandise will also be sold at packet pickup at REI and at the finish line.

www.cbcmmerchandise.com



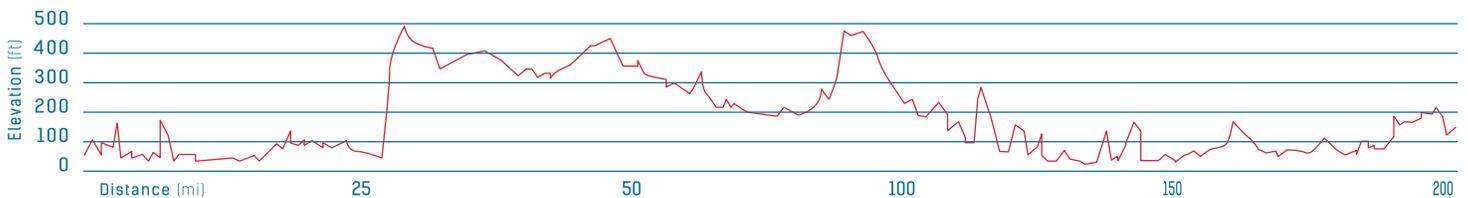
SEATTLE

DAY-OF-RIDE
EMERGENCY NUMBER

+ 1-206-841-9665



203 MILES
PORTLAND



SPECIAL THANKS TO OUR SPONSORS



[yellow tail]

