RIDE AROUND WASHINGTON

“Velos, Vistas, and Vines”
August 3 - August 9, 2019

(1st edition, updated 4/22)

www.cascade.org/RAW

Produced by:
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CASCADE BICYCLE CLUB

Cascade Bicycle Club is the largest statewide bicycle education and advocacy organization in the United States. Based in Seattle, Cascade serves more than 15,000 members in the bicycling community. In addition to 2,000 free group rides each year, Cascade produces several major rides and events including Ride Around Washington (RAW), the Kaiser Permanente Seattle to Portland (STP) presented by Alaska Airlines, Ride from Seattle to Vancouver and Party (RSVP) and Chilly Hilly. Cascade’s advocacy team works across the state and region to build support from the ground up, so that people of all ages and abilities have access to safe and connected bicycle infrastructure. Cascade’s bicycle education and encouragement programs serve an additional 45,000 people statewide through classes, camps, school-based programs and more. Together, all elements of CBC strive to work in unison and deliver on our mission: "Improving lives through bicycling." We thank you for supporting Cascade Bicycle Club by participating in RAW 2019.

A BRIEF HISTORY OF RAW

In 1998 a few club members met to create the Ride Around Washington. One of them, Marshall Brown, had participated in a ride that went over the North Cascades and into the Okanogan using Washington SR-20, and he thought the route was such a beautiful trip that it should become a regular Cascade event. Cascade is proud to offer a different premier touring route each year for you to enjoy. We truly have one of the most beautiful states in the country!

Now in its 21st year, RAW has become a week of premium bicycle touring and an annual tradition. RAW continues to be a ride planned by cyclists for cyclists. The RAW Committee is headed by several Cascade staff, and the routes are planned and organized by a volunteer route director with the help of other awesome committee members. In addition to the committee’s help, the ride depends upon many wonderful volunteers who help during the week of the event. Be sure to thank them when you see them on the road or in camp this year!
RAW 2019 OVERVIEW
Velos, Vistas, and Vines- Stevenson to Yakima

Sunday, August 4th, 2019 – 6:30 a.m. to Friday, Aug. 9, 2019 – 4 p.m.

Route planning and venue selection is an ongoing effort. Descriptions in this guide reflect the itinerary as of press time. Road, mountain and forest conditions can require minor or major rerouting and are subject to change.

Our planned route will primarily be on lesser-traveled secondary roads; arterial roads are used only when necessary. Breakfast will be available in camp from 6 - 7:30 a.m.* The route will open at 6:30 a.m. We are not liable for any rider leaving camp before 6:30 a.m. - this means there is no on road support and rest stops may not be available. While we do not encourage a group start, we do require that all riders be on the road no later than 8 a.m. This allows road support vehicles to easily serve everyone and to move forward from their morning position once the last rider has passed them. We also ask that your luggage and camp furniture be loaded on the trucks by 7:45 a.m. each day to allow drivers sufficient time to reach that evening’s destination.

*NOTE: All times listed in this guide may be subject to change depending on the weather, length of the next day’s ride, route conditions and other factors. Any changes to the times will be posted on the whiteboard at the RAW staff table and announced at the nightly rider briefings. Briefings are critical for receiving route updates and timing changes.

BEFORE THE RIDE
Saturday, August 3rd, Seattle to Stevenson

One of the optional choices when registering is to sign up for bus transportation from Seattle to the start in Stevenson and/or from the finish in Yakima. If you did not select bus transport when you registered and need to add it, seat requests can only be guaranteed until May 1, 2019. After that date, requests will be filled on a space-available basis. To change your registration to include the bus ride, log into your Cascade account and follow the instructions for purchasing add-ons.

On Saturday, AUG. 3, RAW will transport registered cyclists who have purchased the bus ride, their bikes and their luggage from University of Washington, Lot E4 in Seattle to Stevenson. Please see page 25, Getting to University of Washington. Cascade has arranged parking with the University of Washington for the week for those of you who select bus transport in Lot E4. Riders park in UW lots at their own risk. There is no security in the parking lot. Please sign up online - there will be a limited number of passes available onsite.

Bike loading starts at 10:30 a.m., bus loading at 11:30 a.m. Please be on site by 11 a.m. at the latest—if you miss the bus we cannot provide transport for you. Buses and trucks leave University of Washington parking lot at noon. Buses should arrive in Stevenson around 4:30 p.m. Please make sure to have your ID handy when getting on the bus.
Camp will open Saturday at 4:30 p.m., at that time riders will be able to begin setting up their campsites. Please note if you arrive before camp opens, you may have to wait until camp is open before you will be allowed to begin setting up your campsite.

If you do not elect to ride the bus, you can refer to page 25, “Getting from Seattle to Start and Finish Lines.” Please note packet pickup times and attend the Rider Orientation on Saturday, August 3rd if you are not planning on camping Sunday night.

 PACKET PICK-UP
Saturday, August 3rd, 4:30 – 7:30 p.m.
Skamania County Fairgrounds, 710 SW Rock Creek Dr, Stevenson, WA 98264

RAW packet pick-up will be open in Stevenson from 4:30 p.m. – 7:30 p.m. on Saturday, August 3rd. RAW committee members and staff will be on hand to answer any questions and assist with obtaining your rider packets. Know which days you’d like a massage? You’ll be able to schedule massages during packet pickup and anytime during the week with Randy and his crew.

 EVENING MEAL
Saturday, August 3rd

We will not be providing dinner the first evening and encourage riders to enjoy dinner at one of the many local restaurants. A list of local restaurants welcoming RAW riders will be available at the welcome tent. Be sure to be back in camp by 7:30 for the rider orientation and briefing.

 RIDER ORIENTATION & DAILY BRIEFINGS
Saturday, August 3rd 7:30 p.m.
Skamania County Fairgrounds, 710 SW Rock Creek Dr, Stevenson, WA 98264

There is a daily briefing after dinner to go over the following day’s route and answer any questions. We understand that RAW is a vacation experience and many of you are forced to attend far too many meetings at work! We guarantee that these briefings will be short, fun and informative. In addition, they are usually followed by the evening’s featured activity/presentation of local interest. Please plan to attend the daily briefings.

This first rider orientation on Saturday is particularly important as we will provide a safety briefing, explain the importance of hydration and nutrition while on the road, introduce the road support team, and go over many of our expectations designed to make your riding experience an enjoyable time.
THE RIDE
SUNDAY AUG. 4, DAY 1
Stevenson to Trout Lake | 48 miles | 3,750 feet of climbing
Overnight Venue: Trout Lake School 2310 WA-141 Trout Lake, WA 98650

This is a great first day of riding with low mileage but a good amount of elevation gain for those eager to stretch their legs. Leaving camp, we’ll begin pedaling along the Columbia River before turning north at Cook and heading inland to enjoy a change in scenery as we climb ever upward into the trees. Our morning rest stop, at the top of the climb, offers great views of the Little White Salmon River. What goes up must come down and after our descent we’ll cross the river at the Willard National Fish Hatchery and continue through the uplands, taking in views of Mt. Hood, the Columbia River, and the surrounding hills. We’ll also pass by the first of the fruit orchards, vineyards and wineries which provide the theme for this tour. We’ll return to the Columbia at Underwood and cross the White Salmon River before climbing again to lunch in Husum. After lunch, we continue a gentle climb to camp at Trout Lake.

MONDAY AUG. 5, DAY 2
Mt. Adams loop ride | 50 plus miles | 3,670 feet of climbing
Overnight Venue: Trout Lake School 2310 WA-141 Trout Lake, WA 98650

This ride allows you to get up close and personal with Mt. Adams (known to some indigenous tribes as Pahto or Klickitat) and is one you don’t want to miss! This is your chance to ride through Washington wilderness and Cascade forests along lightly traveled roads that criss-cross the Pacific Crest Trail. Along the way, you’ll experience great views of a potentially active stratovolcano and the second highest peak in Washington state. Our morning food stop will be at Big Spring Creek but we’ll be back in camp in time for lunch! After a spectacular day of riding, you’ll have time to relax, check out the general store and bakery in town, and not have to set up your tent!

TUESDAY AUG. 6, DAY 3
Trout Lake to Goldendale | 52 miles | 2,640 feet of climbing
Overnight Venue: Ekone Park 200 N Wilbur Ave Goldendale, WA 98620

For those of you on RAW 2008, today’s scenic route may be familiar. We’ll head east from Trout Lake and after a brief warm up, it will be time for a bit of climbing. Not a steep climb, but a long, leisurely climb that reminds you why you trained for this ride. Once at the top, we’ll enjoy several flat
miles in the scenic Conboy Lake National Wildlife Refuge, followed by a rewarding and picturesque downhill along the Klickitat River. We’ll cross the river at the bottom of the hill and then start up again on the other side. Oh yes! The lunch stop will give us a chance to get off the road and enjoy some amazing views of the river and the surrounding valley. After lunch we’ll climb out of the trees to more open, drier habitat before riding a series of rollers into our next camp in Goldendale.

WEDNESDAY AUG. 7, DAY 4

Rest Day or Optional Loops | 24 or 68 miles | 799 or 3,354 feet of climbing
Overnight Venue: Ekone Park 200 N Wilbur Ave Goldendale, WA 98620

Another opportunity to sleep a bit later and not have to break camp! For those wanting a rest day, this is it. For those who like to keep moving, we’re offering a choice-- a short day with minimal climbing or, for more ambitious riders, a longer route with some serious elevation gain. Both routes initially head south along US Hwy 97 for about a mile with a view of four mountains and the Columbia River valley before turning west towards Centerville, where the routes separate. The shorter route turns north and continues across the prairie before heading east back to Goldendale. The longer route continues west towards Lyle along the Columbia River. This is a beautiful stretch of barely-traveled road. Note the vegetation change as you quickly descend west and then south to lunch at the Lyle Activity Center. Once refueled, we’ll initially follow the Klickitat River north and east as it gently climbs before we turn away from the River for a final ascent to the Goldendale plateau. Here we’ll get to reprise yesterday’s rollers back to camp where our tents await us.

THURSDAY AUG. 8, DAY 5

Goldendale to Sunnyside | 72 miles | 3,768 feet of climbing
Overnight venue: Sunnyview Park, 31211 Yakima Valley Hwy, Sunnyside, WA 98944

Today we’ll increase our mileage on lightly traveled roads. We’ll begin- with gentle rollers east out of Goldendale and then continue downhill to our morning food stop at Rock Creek. But wait! Didn’t some cyclist say, “What goes down must go up”? After refueling, we’ll tackle a two-mile scenic climb out of the valley followed by a gentle uphill into Bickleton, with sweeping views of open country and towering windmills like sentinels on the horizon. After lunch in Bickleton, we’ll enjoy the fruits of our efforts as we coast downhill and then pedal the flats the remainder of the way into our camp in Sunnyside.
FRIDAY AUG. 9, DAY 6
Sunnyside to Yakima | 45 miles | 1,700 feet of climbing

It’s our last day of riding but what an amazing day it’s going to be! This may be as close as you will ever get to Jurassic Park! Or Godzilla! What about the Church of God Zillah? And the famous Teapot Dome Gas Station? These attractions are not to be missed! Once through Zillah we’ll head for the hills and cross Konnowac Pass, the lowest mountain pass in WA state, as we ride by a number of vineyards and wineries for which this region is famous. If it seems too early for wine tasting prior to crossing the pass, we’ll celebrate in Sportsman State Park where food and music await you until the buses are ready to depart. Note: if you choose to stop at a winery en route and purchase beverages for later consumption, we’ll arrange for a RAW support vehicle to pick up your wine and deliver it to you at our end point. Please, bike responsibly!

ARRIVAL IN YAKIMA
Finish: Sportsman State Park, 904 University Pkwy, Yakima, WA 98907

Congratulations on completing the 2019 Ride Around Washington! We will be completing the tour at the Sportsman’s Park in Yakima, WA. Lunch will be served at the park and showers will be available. If you are or your bike are returning to Seattle please see the information below.

OPTIONAL RETURN TRANSPORT TO SEATTLE
FRIDAY, AUG. 9 3 PM

If you have purchased return transportation, load your bike into the trucks when you arrive at the finish line in Yakima. Luggage will also need to be picked up and transferred onto the bus. There will be plenty of time to freshen up and the shower truck will be available, enjoy the town of Yakima. Bus loading will begin at 2:30 p.m. and will leave at 3 p.m. sharp. A rough estimated arrival time at UW Parking lot in Seattle will be 5:30 p.m.

FOOD AND WATER STOPS AND ON-ROAD SUPPORT

Mid-morning and mid-afternoon food and water stops are clearly identified on the rider cue sheets. We have roving road support personnel to provide assistance and a bicycle mechanic in camp and at lunch. Our contract with OKs, our meal services and shower provider, is in place so we can expect excellent amenities. As with past rides, we have a full complement of volunteers, massage professionals and equipment to make your ride a memorable experience.

Note: No personal road support vehicles are allowed on RAW. No extra guests are allowed to stay in camp or ride along on the event under any circumstances. If you have a loved one who would like to join you, please contact us for volunteer opportunities. Please contact Event Producer Dave Mattson with any questions or concerns regarding this policy.
EMERGENCY CONTACT INFORMATION

This year’s route includes several areas without any cell phone service. If someone you know needs to contact you during RAW regarding an emergency and they are unable to contact you directly, they can get a message to you via Cascade Bicycle Club at:

CASCADE BICYCLE CLUB

(206) 522-3222

The club will do its best to relay the message to ride management as soon as possible. Your family or others will need to know the 206-522-3222 phone number. It is for others to make emergency contact with you when they are unable to reach you via your phone. Otherwise, please use your cell phone or a pay phone along the route to reach the people you need to contact, and have specific numbers available in case you need an emergency pick-up.
WHAT CASCADE BICYCLE CLUB PROVIDES

● **We work to make roads as safe as possible.** Your safety is paramount! RAW's route is on the least-trafficked roads possible. Department of Transportation-approved signs alert motorists to the presence of all RAW riders. In addition, RAW's experienced support team is on the road throughout the day. RAW works with the DOT to avoid planned maintenance and other “bad roads.”

● **We provide professional ride management.** Cascade's Event Director is available in camp each evening, along with an experienced RAW Camp Manager and several other fabulous committee volunteers. A Road Support Manager is assisted by a team of Cascade volunteers in radio-equipped roving support vehicles to assist riders. In addition to our delicious lunch stops, we feature both mid-morning and mid-afternoon assigned food and water stops. Food and water stops are clearly marked on your route sheet each day. The roving support vehicles also carry a supply of food and water to help riders who may need assistance along the route.

  o **Nuun electrolyte mix and tablets are available.** However, if some mixes upset you, we suggest that you carry your own brand, which you know works for you. Many riders also fill their “snack pockets” with items from breakfast.

  o **Portable toilets** are deployed at camp, lunch and wherever possible along the route about every 25 miles when public facilities are not available.

● **We provide beverages and snacks.** At the end of each day’s ride, RAW provides one soft beverage per cyclist along with an assortment of snacks. Some cyclists may want to bring their own recovery food or drink to hold them over until dinner. RAW strongly recommends being well-hydrated: one bottle of water every 10-15 miles. Drink lots of water (with and without mix), eat a good lunch and patronize local food vendors along the way to help keep your energy up. *Note: If you leave camp before 6:30 a.m., or ride as if RAW is a race, food stops and/or lunch locations may not be set up when you arrive, especially on days with long climbs early in the day.*

Due to the level of support provided and the nature of the ride, personal support vehicles are not allowed on this event. If, after reading this guide, you believe that you need additional support, we request that you email us at info@cascade.org with your questions. If you have a non-riding spouse or partner, we encourage them to volunteer, but spots do fill quickly.

● **We provide a safety triangle.** Please mount or wear the triangle in a highly visible location that can be seen by drivers and vehicles approaching you from behind. This triangle not only improves your chances of being seen by motorists but also helps identify you as a RAW rider to our support team.

● **We provide “Dan Henrys” and cue sheets.** At significant points on the route, RAW’s advance staff paints "Dan Henrys" (road markings) which consist of Washington state outlines with offshoots...
showing whether to go straight, angle or make a full turn. Most turns also have after-turn confirming marks. The next day’s cue sheet is available at the nightly riders meeting. We suggest you review it at the nightly briefing so you can ask any questions then.

- **We provide the daily RAW Flash.** Throughout the ride, a daily newsletter called the RAW Flash is available in camp. We encourage you to pick up your copy of the RAW Flash (and the next day’s cue sheet) and read about where you are going to be riding the next day. The RAW Flash includes points of interest, historical information and tips on where to find espresso and ice cream. You will also learn more about upcoming in-camp entertainment and what to do in town. The Flash will also be available online prior to the event, so you can download it to your phone.

- **We provide meals.** We have arranged with our catering staff to provide healthy in-camp breakfasts, dinners and on-route lunches. We offer a fully stocked salad bar option each night, in addition to a hearty entrée and dessert. Our breakfast menu gives you the option of a different hot entrée each day plus always-available yogurt, fruit, granola and cereal. We always try to offer top quality meals, combined with healthy portions. Riders can buy their own RAW food tray for $5 at the event. You wash them and you keep ‘em!

  Breakfast is available 6-7:30 a.m. If requested at breakfast, please give RAW’s on-road support volunteers “cuts” in line so they can eat and get on the route to support you. Mid-route (or slightly-further-by-mileage) lunch will be available from approximately 10:30 a.m.-1 p.m. Each evening dinner is from 5:30-7 p.m.

  **Notes on meals:**

  1) **All meals have vegetarian options.** Some vegans on previous RAWs found the vegetarian offerings to be insufficient. That being so, vegan participants should bring any additional food they feel they need to supplement the vegetarian and non-dairy items already available. If the food is in a labeled, closed container such as a cooler, our caterer will store it for you in their refrigerated trailer. When registering for the event, please specify the meals you wish:

     a) Standard, non-vegetarian lunch/dinner

     b) Vegetarian lunch/dinner,

     c) Either a or b for dinner with peanut butter & jelly sandwich for lunch every day.

   *Note that the daily breakfast buffet has plenty of choices for both vegetarians and omnivores.*

  2) **If you did not order vegetarian meals please do not take vegetarian options,** especially at lunch, until all riders have had a chance to eat. Lunch is prepared based on rider counts supplied before the event.

  3) **If you have any other dietary restriction, please contact the Ride Producer. We will do our best to accommodate your needs.**

  4) **If it appears that you are not able to reach the lunch stop for the scheduled meal** or end of day camp by 5 p.m., you will be asked to accept a ride from one of the Road Support Vehicles in order to ensure food is available when you arrive. Accepting a ride to camp is also a good way to prevent a late afternoon “bonk.” We appreciate compliance on route times in respect to the health and safety of both you as a rider and our volunteer support crew.

- **We provide baggage transportation.** RAW trucks your baggage between venues, but baggage must be limited to two bags, **no more than 35 pounds each** (this does not mean one bag can be 70 pounds).
Expect to be able to load and/or move your own luggage into the truck in the morning. Overweight baggage risks being left on the truck for its owner to manage. It is highly suggested that bags be tagged to avoid any confusion; your rider number bib will have two detachable luggage tags on it.

Each cyclist can also bring one piece of optional lightweight camp furniture, which folds up flat and/or fits into a bag. This item is not counted as luggage. It needs to be labeled or have a unique indicator, as many are very similar if not identical.

Note: We may decide to charge a $75 oversized baggage fee for those folks who decide to bring heavy, patio style chairs and bags to the event.

**IMPORTANT!** Baggage and optional camp furniture needs to be onto trucks before 7:45 a.m.

Put your baggage and securely folded camp furniture into the designated trucks, and make sure your camp area is clean when departing. Depending on when you arrive in camp, your unloaded luggage and camp furniture should be available after you check in. We normally hire local community groups to help with this duty; however, riders arriving early into camp might also want to lend a hand unloading the luggage. This is always welcome.

- **We provide hot showers.** From Saturday evening, AUG. 3 until Friday morning, AUG. 9, we have arranged showers, hot water guaranteed. Soap is also provided, but riders need to provide their own towels and toiletries. Basins outside the showers are available for oral care, personal grooming and shaving, but they are not for laundry (see “Laundry” below). Showers are tentatively scheduled to be available from mid-afternoon through 8 p.m. and from 5:30 – 7 a.m. TBD, showers at ride end, either existing or shower truck if required. See route summary for details on shower access on the last day.

- **We provide camping space.** RAW is a biking and camping trip. Parks, group camping areas and school fields have been reserved as RAW’s overnight venues for you to have a safe and convivial space to pitch your tent each afternoon. Please be considerate of your fellow campers; camp quiet hours are from 9 p.m. – 6 a.m. daily. During this time, please refrain from any loud talking, yelling or cell phone use. By popular demand we have a designated area in camp where riders can stay up a little later and sleep in a little longer: “Camp Sleepyhead!” Curfew is a tad later, at 10 p.m. and wake up time strictly after 6 a.m. Please look for this designated area in camp. Some camps are in “alcohol free” zones. Please be smart and considerate in these overnight locales; we are likely to want to use these facilities again in a future rides.

Need a break from camping? If you opt to use a motel, we still ask that you visit camp first and check in to be sure that our staff knows that you are off the road and will not be staying in camp. There is no fee adjustment and you are responsible for making any necessary arrangements to get you and your luggage from camp to (and back from) wherever you stay.

Please note: extra non-riding, non-paying guests are not allowed on the event unless pre-arranged through ride management (in advance of the ride). Many times we can arrange a volunteer position for family members, so please check in with us in advance about this fun “win-win” option.

- **We provide mechanical support.** While we have arranged the services of a star mechanic, please bring your bike in perfect working order to the event. As has been the case in past years, labor will be free*, but all parts, including tubes, are not included. If your bike has unusual parts, it is highly suggested you bring spares. If they are labeled with your name or rider number, the mechanic can carry them for you.

*If a problem is deemed to be one that pre-event maintenance or a check-up would have prevented, labor will be charged. Tips for a job well done are accepted and encouraged.*
• **We provide emergency transport.** In the unlikely event of a serious accident, our Road Support Vehicle (RSV) volunteers notify the closest emergency services providers as quickly as possible, work with those agencies to provide assistance and if necessary, emergency transportation. If non-emergency medical treatment is required, transportation to the nearest medical facility is arranged. Note: Once en route, we are not able to transport riders back to Seattle for any reason, or back to camp if the rider has to stay for a prolonged visit. Please have a personal safety plan with your emergency contact in case of serious injury.

• **We provide “SAG” support.** Sag support is on an “if needed” basis not “if wanted.” It is expected cyclists and their bikes are in shape for a week-long tour that includes a significant amount of climbing. That being said, any rider will be provided a ride to the nearest rest stop who feels like they need it, NO QUESTIONS ASKED. Note that riders will be transported to the mechanic, to lunch or to camp only, not straight back to camp.

**IMPORTANT!** Support vehicles have CASCADE SUPPORT TEAM signs. If you need on-road assistance, the signal is a raised fist held above shoulder level. This signal can easily be seen either ahead or in a rearview mirror.

RSVs slow if you are stopped. They stop to provide needed service at the closest safe location. If you do not need assistance, a thumbs-up sign or a wave should be lower than your shoulder to avoid any confusion with a raised fist.

• **We provide in-camp entertainment or activity.** There is more to an evening in camp than setting up your tent, taking a shower, having a massage, eating dinner and getting to know fellow riders. On RAW, we try to have some sort of fun and/or educational entertainment each evening. We encourage participation in RAW activities by giving you tickets that can be entered to win prizes on Awards Night. Here is a sample of some of our previous events:

  - Costume Contest
  - RAW Poetry Slam
  - RAW Night on the Town. We’ll meet up at a local brewpub for fun and games.

• **We provide massage services (fees not included).** Randy Furukawa’s crew from Washington Sports Massage Team is again offering decadent RAW support. For a reasonable fee, they offer in-camp massages during late afternoons and evenings all week. Sign up to schedule a massage when you arrive in camp on Saturday or anytime during the week. Slots fill up quickly!

• **We preview each day’s route.** There is a daily briefing after dinner to go over the following day’s route and answer any questions. We understand that RAW is a vacation experience and many of you are forced to attend far too many meetings at work! We guarantee that these briefings will be short, fun and informative. In addition, they are usually followed by the evening’s activity/presentation, featuring the local community and history. Please plan to attend the daily briefings.

• **We post notices.** Important notices are “white-boarded” at the RAW staff table (which is where you can also pick up your copy of the next day’s RAW Flash). The staff table is also the place to obtain any of the after-ride refreshments.

• **We pick up unneeded cycle clothing.** During the course of your ride, you may want to jettison arm-warmers, tights, jackets, etc. donned in morning coolness. These can be bagged and left at RAW water or lunch stops for delivery to each evening’s camping venue. Bags and markers are available at the stops. Dropped-off items are available that evening at the staff table after all cyclists and support vehicles are off the road (approximately 5:30 p.m.).

• **We provide a tub for laundry.** The basins attached to the shower truck are not for laundry. One or more
tubs will be available in camp for cyclists to launder their clothes. Summer temperatures should facilitate drying. At least one community we stay in should have a self-service laundry not too far away, but this is not guaranteed.

- **We provide lost and found.** Items lost and found during the week but not claimed during the event are available for pick-up at Cascade’s office. After Sept. 15, 2017, all remaining lost and found items are donated to charity.

- **We receive bike shipments.** Coming from out of state or out of country to ride RAW? Packed bikes can be shipped pre-paid to CBC prior to RAW. You must call the club at (206) 522-3222 during normal business hours (9 a.m. to 5 p.m. PDT) before making arrangements for shipment to let us know that you will be shipping your bike to us. You also should call no later than Wednesday afternoon, July 26th, 2019 to confirm your bike arrived. For help with packing your bike, please contact your local bike shop (they can normally help you with boxing). Also, please let us know if you are shipping your bike. All bikes should arrive at Cascade by Wednesday, July 31st, 2019.

For shipping, RAW’s address is:

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Cascade Bicycle Club/RAW
Attn: <Your Name>
7787 62nd Ave NE
Seattle, WA 98115
Phone: (206) 522-3222
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After RAW, Cascade will have packed bikes picked up at our office by UPS or FedEx for pre-paid or COD shipment. Riders must pre-arrange this service. Riders are responsible for packing their own bikes at the end of RAW. If you need help with this please talk to the RAW mechanic during the event to schedule help.

Bikes left in CBC's possession without shipping arrangements will be charged $10 per day storage. Any bikes and/or equipment not claimed by September 1st will be donated.
PRE-RIDE TO DOs

- **Have your bicycle in safe and good operating condition.** If you don’t do your own bike work, schedule a tune-up for your bike a month or so before RAW. Let your bike shop know you’re planning a 400-plus-mile, week-long tour that includes significant climbing and downhill runs. They’ll know what your bike needs and can also suggest any special parts that you may wish to bring along just in case. Ask your mechanic:
  
  Are your wheels and tires true and durable? Is your chain stretched?
  
  Are your brakes in good working order?
  
  Make sure your patch kit is full and the glue is usable. Learn and practice how to change a flat and make basic adjustments. It’s frustrating to walk or sit waiting for help for something you could easily fix yourself; your bike shop or a cyclist friend can teach you.

- **Be aware of both your riding and your climbing pace.** While we encourage all riders to take their time, explore the towns that we go through and enjoy the scenery, we also expect that you are able to ride each day’s distance in a reasonable length of time. Please plan to leave camp with enough time to reach lunch, and plan to leave lunch with enough time to reach camp before 5 p.m. If it appears that you will not be able to reach the lunch stop or camp in time, you will be asked to accept a ride from one of the road support vehicles.

- **Complete and sign the backside of your number bib in sweat- and rain-proof ink.** You will receive your bib when you arrive at start of Day 1. *Important* - If you have any allergies or medical conditions that may be an issue, please complete the section on the back of the bib. In case of an emergency, our support team will need this information. Also, if applicable, sign the release for medical treatment of a minor. If this isn’t done, nothing can be done if the minor needs treatment. Medical emergencies are rare but may happen.

- **Wear a helmet whenever you are on your bike. No exceptions.** This includes riding around camp or into town. Anytime you are on your bike, your helmet is on your head. Not wearing a helmet when riding can result in forfeiture of your place on RAW. You have signed a waiver agreeing to this.

- **Wear your bib number or mount it on your bike so it is always visible from behind.**

- **Ride safely, smartly and courteously.** RAW will do everything it can to eliminate road problems, but cyclists need to be alert, sensible and courteous.

- **Attend all rider briefings** held daily in camp after dinner (around 7 p.m. nightly).

- **Leave no trace.** We’re proud that RAW leaves campsites at least as neat and clean as we find them. We ask each rider to act responsibly about litter in campsites as well as on the road. To the communities that RAW stays in and rides through, we represent many more cyclists than just us.

- **Last but certainly not least...have a FABULOUS ride!** Stop to smell the roses and check out points
WHAT TO BRING WITH YOU

Here are the basics to get through the week. Again, limit baggage to two bags of no more than 35 pounds each plus one optional piece of camping furniture.

- **Cycling attire.** Shorts, jerseys, socks, shoes, glasses and gloves for at least three days. A tub for hand washing clothes is available in camp; laundry facilities may be available at or near some campsites. Arm and leg warmers or tights, a lightweight vest or jacket will be useful. Bring a rain jacket. Clothes designed and made for cycling are comfortable and efficient when cycling. Cycling shoes greatly improve pedaling efficiency. Bring whatever clothes you’re comfortable cycling in.

- **A tent.** Include your rain fly and a ground cloth.

- **A sleeping bag, air mattress or pad and a pillow.** See average temperatures on page 20.

- **Earplugs.** It will not hurt to have earplugs to help block noises in camp.

- **A flashlight.** With copious hydrating during and after the ride, you’ll need to trek across campgrounds at 3 a.m., right? Headlamps are awesome!

- **Shower towel(s) and toiletries.** The shower truck has soap for showers and washstands, but you need to bring a towel, washcloths, flip-flops, etc. Don’t forget to include contact lens care items, if needed, as well as a pair of backup lenses and/or glasses. Some riders also pack Desitin® cream or similar rash treatment.

- **Medicines.** If you regularly take any medications, don’t forget to bring enough for the week. If you have allergies to any medicines, please include on your bib and in your registration profile online.

- **Après cycle clothing.** Long pants, shorts, shirts/blouses, underwear, sandals, etc., for three or more days.

- **Sun protection.** Sunscreen, (SPF 30 or higher applied multiple times per day) is strongly suggested even if it’s cloudy. Don’t let sunburn take you off your bike.

- **Insect protection.** If you have insect allergies, please include on back of your bib.

- **Extra tubes.** The mechanic may have tubes for sale, but especially if you have non-standard wheels or use long stems be sure to pack extra tubes in your luggage in addition to those on your bike.

- **Extra spokes.** Many new wheels have custom or hard-to-find spokes. It always is a good idea to carry a few extra spokes for each wheel (front and back wheels use different spoke sizes) while on a bicycle tour.

- **A book.** While there will be “schmoozing” and things to do each evening before turning in, but you might like to have something to occupy idle non-riding, non-sightseeing, non-playing moments.

- **A charger for your cell phone (or camera).** We will provide a place to plug in your charger in our camp locations. The RAW recharging station grows bigger each year it seems!

- **Your sense of fun, sense of adventure, cycling courtesy and good fellowship!**
WHAT TO CARRY ON YOUR BIKE

Here is a recommended list of what you will need during each day’s ride. Except for a frame-mounted pump and water bottles, all should fit easily on you, in a seat pack or in jersey pockets.

- **Helmet.** Your CPSC, ASTM, Snell and/or ANSI approved helmet on your head at all times when riding, properly-fitted and level.

- **Your number bib.** Clearly visible from behind and filled in on its reverse side. Safety triangle as well.

- **Water bottles.** Minimum two large water bottles. Water and munchies are available along each day’s route, but August can be hot and dry and in areas with few facilities. Drink, drink, drink and eat, eat, eat during and after riding, and you are not likely to bonk. Many cyclists like to have one bottle of sports drink and one of plain water. **STAY HYDRATED!**

- **Sport drink mix.** If you use one, carry a supply of sport drink mix in a baggy. At water stops RAW will have some brand of mix, but it may not be what you like. You will be able to mix whichever you use in camp and at water stops.

- **Cycling glasses.** Tinted for UV protection and to prevent a rock thrown by a bike or a car or a flying insect from ruining your trip, not to mention your sight.

- **Cycling gloves** to absorb some handlebar shock and to help minimize road rash should you fall.

- **A mirror.** If you use one on your glasses, helmet or bike. Not required and up to the rider’s comfort.

- **Tools and materials to fix minor problems.** At least **two spare tubes** and/or a **patch kit** (check to be sure the patch kit glue has not dried up), **tire levers** and a **pump** capable of airing your tires to or near their maximum pressure. A **multi-purpose tool** with at least hex wrenches and two kinds of screwdrivers is a very good idea, as is a **spoke wrench** and a **chain-breaker**, the latter especially if you’re on a tandem. You may not know how to use all your tools if you have a problem, but someone may ride along that does.

- **Sunscreen.** Enough to re-apply every two to three hours. SPF 30 or stronger is recommended. Don’t let sunburn ruin your week. Don’t forget your neck, nose, ears and SPF lip balm for your lips.

- **Bicycle lights.** At least rear-mounted **red flashing light.** We also highly recommend that you have a headlight or flashing white light on the front of your bike. You should not plan on riding before or after the sun, but it should be available just in case.

- **Cash.** Many small stores and fun places are cash only along route. You may need to tip your mechanic for work. A dollar bill is also a useful fix to a worn tire 😊

- **Your ID and health insurance card.** Good to have these on you at all times. Many cyclists simply carry a wallet inside a sandwich baggy in a jersey pocket.

- **Camera/Phone:** Even if for just one unforgettable shot, you’ll be you have it with you. Keep it in a waterproof baggy in a jersey pocket or pannier. Beware of water leakage damaging your gear!

- **Bicycle lock** to use when you leave your bike at a roadside attraction. RAW never has lost a bike; help us keep it that way.
HOW DO I TRAIN FOR RAW?

The short answer? Ride, ride, ride! And then ride some more! RAW has all types of riders. Some train thousands of miles while others train as little as 50 miles. If this is your first multi-day ride, and you want to have a fun and successful RAW, we suggest you train somewhere in between. **Don't plan to get into riding shape on RAW.** You and your body simply won’t have as good a time. Stress your body in training, not on vacation.

Training for cycling events of any kind varies based on your cycling experience, level of fitness, mental toughness and how much time you have to train. If you’re starting from zero, start training about three months before the trip. Ride 15 miles a day three times a week. Raise this to 20 miles after the fifth ride. Keep gradually increasing the distance. As your shape improves, check your planned trip itinerary to find your longest day. If it’s 80 miles, you should work up to rides of about 60 (or more) miles in training.

Train primarily for endurance and not for speed. The most important training ride is a weekly long ride. The purpose of the long ride is to train your muscles, cardiovascular system and digestive system. During training, test pre- and mid-ride food and drink to find what does and doesn’t work for you: A full or light breakfast? Do any sport drinks/mixes cause problems? Remember to hydrate and eat while you train. Make it a habit so it will be easy to do on RAW.

If possible, simulate the terrain and weather conditions you expect for the event on the weekly training rides. RAW routes include hills, so be sure to include hills in your training rides. Pace yourself on the long rides so you feel good at the end. You may want to ride with other cyclists to be safer and have more fun. A weekly long ride should be only half of your weekly training. What should you do for the rest of the time? Build your base, increase your endurance and try to get comfortable on the bike; **just ride.** You need to ride at least four days a week to get fitter, so try hard to fit the rides in.

Finally, cycling events in your home area are excellent training milestones. In the Puget Sound area, the Cascade Bicycle Club produces **Chilly Hilly** (33 miles) in late February, **Flying Wheels** (40-100 mile options) in early June, the Kaiser Permanente **Seattle to Portland (STP) presented by Alaska Airlines** (200 miles in 1 or 2 days) in July and hundreds of free group rides.

**Possible "Long Ride" Training Schedule**

<table>
<thead>
<tr>
<th>Week</th>
<th>Saturday Ride</th>
<th>Sunday Ride</th>
</tr>
</thead>
<tbody>
<tr>
<td>May, Week 4</td>
<td>30 Miles</td>
<td>25 Miles</td>
</tr>
<tr>
<td>Month, Week</td>
<td>Miles</td>
<td>Days</td>
</tr>
<tr>
<td>-------------</td>
<td>--------</td>
<td>------</td>
</tr>
<tr>
<td>June, Week 1</td>
<td>35 Miles</td>
<td>30 Miles</td>
</tr>
<tr>
<td>June, Week 2</td>
<td>45 Miles</td>
<td>25 Miles</td>
</tr>
<tr>
<td>June, Week 3</td>
<td>55 Miles</td>
<td>35 Miles</td>
</tr>
<tr>
<td>June, Week 4</td>
<td>60 Miles</td>
<td>40 Miles</td>
</tr>
<tr>
<td>July, Week 1</td>
<td>65 Miles</td>
<td>45 Miles</td>
</tr>
<tr>
<td>July, Week 2</td>
<td>70 Miles</td>
<td>50 Miles</td>
</tr>
<tr>
<td>July, Week 3</td>
<td>75 Miles</td>
<td>55 Miles</td>
</tr>
<tr>
<td>July, Week 4</td>
<td>80 Miles</td>
<td>50 Miles</td>
</tr>
<tr>
<td>AUG. 3 – 9</td>
<td>RAW</td>
<td>RAW</td>
</tr>
</tbody>
</table>
WEATHER: AVERAGE TEMPERATURE & RAINFALL

<table>
<thead>
<tr>
<th>Location</th>
<th>High</th>
<th>Low</th>
<th>Rainfall</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seattle, WA (CBC Offices)</td>
<td>76°</td>
<td>58°</td>
<td>1.16&quot;</td>
</tr>
<tr>
<td>Stevenson, WA</td>
<td>82°</td>
<td>58°</td>
<td>1.10 &quot;</td>
</tr>
<tr>
<td>Trout Lake, WA</td>
<td>86°</td>
<td>49°</td>
<td>.65&quot;</td>
</tr>
<tr>
<td>Goldendale, WA</td>
<td>82°</td>
<td>51°</td>
<td>.35&quot;</td>
</tr>
<tr>
<td>Sunnyside, WA</td>
<td>92°</td>
<td>57°</td>
<td>.24&quot;</td>
</tr>
<tr>
<td>Yakima, WA</td>
<td>89°</td>
<td>53°</td>
<td>.26&quot;</td>
</tr>
</tbody>
</table>

*Source: [http://www.weather.com](http://www.weather.com)*

You will almost certainly appreciate arm and leg warmers and/or a vest or a light jacket for the mornings. Booties, unless they’re Gortex®, will not keep your feet dry, but they will keep them warmer. Warming layers can be bagged at water and lunch stops for pick up at that night’s venue.

**Also, be sure to bring and use sunscreen!** It would be a shame to be taken off your bike by sunburn. In addition to your legs and arms, don’t forget your neck, nose, ears, lips and chin!
BEING AN AMBASSADOR FOR CYCLING

RAW riders can improve or very negatively affect the non-cycling public’s attitude towards cycling and cyclists. All participants are required to obey the same laws as motor vehicles. That means stopping for all red lights and stop signs, yielding to traffic at intersections, using your voice or a bell when passing other cyclists or pedestrians and riding single file on narrow or shoulder-less roads or when traffic is present regardless of road type. RAW is not a race, and no roads are closed for us. On country roads, it is natural for groups of riders to ride side-by-side and to spread across the road. However, if traffic approaches from either direction, return to a single file right away. Cyclists who disregard the rules of the road give all cyclists a bad name.

We also ask that you make sure that you are as far off the road as possible when you stop at points of interest or water stops. However, if you walk your bike off the pavement please watch out for glass, thorns/“goat heads” and other debris that may cut your tires.

SAFETY: Practice safe group riding techniques while training and beyond.

- Wear a CPSC, ASTM, Snell and/or ANSI approved bike helmet when on your bike. It’s required.
- Ride single file when signed, when traffic is present or when road shoulders are narrow or non-existent.
- Wear or display your Cascade-provided safety triangle. Drivers tell us when they see the first couple of cyclists with triangles, they start looking for them. This is exactly what we want: drivers looking out for cyclists.
- Be aware of other cyclists and/or motor vehicles around you.
- Watch out for animals (wild or otherwise). In rural and country areas animals do cross the roads. Be observant, something may dash out in front of you.
- Communicate verbally and/or by sign to cyclists or vehicles when changing direction, slowing or stopping. Point out road hazards such as glass, potholes, railroad tracks, etc. to riders who may be behind you. On narrow roads and hills let any riders who may be ahead and within earshot know a car or truck is approaching from the rear: Call out "Car (or truck) back."
- Pass only on the left, and warn people before you do so. Use your voice ("on your left!"), a bell or a horn.
- Cross all railroad tracks at a right angle or as close to one as possible. Be especially careful if the tracks are wet, including with morning dew.
- Whenever you stop, pull completely off the road, or as far right as possible. If crossing the road, do so safely.
- Do not weave going uphill. It’s dangerous and wastes energy.
- Do not use music headphones: They’re dangerous, not to mention illegal. You need to hear traffic and your fellow cyclists.
- Please don’t paceline unless you are trained in proper technique and etiquette, and are very familiar with the riding styles of others in the line. Never join a paceline uninvited. If you start a group, keep it to seven or fewer cyclists. Paceline riding can get very dangerous very quickly; it is one of the biggest causes of accidents in group riding.

**COURTESY:** Respect the land and the people wherever you ride.

- Pack your trash out. Keep a plastic bag in your pocket or pack to store banana peels, Clif Bar® wrappers, etc. and dispose of them properly. They do not belong on roadsides. All water stops should have trash receptacles available for your use.
- Share the road! Work with any traffic, pulling over if needed to allow backups to pass. Ride single file when signed, on high speed or two lane roads when vehicles are present and when there is little or no shoulder.
- Wave at passing drivers, especially trucks and RVs. Any goodwill you generate may help other cyclists.
- Use Honey Buckets® or public facilities, not the roadside or someone’s bushes. Think ahead and use facilities when they’re available. Don’t be shy about asking commercial establishments if you need to.
- Act as though RAW was going through your county, past your home.

**RIDE S.M.A.R.T. TIPS:**

- **STAY ALERT:** Watch for vehicles, bicyclists, pedestrians and hazards.
- **MAINTAIN SPACE:** Leave enough room in front of you to avoid other riders, vehicles and hazards. Ride outside the door zone, and move off the road or trail when stopping.
- **ACT SAFELY AND PREDICTABLY:** Make sure you can see and be seen. Ride a straight line and only pass on the left. Be courteous.
- **RESPECT THE RULES OF THE ROAD:** Obey all traffic laws, stop for all red lights and stop signs. Signal turns wherever safe, ride no more than two abreast and yield right-of-way when appropriate.
- **THINK AHEAD AND TALK:** Scan ahead and anticipate what others will do. Communicate actions and hazards, tell other when passing and cross railroad tracks at a right angle when possible.
WASHINGTON STATE BICYCLE TRAFFIC LAWS

1. Obey all traffic laws and traffic control devices: Cyclists have all the RIGHTS AND RESPONSIBILITIES of vehicle drivers. RCW46.61.755

2. Ride no more than two abreast. RCW 46.61.770

3. Ride as far to the right as is SAFE, except when preparing to turn or when passing another vehicle. RCW 46.61.770

4. Cyclists may occupy the center of a lane when traveling at the speed of traffic or when it would be unsafe to ride to the right. RCW46.61.770

5. Always wear a helmet. Helmets are required by law in King County and in many other jurisdictions.

6. Do not use headphones. They are illegal for all vehicle operators and may obstruct your hearing. RCW 46.37.480

7. Use hand signals (and look) before turning. RCW 46.61.758

REMEMBER: SINGLE FILE IS SAFER!
ROUTE AMENITIES & PRE-EVENT LODGING

RAW’s overnight venues are at fairgrounds and schoolyards. “Tent village” camaraderie is a big and popular part of a bicycle tour, getting to know new friends or being reacquainted with old ones. Hot showers are available in camp. Hot dinners and breakfasts are served in camp.

We understand that some riders prefer to stay in motels. We have provided the address of each overnight venue so you can search for lodging that is convenient to those sites. The Seattle area lodging information that follows is for the benefit of those “out of town” riders who need a place to stay prior to the bus trip to the start line. No endorsement is made or implied by RAW or the Cascade Bicycle Club.

If you do opt for one or more nights away from sleeping in a tent, be sure someone on the ride staff knows where you will be; the RAW staff tables are good places to do this. You are also responsible to make your own arrangements for transportation of yourself and your luggage between the camp location and where you are staying. Please remember that the luggage truck will depart camp at 8 a.m., so all bags must be loaded by 7:45 a.m.

Note: Accompanying friends or family not also acting as RAW volunteers are responsible for their own lodgings, meals and camp hook-ups. Campsites are per person, not per tent. Extra camping fees and in-camp meals must be paid ahead of time.

IF YOU NEED SEATTLE LODGING BEFORE RAW:

Silver Cloud Inn requires a two-night minimum stay during the summer. Stay a few days and enjoy the city!

Silver Cloud Inn
Seattle (University District)
5036 25th Ave. N.E., Seattle, WA 98105
(206) 526-5200 or (800) 205-6940

The Silver Cloud Inn is located in Seattle’s University District. Silver Cloud Inn does not have a SeaTac Airport shuttle, but they will shuttle you to the RAW buses at University of Washington (beginning at 7 a.m., every 30 minutes, but please check with them before booking). The Silver Cloud Inn is also adjacent to the famed Burke-Gilman Trail, which is ideal for cycling or walking.

These hotels are also located close to University of Washington parking lot:

Travelodge 4725 25th NE, (206) 525-4612 (a low-cost option)
GETTING TO UW PARKING LOT E4

This lot can only be accessed from Mary Gates Memorial Dr. Do not try to access through the E-1/E-18 parking lots for the stadiums.

Riders park in lot at their own risk. There is no security in the parking lot.

To reach the RAW Bus Pickup:

From Highway 520 (East or West)

1. Take Washington State Hwy 520 to the Montlake Blvd. exit, the first – and last – Seattle exit going east from I-5 or second Seattle exit going west from I-405.
2. Turn LEFT from I-5/520 – or – RIGHT from I-405/520 on Montlake Blvd. Stay right.
3. Pass UW Husky Stadium and a very large parking lot on the right. Stay right.
4. Montlake Blvd. turns right to become eastbound NE 45th. Stay in the right lane.
5. After the sports fields, turn RIGHT on Mary Gates Memorial Drive. (Tully’s Coffee is on the opposite corner of this 5-way junction).
6. Turn first RIGHT on Clark Road, look for RAW signs on your left for parking lot E4.
7. Turn LEFT on Douglas Road., following signs for Parking Lot E4 along gravel road.
8. Enter Parking Lot E4, pick up your pass from a volunteer and park.
GETTING TO RAW START & FINISH LINES

If you are not taking transportation, see rough drive times from Seattle below. Please map out your own route using Google maps or a similar program.

Start Line: Seattle to Stevenson is 207 miles, 4 hour 15 minute drive time estimate. The address of our location is: Skamania County Fairgrounds, 710 SW Rock Creek Dr, Stevenson, WA 98264

Finish Line: Yakima to Seattle is 142 miles, 2 hr 14 minute drive time estimate. Finish Line is at Sportsman State Park.

REFUNDS AND CANCELLATIONS

Refund and transfer policy

Unfortunately, experience has shown that a few registered RAW riders find that they need to withdraw prior to the event. Please visit RAW Refund Policy for a detailed description of Cascade’s refund policy.

Be aware that NO refunds are granted less than 30 days out from an event date. However, Cascade does allow transfers for RAW. No transfers can be made within 10 working days of an event. Please visit the above website for details.

Trip insurance?

It is strongly suggested you purchase independent trip insurance, such as that available from CSA at www.csatravelprotection.com, 800-873-9855, or Travelex. We are not endorsing any insurance companies, but do recommend insurance in case of emergency.

Cancellation due to acts of nature

It is possible that events may lead to the closure of one or more portions of the roads that we plan to use due to an act of nature such as fires, earthquakes or by order of a government agency. If the cancellation occurs during the ride, we will make every reasonable effort to assist you in either using an alternate route or leaving the affected area and returning home depending on the scope of the natural events. Cascade Bicycle Club does not grant refunds for any act outside of its control once the tour has commenced.
THE “OH! IT’S 3 A.M. AND RAW STARTS TOMORROW! DO I HAVE EVERYTHING I’LL NEED?” CHECKLIST

1. Bike (go ahead and laugh—it could happen) with a mounted rear red flashing light
2. CPSC, ASTM, Snell and/or ANSI-approved helmet
3. State issued photo ID
4. Passport (only needed for RAW events that venture into Canada. Not needed for 2019.)
5. Wallet (for ID, medical insurance card, ATM card, etc.)
6. Tent with rain fly and ground cloth, sleeping bag, air mattress and pillow. Teddy bear?
7. Earplugs
8. Pump that fits your bike
9. Rear view mirror (if you use one)
10. Water bottles and/or Camelback
11. Tool kit (tire levers, patch kit with fresh glue and patches, Allen wrenches, chain tool, etc.).
12. Spare tubes (one or two for the bike, spares in the luggage)
13. Bike eyewear and drops
14. Cycling shoes
15. Cycling gloves
16. Jersey and spares
17. Cycling shorts and spares
18. Socks and spare pairs
19. Jacket, wind vest, etc.
20. Tights, arm warmers, leg warmers
21. Rain gear (a rain jacket at least)—no matter the forecast!
22. Off-bike stuff (clothes, personal hygiene items, bath towel, wash cloth, contact lens care, etc.)
23. Sunscreen & lip protector (even if rainy or cloudy)
24. Anti-bonk emergency food and drink (especially if your body is picky about what may be available)
25. Camera/Phone with charging cord
26. Bike bag (under-the-seat, pannier, handlebar, etc.)
27. Medications (any which are prescribed, aspirin, ibuprofen, asthma inhaler, insulin, Desitin cream, etc.)
28. Flashlight with fresh batteries
29. Insect repellent—it’s hard to say what the summer bug situation might be
30. Entertainment—book, stationery, stamps for postcards, journal, etc.
31. Insulated coffee cup and a metal fork to save on using disposable items
32. If you are taking the bus, bring some water for your journey

Pack to be protected from sun or rain. Pack in one or two bags, each no more than 35 pounds.

A $75 baggage surcharge may be added if your luggage/chairs exceed the limit.

If after reading this guide you still have unanswered questions, please contact us via e-mail at:
info@cascade.org

Or call during business hours (Monday-Friday, 9 a.m. - 5 p.m. PST):
(206) 522-3222