Cascade Training Series COVID-19 Update (3/7/20)

In light of recent developments regarding COVID-19 (aka the coronavirus) in King and Snohomish counties, Cascade has put together the following statement pertaining to the upcoming Cascade Training Series. Please read through it carefully as it contains important information that directly affects you as a registrant.

As of this time, the Cascade Training Series will begin and continue during this health advisory period as long as the following precautions are taken and common sense is used when on rides regarding cleanliness and personal boundaries.

- Try to find ways to give people more physical space so that they aren’t in close contact as much as possible.
- Encourage attendees to maintain good healthy habits, such as frequent hand washing.
- Clean surfaces with standard cleaners.
- Do not attend rides if you are sick, have potentially been exposed to COVID-19, or are immunocompromised and at high risk if exposed.
- Refrain from shaking hands when greeting others and avoid direct contact, wash hands thoroughly and use disinfectant when/where possible.

While King County is requesting for groups of 10 or more to avoid meeting, they are also saying that exercise is still very important. Riding bikes, a naturally solo activity even while riding in a group setting, can be a way for us to mitigate the health crisis as long as we exercise caution. Given the outside setting, these rides pose much less of a risk to individuals as long as the above precautions are taken. The Cascade Training Series should provide a way for individuals to get out of the house and exercise with friends while also taking care of the public health needs.

The first ride of the series is Saturday, April 11, and starts and finishes at the Cascade Bicycle Club in Magnuson Park for all paces. We are asking for registrants planning on riding at Red and Yellow paces to arrive at 8:00 a.m. and registrants planning on riding at Blue and Green Paces to arrive at 9:00 a.m. to decrease the amount of people in one place at any given time.

The two CTS Rider Orientations scheduled for the end of this month have been canceled. We plan to share a video of the presentation we were planning to give as well as the slides for that presentation with all registrants. Please keep an eye out for these materials. They will be shared with you later this month and are absolutely necessary as a prerequisite to the series. You will have a much better first day of riding if you understand the structure of the series and what to expect by reviewing these materials.

If you have any questions about the series or about any of the information in this email, please reach out to me at davidu@cascadebicycleclub.org. I manage this training series and would be happy to answer any questions you may have.