Thanks to our Title Sponsor

We’re proud to have Group Health return for its 13th year as the title sponsor of the Seattle to Portland event. Group Health is a member-governed, nonprofit health care system that coordinates care and coverage to more than 625,000 residents throughout Washington state. Group Health advances health in the community through its medical education, charitable foundation, and nationally recognized research institute.

Welcome Alaska Airlines

We’re excited to welcome back Alaska Airlines for their second year as presenting sponsor of this year’s event. Alaska invites you to start exploring at 30,000 feet. Your journey becomes part of the adventure as you stream entertainment directly to your device, enjoy food offerings from the Pacific Northwest, and relax in their custom, leather, power-equipped seats. Their award-winning service and in-flight experience are designed to exceed your travel expectations.
As the pinnacle of Northwest riding, the Group Health Seattle to Portland presented by Alaska Airlines is a life goal for many. Now in its 37th 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 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**
Hours: 4:45 - 7:30 a.m.
University of Washington Parking Lot E-1
(just 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.

**Holladay Park Finish Line Festival - 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.
17,000 Members Statewide

Cascade Bicycle Club, the nation’s largest statewide bicycle organization, is powered by 17,000 members 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, we deliver community and school-based education programs, grassroots organizing workshops, free group rides, world-class events and more. Our signature programs include events like the STP and RSVP; advocacy work like Connect Puget Sound; and education programs like Basics of Bicycling, the Major Taylor Project and more. Learn more at cascade.org.

DID YOU KNOW?

We’ll celebrate our 46th 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 Basics of Bicycling 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!
STP is a joint fundraiser for Cascade and Washington Bikes. That means your 206-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 Basics of Bicycling to the annual class of 40 new Advocacy Leadership Institute grads to the annual Washington Bike Summit—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 Red-Bell 100
Keeping Washington State Bicycle Friendly For Years to Come

Washington Bikes grows bicycling all across the state of Washington every day. We advocate for bicyclists’ rights and work with public officials to shape the policies that will make bicycling a safe, accessible form of transportation, travel and recreation.

Through our efforts we increase funding for bicycle facilities; provide tools for local advocates to improve their communities; and promote the health, safety, and economic benefits of bicycling.

Our work and that of our many partner organizations means more biking all across Washington, the #1 Bicycle Friendly State in America (8 years in a row)! Cascade Bicycle Club is affiliated with Washington Bikes.

www.WAbikes.org
WHO’S RIDING?

10,000
REGISTERED RIDERS

6 COUNTRIES
& 42 U.S. STATES

89 YEARS
ELDEST RIDER

985非-US.
RIDERS

8363 US.
RIDERS

FREQUENT RIDERS CLUB

4,545  6  
FIRST-TIMERS

1,887  4  
1-5 TIMES

654  4
6-10 TIMES

278  4
11-20 TIMES

75  4
20+ TIMES

WHAT MAKES STP GO?

180  
SAFETY & MEDICAL
RIDERS ON COURSE

12  
SUPPORT
VEHICLES

200  
GOLD WING
TOURING
ASSOCIATION
MOTORCYCLISTS

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

* 2015 Data
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!

Never ridden in a group?

Join one of Cascade Bicycle Club’s free group rides or sign up for the Cascade Training Series (CTS) by March 21st. Not in the Seattle area? Find your local bicycle club or a local cycling event. Don’t make STP your very first group ride. Knowledge of hand signals, group dynamics, and other riding skills will make STP a more positive experience. [www.cascade.org/rides/cascade-training-series](http://www.cascade.org/rides/cascade-training-series)

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](http://www.ridewithgps.com/ambassadors)

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](http://www.cascade.org/STPclasses)

* Flying Wheels Summer Century

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**TRAINING**

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

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Free Group Rides

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!

Our 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

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 4.
The Portland Wheelmen Touring Club hosts the Pioneer Century on Saturday, June 4.

www.cascade.org/flying-wheels

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STP PACKING DOs & DONTs

BROUGHT TO YOU BY OUR PARTNERS AT

DO...

• Limit baggage to a light (20 lbs.), small, distinctly 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 handlebars. This is used for bike transportation and bike corrals

– WATER AND FOOD –
- 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

OVERNIGHT BAG

(MAX. 2 BAGS / 20 LBS EACH)
- Water bottles or hydration pack (filled)
- Ride snacks

– 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.)

WITH YOU

– 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 2, bring 1 in your overnight bag)
- Compact Rider Map (from your rider packet)

– CLOTHING & PERSONAL ITEMS –
- Wallet (cash, ID, medical insurance card, credit card, etc.)
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- Cycling gloves
- Sunglasses, prescription eyewear, eye drops
- Sun screen and lip balm
- Medications (aspirin, ibuprofen, inhaler, insulin, contact lens care, etc.)

DO...

• Limit baggage to a light (20 lbs.), small, distinctly 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

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- Affix the bike number to the front of your handlebars. This is used for bike transportation and bike corrals

– WATER AND FOOD –
- 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

OVERNIGHT BAG

(MAX. 2 BAGS / 20 LBS EACH)
- Water bottles or hydration pack (filled)
- Ride snacks

– CLOTHING & PERSONAL ITEMS –
- Wallet (cash, ID, medical insurance card, credit card, etc.)
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- Tool kit (patch kit with fresh glue and patches, hex wrenches, chain tool, spokes, etc.)
- Spare tubes (carry 2, bring 1 in your overnight bag)
- Compact Rider Map (from your rider packet)
SATURDAY, JULY 16

ONE-DAY RIDERS\(^1\)
4:45 - 5:15 a.m.

ALL RIDERS*  
5:15 - 7:30 a.m.

\(^1\) 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.

LOCATION  
University of Washington  
Parking Lot E-1  
North of Husky Stadium

* Riders will start in waves every 10 minutes.

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.

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, packet pick-up or the start line.

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.
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
- 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 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.
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 http://www.cascade.org/ride-major-rides-group-health-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 37 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.

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.

Team G.S. Flash, aka Team Baker

Jerry Baker’s spirit rides on

When the name Jerry Baker comes up, it immediately evokes fond stories, quotes and laughter. A founding member of both Cascade Bicycle Club and Washington Bikes, Jerry Baker was the godfather of northwest cycling who touched countless lives through his love of bicycling.

Family and friends of the late Jerry Baker will ride in memory of him in the 37th annual Group Health Seattle to Portland (STP) presented by Alaska Airlines.

Andy Baker, Jerry’s son, said the idea of riding the STP in memory of his father bubbled up amongst many of Jerry’s friends and family. After all, “what more appropriate way to celebrate Jerry Baker could there be?” asked Andy.

Along with a handful of friends, Jerry founded and won the first (and only) time trial race from city hall to city hall, Seattle to Portland. Jerry finished his 36th STP in 2015. He’s the only person to have ridden every year, and in his honor, Cascade retired the number 36 bib.

G.S. Flash, aka Team Baker, will pedal from Seattle to Portland, a 200+ mile journey — most completing it in one day. Jerry started G.S. Flash as a serious racing team back in 1991, but Andy said no one has been serious for a long time. They will wear bib numbers 3701, 3702, etc. in Jerry’s honor. And several will be riding the STP for the first time.

Jerry kept track of his miles starting in 1965, with a goal of cycling the distance between the earth and the moon: roughly 220,000 miles. He was only about 12,000 miles short when he passed away. Spot remembers one time chatting with Jerry about his earth-to-moon goal.

“The thing I’m worried about here... is then you’ll have to turn around and come back,” she said to Jerry.

“No problem, it’s all downhill,” Jerry cheekily replied.”
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. Free food at official STP locations is for registered riders only. Please be considerate of the registered riders.

www.cascade.org/STPPersonalSupportVehicles

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 along 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.
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 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 Group Health 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.
SATURDAY, JULY 16TH
3 - 9 p.m.

SUNDAY, JULY 17TH
10 a.m. - 7 p.m.

LOCATION
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 15
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 Friday, 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 16
(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 17, 10 a.m. at the UW bike corral.

Sunday, July 17
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 18
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. - Arrival of last bike truck*

*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.

https://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?

A: 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?

A: 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.

Father & Daughters Ride Together

Ron’s first Cascade Bicycle Club event ever was last year’s STP. And he had a little help. Ron and his two girls Elena (age 7) and Hailey (age 5) completed the 2015 STP on a triple tandem bike. On top of the 206 miles, to avoid having to assemble the triple in the early morning at Univ. of WA, they decided to ride it about 60 miles from home to the start-line on Friday. (They spent Friday night in the E1 parking lot.) That’s 266 in 3 days! This was their first century ride together.

The girls completed both the event and still had energy to spare. The three of them pedaled chain-linked-in-sync the entire time. The girls really helped push Ron up the big hills. Without their significant pedaling effort/assistance, he admits he couldn’t have pulled the 300 Lb. load. (Bike = 60 Lbs, Two Kids = 80 Lbs, Captain = 160 Lbs.)
Official STP Merchandise

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

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.cbcmerchandise.com