

HIGH PASS CHALLENGE

A Cascade Bicycle Club Event

SUNDAY, SEPTEMBER 13, 2009

REGISTER

Online registration is **\$80** and is open until Sept. 9. Registration by mail is **\$90** for entries postmarked by August 31. **NO day of event registration, you must register in advance.** Cascade members receive a \$10 discount. **600 Rider Limit.**

PACKET PICKUP

If your registration is received by August 31, your rider packet will be mailed to you FREE. If your registration is received after that date your packet will be at the start line. Everyone who COMPLETES the High Pass Challenge will receive a finisher award that will be available only at the finish line!

Start line and late packet pickup hours are **7 AM to 8 AM.** Everyone must start by 8 AM.

START/FINISH LINE

Packwood, WA

Start line open from 7 - 8 AM
Course closes 5 PM. Note that Sunrise is at 7 AM and Sunset is at 7 PM.

(You must finish by 5 PM to receive the finisher medallion and award - NO EXCEPTIONS!)

EVENT INFORMATION

For additional information

1-888-334-BIKE

www.cascade.org

events@cascadebicycleclub.org

HIGH PASS CHALLENGE

- 114 miles
- 7500+ feet of climbing
- 10 Hour time limit
- 3 food stops (two you pass twice)
- Not a ride for the novice rider
- Are you up to the challenge?



The High Pass Challenge is a strenuous mountain ride that climbs over Independence Pass, then winds past scenic Spirit Lake on the way to the Windy Ridge Viewpoint in the Mt. St. Helens National Monument area. The use of this pristine route was made possible by a special arrangement with the Gifford Pinchot National Forest and Mt. St. Helens National Monument. Not a ride you want to miss!

Beginning and ending in Packwood, Washington, the High Pass Challenge route uses low traffic national forest roads to explore the natural beauty that makes Washington special. Route maps will be available in your packet and online at www.cascade.org.

At the top of Windy Ridge there will be a food stop to fill your tank for the ride back. Make sure to bring clothing you can layer because it can be very cold at the top. There are no shortcuts on this ride so be prepared!

FINISHERS AWARDS

All finishers will receive a Finisher's award and will be awarded medallions* based on the following criteria:

Elite Finish	2 p.m. finish or earlier	Gold medallion
Strong Finish	2 - 4 p.m. finish	Silver medallion
Solid Finish	4 - 5 p.m. finish	Bronze medallion

After 5 p.m. no medals or finisher T-shirts will be awarded!

This is not a timed event and riders must finish by 5 pm to receive the finishers awards.

*Medallions will not be made from precious metals. But they'll be precious to you!

REGISTER ONLINE: WWW.CASCADE.ORG

WASHINGTON STATE BICYCLE TRAFFIC LAWS

(The laws that HPC riders must follow)

- 1) Obey all traffic laws: 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. RCW 46.61.770
- 5) Always wear a helmet. It will save your life one day!
- 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

Ride **SMART** Tips

Stay alert—watch for obstacles, other cars, and other riders.

Move off the road when stopping –pull completely off the road to let cars and riders pass; do not block driveways or intersections.

Act like a car—obey all traffic laws and stop at stop signs.

Retain space between yourself and others—leave enough room to dodge obstacles.

Tell others when passing and pass on left.

Remember, Single File is Safer!



LODGING INFORMATION

Packwood is located about 3 hours from Seattle on HWY 12. Hotel and camping information can be found at: www.destinationpackwood.com/lodging.cfm

Host Hotel - Cowlitz River Lodge (888) 494-4444
Rooms from \$70 to \$80.

SUGGESTED THINGS TO BRING

- Helmet (it's required!)
- Cycling mirror
- Layered cycling clothing (It is very cold coming down!)
- Patch kit, spare tube, pump & tools
- Sunscreen
- Favorite energy food in your jersey pockets
- \$\$\$ for emergencies
- Willingness to have fun

SUPPORT & FOOD STOPS

We'll take care of you with help from some great volunteers, mechanics and our own Safety and Medical Crew. Safety vehicles are identified with Cascade Bicycle Club signs. **Cell phones have spotty coverage in this area** so if you need assistance make sure to flag down a support car. Food stops provide high carbohydrate and high energy items that are not meant to be a big meal, but are designed to keep you going. If you need a meal or have special dietary needs you should plan accordingly. Typical food at the stops include items like Clif bars, bagels, fruits, cookies, and PB&J.

CHARITY DONATION TO THE EDUCATION FOUNDATION

The Cascade Bicycle Club Education Foundation 501(c)(3) assists more than 30,000 Puget Sound area kids and adults annually via our helmet giveaway program, bicycle safety classes, and Bike to Work Month. Kids learn critical safety information through our nationally recognized Sprocket Hero and Bicycle Rodeo Programs. Education is our first priority and the generous support of our members and ride participants is deeply appreciated.

What is HPC?



High Performance Cycling (HPC) is a riding interest group within the Cascade Bicycle Club. HPC is structured to match the interests and needs of cyclists who like to ride fast, hard, far, and climb hills. We feel there are a large number of high performance cyclists who are not focused on racing but are seeking all that our program has to offer.

HPC is committed to helping strong cyclists challenge themselves to improve their skills and fitness. We maximize performance in a safe riding environment. Opportunities for interaction are offered through Cascade Bicycle Club group rides, events, classes, and web and newsletter content.

HPC riders should:

- Be able to ride at a strenuous effort level on the flats and in the hills.
- Possess the endurance to ride more than 50 miles.
- Be comfortable with, or desire to, master paceline riding techniques.
- Are you a High Performance Cyclist? Join us! www.cascade.org/hpc

REGISTER ONLINE: WWW.CASCADE.ORG

Mail in Registration Deadline, August 31
Online Registration Deadline, Sept. 9

Mail Registration to: Cascade Bicycle Club,
 Attn: High Pass Challenge, P.O. Box 15165,
 Seattle, WA 98115-0165

NO day of event registration.

800 rider limit

HIGH PASS CHALLENGE

SUNDAY, SEPT. 13, 2009

High Pass Challenge 2009 Registration Form

One rider per form, tandems need two forms.

TO COMPLETE YOUR REGISTRATION, YOU MUST FILL OUT THIS PAGE AND SIGN RELEASE AGREEMENT ON BACK.

CASCADE MEMBERSHIP #	LAST NAME	FIRST NAME	M.I.	DATE OF BIRTH	MALE FEMALE <input type="checkbox"/> <input type="checkbox"/>
E-MAIL (you will get event information via e-mail)		HOME PHONE () ()	WORK PHONE () ()		
ADDRESS	APT.#	CITY	STATE	ZIP	COUNTRY
T-Shirt Size: S M L XL XXL (Must FINISH by 5 p.m. to earn the T-shirt!)					

Entry Fee:	Online: \$80	\$
	By Mail: <input type="checkbox"/> \$90	
NO Day of Ride Registration		
Cascade Member Discount if Applicable (subtract \$10)		\$ -
<input type="checkbox"/> New Member <input type="checkbox"/> Renewing Member <input type="checkbox"/> Current Member (provide # in space above)		
Cascade Membership (Not a member? Join now and receive a discount on High Pass Challenge and all other Club rides. Just fill out the form on the reverse side and enter the appropriate dollar amount here.)		\$
Yes! I want to make a tax-deductible donation to the Cascade Bicycle Club Education Foundation, a 501(c)(3) charitable organization, for education of kids, adults and community.		\$
<input type="checkbox"/> \$250 <input type="checkbox"/> \$100 <input type="checkbox"/> \$50 <input type="checkbox"/> \$25 <input type="checkbox"/> \$10 \$ ___ Other		
Payable to Cascade Bicycle Club in U.S. Funds Only. SORRY, NO Refunds. Amount Paid:		\$

SIGN THE RELEASE AGREEMENT ON THE BACK OR REGISTRATION IS NOT VALID!

Note: Membership contributions or gifts to Cascade Bicycle Club 501(C)(4) are not deductible as charitable contributions for federal income tax purposes. Contributions or gifts to Cascade Bicycle Club Education Foundation 501(C)(3) are tax-deductible as a charitable contribution for federal income tax purposes.

Credit Card Payment Information (PLEASE PRINT CLEARLY) Mastercard or VISA **ONLY**

CREDIT CARD NUMBER	EXPIRATION DATE
SIGNATURE	CARDHOLDER'S NAME

- To promote the interests of cyclists and cycling, we occasionally share names with other organizations. If you do not want your name included, please check here.

CPSC OR SNELL APPROVED HELMETS ARE REQUIRED!

