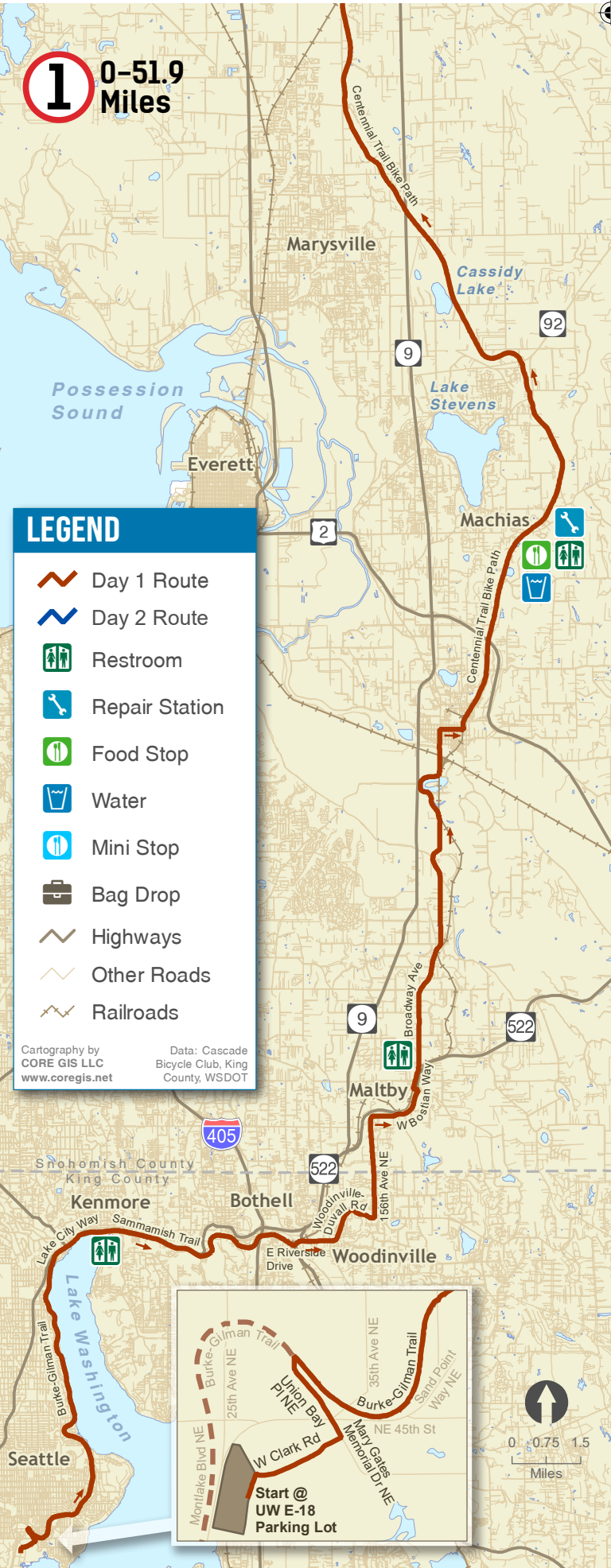


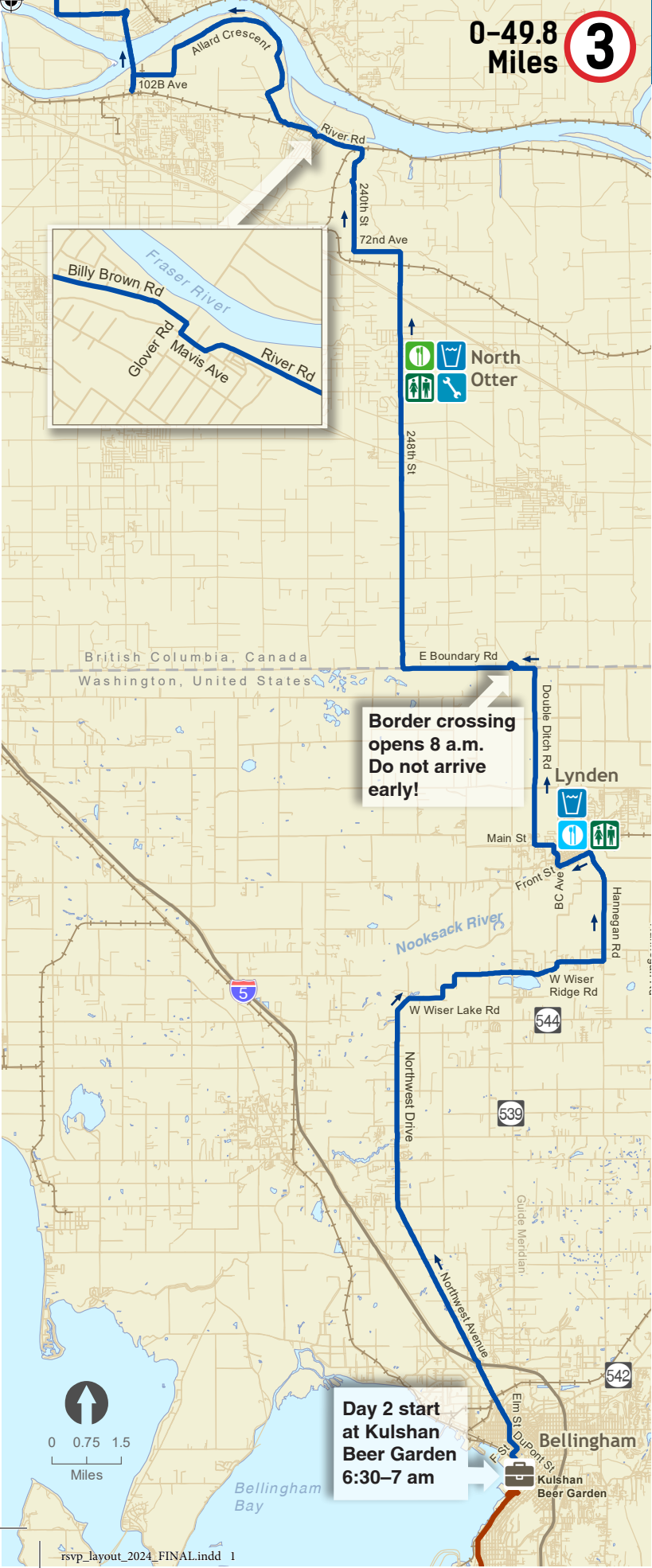
1 Seattle to Arlington

0.0	0.0		START LINE- UW E-18 Parking lot (6:30-7 a.m.)
0.0	0.3	CS	Clark Rd. towards Mary Gates Memorial Dr NE
0.3	0.4	X	NE 45th St. Bc Union Bay PI NE
0.7	0.9	R	Burke Gilman Trail-Next 12 miles
TRAIL IS OPEN TO PUBLIC! BE RESPECTFUL. STAY SINGLE FILE UNLESS PASSING, USE YOUR VOICE RESPECT ONCOMING BICYCLE/PED TRAFFIC.			
1.6	1.1	X	40th Ave NE--Obey stop signs on trail
2.7	0.3	X	NE 65th St--4-way stop
3.0	5.3	X	NE 70th St.
8.3	0.3	X	NE 165th St.
8.6	0.2	X	45th Ave NE--Stop light
8.8	0.7	X	Ballinger Way NE--Stop light
9.5	0.6	CS	Log Boom Park on Right (Bathrooms, water)
10.1	2.0	CS	Two underpasses 68th & 73rd Ave NE
12.1	0.1	CS	Cross bridge (Sammamish R.) as trail bends left
12.2	0.6	CS	Blythe Park on R (Bathrooms, water)
12.8	1.3	CS	Trail ends--continue on E Riverside Dr.
14.1	0.5	CS	becomes NE Woodinville Dr.
14.6	0.3	L	NE 175th St.
14.9	0.6	X	131st Ave NE
15.5	0.9	X	140th Ave NE
16.4	0.5	R	NE Woodinville--Duvall Rd- HEAVY TRAFFIC!
16.9	2.2	L	156th Ave NE becomes 75th Ave SE
19.1	1.4	BR	bc 224th St SE then Bostian Rd
20.5	0.1	L	Paradise Lake Rd.
20.6	0.5	R	Yew Way
21.1	0.3	BL	Broadway Ave- RAILROAD TRACKS
21.4	1.4	CS	Maltby Park on L (bathrooms, water)
22.8	3.0	X	180th St SE 4-way stop
25.8	2.0	R	Springetti Rd. (easy turn to miss!) R
27.8	0.4	CS	bc Airport Way at Marsh Rd.
28.9	0.7	CS	Snohomish River bridge (normal route closed for block party)
29.3	0.2	R	Right on 4th St.
30.6	1.4	CS	Stay on the Centennial Trail on RIGHT
TRAIL IS NOT CLOSED! 15 MPH LIMIT ON TRAIL. STAY SINGLE FILE UNLESS PASSING, USE YOUR VOICE RESPECT ONCOMING BICYCLE/PED TRAFFIC.			
32.0	2.6	CS	Under U.S. Hwy 2
34.6	0.4	X	Machias Cutoff Rd
3.2	CS		Machias Rest Stop on Right (8:30-11:30 a.m.)
38.2	0.6	X	28th St NE
38.8	3.9	CS	Under SR-92 Granite Falls Hwy
42.7	6.1	X	84th St. NE--Stop Sign- BUSY ROAD!
48.8	3.1	X	172nd St NE (SR-153)



2 Arlington to Bellingham

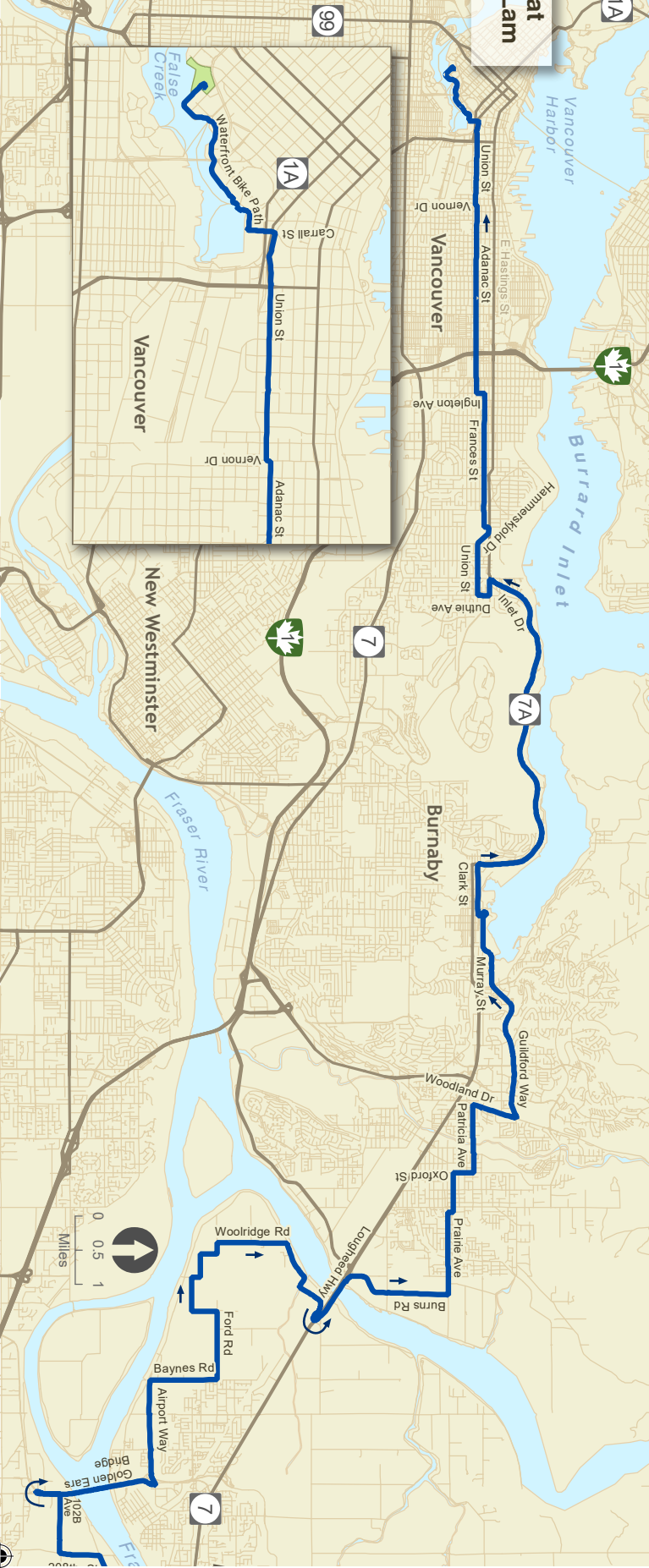
51.9	0.0	R	REST STOP- Arlington (10 a.m.-1 p.m.)
51.9	3.7	CS	Continue North on trail after lunch
55.6	0.0	L	268th St NE/ Grandview Rd- Immediate right turn
55.6	2.3	R	Hwy 9--Bryant Store on Left
57.9	2.3	R	Finn Settlement Rd
60.2	3.0	CS	becomes Granstorm Rd
63.2	3.6	L	Lake Cavanaugh Rd
66.8	5.4	L	Hwy 9--Heavy Traffic Ride Single File
67.4	4.4	R	Turn right onto W Big Lake Blvd
71.8	2.2	L	Turn left onto WA-9 N
74.0	1.4	CS	At the traffic circle, take 2nd exit to E College Way
75.4	0.8	R	Turn right onto Martin Rd
76.3	0.6	Food	Mt Vernon Food Stop (Centennial Elem. School), 11:00 a.m.-3:00 p.m.
76.9	0.9	CS	Continue onto Hoag Rd
77.8	0.1	CS	Take the ramp to Riverside Dr
77.9	0.1	CS	Merge onto Riverside Dr
78.0	0.1	CS	Continue onto S Burlington Blvd/Watson Bridge
78.1	0.1	R	Slight right toward E Whitmarsh Rd
78.3	1.1	R	Turn right onto E Whitmarsh Rd
79.4	0.1	CS	Continue onto Pulver Rd
79.5	0.9	L	Turn left onto Bennett Rd
80.4	0.2	R	Turn right onto Avon St
80.6	5.0	R	Turn right onto Avon Allen Rd
85.6	0.1	CS	Allen Park Water Stop, 12:00 p.m.-4:00 p.m. LAST WATER STOP
85.7	0.0	R	Turn right onto Allen West Rd/Sam Bell Rd
85.7	0.1	L	Turn left onto WA-11 N
NARROW WINDY ROAD- RIDERS MUST RIDE SINGLE FILE			
85.9	1.9	R	Turn right onto Ershig Rd
87.8	0.8	R	Turn right onto Samish Heights Rd
88.5	2.4	L	Turn left onto Hobson Rd
91.0	1.3	R	Slight right onto Colony Rd
92.2	0.7	L	Turn left onto Wood Rd
93.0	2.3	R	Turn right onto Barrell Springs Rd
95.2	1.5	L	Turn left onto Lake Samish Rd
96.7	0.6	R	Turn right onto Nulle Rd
97.3	3.4	L	Turn left onto E Lake Samish Dr
100.6	4.6	L	Turn left onto Old Samish Rd
105.2	1.2	CS	Continue onto Chuckanut Dr N
106.4	0.3	R	Chuckanut Dr N turns slightly right & becomes 12th St
106.7	0.2	CS	Continue onto Finnegan Way
107.0	0.3	CS	Continue onto 11th St
107.3	0.6	CS	Continue onto S State St
107.9	0.8	CS	Continue onto Boulevard
108.6	0.3	CS	At the traffic circle, take the 3rd exit onto Wharf St
108.9	0.3	CS	Slight right onto Cornwall Ave
109.3	0.4	R	Turn left onto W Laurel St
109.6	0.2	L	W Laurel St turns right and becomes Granary Ave
109.6	0.0	End	Day 1 finish at Waypoint Park! Kulshan Beer Garden, bike corral, bag pickup open 1-6:00pm



3 Bellingham to Border

0.0	0.0	Start	Start of route
0.2	0.0	L	Turn left onto W Chestnut St
0.3	0.3	CS	Continue onto Roeder Ave
0.5	0.3	R	Turn right onto F St
0.8	0.3	L	Turn left onto Dupont St
1.0	1.7	CS	Continue onto Elm St
2.8	0.2	CS	At the traffic circle, continue straight to stay on Northwest Ave
3.0	8.4	CS	At the traffic circle, take the 1st exit and stay on Northwest Ave
11.3	2.7	CS	Continue onto W Wiser Lake Rd
14.0	1.1	CS	At the traffic circle, take the 2nd exit onto E Wiser Lake Rd
15.1	1.0	R	Turn right to stay on E Wiser Lake Rd
16.2	2.3	L	Turn left onto Hannegan Rd
18.4	0.2	CS	Continue onto S 1st St
18.6	0.4	L	Turn left onto Front St
19.0	0.3	Food	Snacks, public restrooms (7 a.m.-9 a.m.)
19.3	0.3	R	Turn right onto British Columbia Ave
19.7	0.2	L	Turn left onto 14th St/Glenning St
19.9	0.4	L	Turn left onto Main St
20.3	3.9	R	Turn right onto Double Ditch Rd
24.2	0.6	L	Turn left onto E Boundary Rd
GET YOUR PASSPORTS OUT AND READY FOR THE AGENTS BE SURE YOUR BIKE PLATE AND HELMET # ARE VISIBLE (BORDER OPENS AT 8:00 A.M.)			
24.8	0.1	L	Onto Zero Ave
24.9	0.1	CS	Straight across Hwy 13 to go behind Duty Free Shop
25.0	2.4	CS	Gate for Bicycles Only onto Zero Ave
27.3	6.7	R	Turn right onto 248 St
34.1	2.3	Slight R	North Otter rest stop on your right, 8 a.m.-1 p.m.
36.4	1.0	L	Turn left at the 1st cross street onto 72 Ave
37.4	1.6	R	RIGHT on 240 St - Easy to miss!
38.9	0.8	R	Turn right to stay on 240 St
39.8	0.1	L	Turn left onto River Rd/Trans Canada Trail
39.8	1.0	Danger	BAD Rail Road Tracks!!!!
40.8	0.1	R	River Rd/Trans Canada Trail turns right and becomes Fort-to-Fort Trail/Mavis Ave
40.9	0.0	R	Turn right onto Fort-to-Fort Trail/Glover Rd/Trans Canada Trail
40.9	0.7	L	Turn left onto Billy Brown Rd
41.7	0.3	R	Turn right onto 96 Ave
42.0	0.4	R	Slight right onto McKinnon Crescent
42.4	0.4	R	Turn right onto Allard Crescent
42.8	3.6	L	Turn left to stay on Allard Crescent
46.4	0.6	L	Turn left at the 1st cross street onto 208 St/Trans Canada Trail
46.9	1.2	R	Right onto 102b Ave/Trans Canada Trail/White Rd
48.1	0.0	CS	Enter the roundabout
48.2	0.1	Slight R	Get on bike trail up onto Golden Ears bridge
48.2	1.5	CS	Golden Ears Bridge - single file across bridge
49.8	0.2	CS	Take the 113B Ave exit toward Airport Way

4 49.9-82.3 Miles



4 Border to Vancouver

50.0	0.2	CS	At roundabout, take 3rd exit onto 113B Ave E
50.1	0.4	CS	Straight at roundabout to stay on Airport Way
50.5	0.5	CS	Straight at roundabout to stay on Airport Way
51.0	0.5	CS	Straight at roundabout to stay on Airport Way
51.5	1.0	R	Turn right onto Baynes Rd
52.5	2.7	L	Turn left onto Ford Rd
55.2	1.0	R	Turn right onto Woodridge Rd
56.2	1.2	CS	Continue onto Kennedy Rd
57.4	0.1	R	Slight right
57.5	0.2	R	Turn right onto Kennedy Rd
57.7	0.1	L	Left onto BC-7 W, then veer right to bridge bike lane
57.8	0.7	CS	Cross bridge on bike trail--Caution Very Busy!
58.5	0.1	L	Exit trail onto Belfast St--Caution Cross Traffic does not stop--Left onto Belfast
58.6	0.7	R	Slight right onto Fremont Connector
59.3	0.9	CS	Continue onto Burns Rd
60.2	1.2	L	Prairie Ave
61.4	0.1	R	Turn right onto Ulster St
61.4	0.6	L	Turn left onto Salisbury Ave
62.0	0.3	R	Turn right onto Oxford St
62.3	0.3	L	Turn left onto Patricia Ave
62.6	0.2	R	Get on trail to cross the river--single file
62.8	0.5	R	Exit trail onto Patricia Ave
63.3	0.1	R	Turn right onto Woodland Dr
63.5	0.0	R	Small trail to cross Lincoln Ave to Pipeline Rd
63.5	0.3	R	Turn right onto Pipeline Rd
64.0	1.0	L	Turn left onto Guildford Way
66.1	1.0	CS	Guildford Way becomes Murray St
67.0	0.2	R	Port Moody Mini stop on Right, 10 a.m.-3 p.m. (Food, water, mechanic, first aid)
67.2	0.2	R	Turn right onto Moody St
67.4	0.7	R	Clarke St.
68.2	0.0	R	Turn right to stay on Clarke St
68.2	0.0	R	Slight right onto Barnet Hwy/BC-7A--Busy road but big shoulder
68.2	5.3	R	Slight right to stay on Barnet Hwy/BC-7A
73.5	0.0	L	Get in LEFT lane to take a left onto Hastings St.
73.5	0.3	L	Turn left onto Hastings St
73.8	0.2	R	Turn right onto Duthie Ave
73.9	0.2	R	Turn right onto Union St
74.2	2.8	CS	Straight at roundabout to stay on Union St
77.0	0.1	L	Left at the 2nd cross street onto Ingleton Ave
77.1	0.2	R	Turn right at the 1st cross street onto Union St
77.4	0.0	CS	Cross Boundary Rd becomes Adanac St
77.4	0.7	CS	Adanac St
78.0	0.5	CS	Stay on Adanac St
78.5	0.9	CS	Straight at roundabout to stay on Adanac St/Bikeway
79.5	0.4	CS	Take the crosswalk
79.9	0.0	L	Turn left onto Adanac Bikeway/Vernon Dr
79.9	0.0	L	Onto small bike lane to get to Union St
79.9	0.0	R	Turn right onto Adanac Bikeway/Union St
79.9	1.0	R	Onto Union St.
80.9	0.1	L	Turn left onto Carrall St
81.0	0.0	CS	Straight across Pacific Blvd on bike trail
81.0	0.1	L	Slight left at Pacific Blvd
81.1	1.2	R	Slight right onto Seaside Bicycle Route for 1.2 miles
82.3	0.0	R	Right turn off of trail into David Lam Park
82.3		END	David Lam Park--Finish Line Party! Open 12:00-5:30 pm: Two tickets on your bib number for Vancouver Finish Line. One for free food from the food trucks AND one for a free 12 oz beer or non-alcoholic drink in the beer garden

IF YOU HAVE PURCHASED BIKE OR BIKE/BUS TRANSPORTATION PLEASE LOAD YOUR BIKE ON THE TRUCKS (4-6 P.M.)



SUPPORT VEHICLES—These volunteer driven support vehicles are marked with a Cascade magnet on their door. They have basic bike tools, pumps, first aid, and can transport you to the next stop if you have major mechanical needs. They do not transport riders to the hospital and are not available as a taxi. They are there to bring you to safety and sometimes require your patience.

Rider Support Number:
206-841-9665

In a medical emergency your first call is to 911.
For all other route support needs call the Rider emergency line.

RIDER SUPPORT

WE ENCOURAGE ALL RIDERS TO RIDE SMART

STAY ALERT—Momentary inattention is the number one cause of incidents. Watch for vehicles, bicyclists, pedestrians and hazards. Do not wear earbuds or use phones while riding.

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—Wear a properly fitted helmet. 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 whenever safe; ride no more than two abreast (single file is safer) and yield right-of-way when appropriate.

THINK AHEAD AND TALK—Scan ahead and anticipate what others will do. Communicate actions and hazards, tell others when passing and cross railroad tracks at a right angle when possible.

RSVP IS NOT A RACE!

RIDER SAFETY

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Your registration for RSVP raises funds that allow us to make Washington a better place for people riding bikes. With funds from event registration Cascade Bicycle Club is able to provide programs like Let's Go, Major Taylor Project, support our statewide advocacy, and our Free Group Rides programming (Over 2,000 rides a year!). Your rider fees also go into supporting the many local volunteer groups helping the ride along the way in both the US and Canada.

Cascade Bicycle Club

7787 62nd Ave NE Seattle, WA 98115
206-522-3222 | events@cascade.org
www.cascade.org

21.4	Maitly Park 20322 Broadway Ave. Snohomish WA	Restrooms and water
35	Macchias Station 104 N. Olympic Ave. Arlington WA	Free snacks, restrooms, water, mechanic on-site 8:30–11:30 a.m.
51.7	Legion Park 3100 Martin Rd. Mt. Vernon WA	Free snacks, restrooms, water, mechanic on-site 10 a.m.–1 p.m.
76.1	Mt. Vernon Elementary 9061 Avon Allen Rd. Bow WA	Free snacks, restrooms, water, mechanic on-site 11 a.m.–3 p.m.
86.4	Allen Park	Free snacks, restrooms, water, mechanic on-site 11 a.m.–3:30 p.m.

Rest Stops Day 1

Baggage Shuttle Service
Not staying near the official bag drop location? Available at the **Start Line only**, \$25/bag - Know your hotel when you arrive to the Start! 100% of proceeds go to Bellingham HS Band.
All bags will be delivered to your hotel by 2 p.m. on Day 1. Day 2 return your bags by 7 a.m. to where you found them on Day 1. Available for hotels in the Bellingham area only.

Bike Box Shipping
Bike box tickets must be purchased in advance, or are available at the Start Line depending on availability. This charge also includes bike bags or other soft sided carriers. Bike boxes go directly to Vancouver and will not be off-loaded in Bellingham.

Day 1 Bag Pickup is at the Day 1 finish line
• **Kulshan Beer Garden** - open 1 - 6 p.m., 298 W. Laurel St Bellingham
• **David Lam Park** - open 1 - 6 p.m., 1300 Pacific Blvd., Vancouver, B.C.

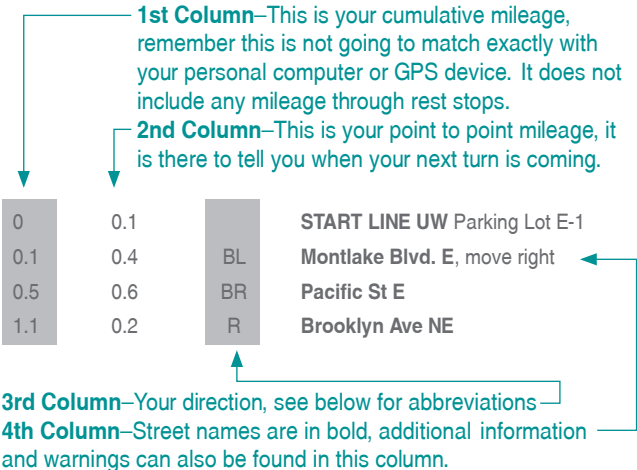
Day 2 Bag Drop at Day 1 finish line, open 6 - 7 a.m.
• **Day 2 Bag Pickup at Day 2 finish line**

Start Line: UW E-18 Parking Lot is open from 6:30 - 7 a.m. All route support is based on this timing.

DAY 1 SATURDAY

MAP INFO

Each map and cue sheet is divided into 50-mile sections. Fold the map to show just the 50-mile section you need. One less fold and you can have your map and cue side by side.



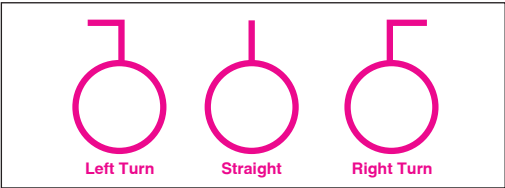
Cue Sheet Key

Official Rest Stop	Free food and drink available
Mini stop	Food for purchase; sometimes sponsors
Hazard/Warnings	Watch your speed and use caution
Important Info	Important route information
Bag Drop Directions	Additional directions to baggage drops

Directionals

R = Right
L = Left
BL = Bear Left
BR = Bear Right
CS = Continue Straight
X = Cross

Route Marking



Route Markings on the ground will be pink. RSVP uses a **CIRCLE**. Look for these on the road. Also, use your map. Read it before DAY OF RIDE.

Bus Loading 8:30–9 a.m.
Bus loading starts at 8:30 am at David Lam Park. Buses leave as they fill. Last bus leaves at 9 am sharp! Don't be late. Purchase tickets online in advance. If space is available tickets will be available at the Cascade tent at the Finish Line.

Bike Corral in Seattle
Open **1–4 p.m.** and located at the UW E-18 lot in the area used for the Start Line.

At 4 p.m. on Sunday all remaining bikes will be taken to Cascade Bicycle Club and charged a \$20/day storage fee.

DAY 3 MONDAY

19.0	Lynden Snack Stop Front St. Lynden, WA	Snacks, water, restrooms, mechanic on-site. Pocket a snack for the border crossing. 7 a.m.–9 a.m.
24.7	Port of Aldergrove (opens 8 a.m.) Border Crossing	Restrooms available on either side of the border, no food or water
34.1	North Otter Elementary 5370 248 St. Aldergrove, BC	Free food, water, restrooms, mechanic on-site 8 a.m.–1 p.m.
66.8	Port Moody (Rocky Point Spray Park) 370 248 St. Aldergrove, BC	Free food, water, restrooms, mechanic on-site 10 a.m.–3 p.m.

Rest Stops Day 2

IMPORTANT! Be sure your passport is in your pocket, bike bag or somewhere secure and accessible on route. DO NOT pack it inside your luggage.
Place your bags in the same place you found them on Day 1 between 6-7 a.m.

Aldergrove Border Crossing opens at 8 a.m. Be sure your helmet sticker and bike plate are visible.

You must have your passport, enhanced ID and any other necessary documentation ready and available by the time you get in line. It is the rider's responsibility to know if they are eligible for international travel and have proper documentation for such travel.

DAY 2 SUNDAY

OFFICIAL ROUTE MAP



2025



Bike Corral in Vancouver, BC
There is a free bike valet at the finish line party. Open 1–6 p.m. All bikes must be removed by 6 p.m. No overnight bike storage available!

Baggage Pick-up at the Finish Line
Bags will be outside in the park in the bag corral, available for pickup from 1 - 6 pm. Bags are sorted by color so a distinctive color bag will be easy to find.

Bike Loading
Load your bikes at the Finish Line.
Bike loading: 4–6 p.m. at David Lam Park
Bike trucks will arrive at 4 p.m. and depart at 6 p.m. sharp. If you have purchased bus/bike or bike-only transportation be sure your bike is on the truck before 6 p.m.

Welcome to Vancouver B.C.!
Congratulations on a ride well done, let's party!

Finish Line Party is open from 1–6 p.m. **Free meal ticket is attached to your bib**—Do not lose it!

FINISH LINE

RSVP MAP INDEX

