



RIDE SUPPORT

The 50, 100 and 150 mile ride will have full support. The ride will begin next to Go-Bent Bicycles, with supplies for those last minute purchases and have air available. The Bike Doctor will be driving the route to help with any problems, please carry cash in case you need to purchase any supplies. The VIPs (Volunteer in Police Services) and other volunteers will be directing traffic and making sure you're safe. There will be food and beverage stops every 25 miles with many small stores in between. Please dress for hot weather, drink lots of fluids and make sure your bike is tuned up beforehand.

Q What do I need to do to get in shape for this ride?

A: If you trained for and rode the STP, you will do fine for this ride. Otherwise, you will want to start training in March or April. Start riding 50 miles per week and increase by 15 miles each week until you reach 200 miles. Try and schedule long rides at least one day a week, starting at 20 miles and increasing by 10 miles each week until you reach 150 miles. Rest the week before the ride and just do some light spinning.

Q What should I wear and take on the ride?

A: It is typically HOT in Eastern Washington in August. Although you should be prepared for all kinds of weather, chances are it will be in the 90 degree range. Wear cool clothing, bring suntan lotion and use often! HYDRATE often! Bring water, and some sort of carb drink, although this will be provided at the rest stops, you should always carry these with you.

Q Where do I go for early packet pick up?

A: Early packet pick up will be available at Riverfront Park at the bottom of 5th Street in Wenatchee on Friday, August 6, 2004 from 5:00 p.m. to 8:00 p.m. Petriola Bread Company will be open for coffee and desserts and Go-Bent will be open for any last minute cycling supplies.

SPONSORED BY:



WAIVER

I, the participant, do hereby release, discharge and hold harmless the Washington State Department of Transportation Commission, The Washington State Department of Transportation and the Washington State Patrol and their officers, agents and employees from all claims, demands and causes of actions of every kind whatsoever for any damage, loss or injuries which may result from my participation in the "Tour of the Columbia Basin" bike event, involving the state highways.

I agree to the following: RSVP, WSDOT and WSP shall not be responsible for, nor legally liable for, any loses of property nor personal injury suffered in conjunction with any activities of the "Tour of the Columbia Basin" bike event. I hereby waive all claims against RSVP, sponsors, personnel, volunteers, WSDOT or WSP from any and all liability arising out of any injury to person or property, and any other loss, damage or expense arising out of my participation in, or any activity associated with this event.

I understand bicycling is a physically challenging sport with the risk of accident or injury. I am in proper physical condition to participate in this event. I am sufficiently competent at cycling to handle various road conditions and my bicycle is in safe operating condition. I will wear an ANSI/Snell-approved helmet at all times. Should it be required during the ride, I authorize medical treatment by a qualified medical professional.

SIGNATURE

DATE

IF UNDER 18, SIGNATURE OF PARENT OR LEGAL GUARDIAN

REGISTER NOW

Please print clearly and fill out all information per rider. (If on Tandem, we need registration and fee per rider.) Feel free to photocopy this form. Cancelled checks serve as confirmation. No refunds.

Please mail with payment, to:

TOUR OF THE COLUMBIA BASIN

c/o RSVP OF NCW
1312-A MAPLE STREET
WENATCHEE, WA 98801

Last Name: _____

First Name: _____

Address: _____

Phone: _____

Email: _____

Please check the distance you plan to ride:

50 100 150

REGISTRATION: \$55.00 (with free hat) at Seattle Bike Expo (March 5, 6, 7, 2004)

EARLY REGISTRATION: \$55.00, if paid prior to July 1, 2004.

LATE REGISTRATION: \$75.00, after July 1, 2004, including the day of event. We cannot guarantee the v-neck poly dry shirt for late registration.

SHIRT SIZE: (Please check one)

XS S M L XL

For more information:
www.rsvp-wa.org/ncw/
email: RSV1312@crcwnet.com
800-572-7753
800-258-2821



116 N. Wenatchee Ave.
Wenatchee, WA 98801



TOUR OF THE COLUMBIA BASIN

WENATCHEE, WASHINGTON

**SATURDAY,
AUGUST 7, 2004**

ALL RIDES
START AT 5:00 A.M.

**EARLY REGISTRATION
AT SEATTLE BIKE EXPO:
\$55.00**

WITH FREE HAT (\$15.00 VALUE)

**REGISTRATION AFTER EXPO:
\$55.00**

**LATE REGISTRATION
AFTER JULY 1, 2004:
\$75.00**

Registration fee covers the ride support,
v-neck poly dry shirt and end-of-ride meal.

PRSR STD.
U.S. POSTAGE
PAID
Wenatchee, WA
Permit #65

Proceeds from this ride support a six-county
RSVP program, a volunteer center with over
650 volunteers contributing 120,000 volun-
teer hours annually.

50 MILE RIDE

The 50 mile ride will start at 5:00 A.M. at Riverfront Park at the bottom of 5th Street in Wenatchee. It will follow the Apple Capital Loop Trail south across the foot bridge, joining Highway 28 and continue to the rest stop just before Quincy. From the rest stop, you turn around and head back.

100 MILE (CENTURY) RIDE

The Century ride starts at the same time and place as the 50 mile ride. Following the same route, you go through Quincy into Ephrata. There will be a rest stop and then you follow Martin Road to Road R and continue to Highway 28 and back to Wenatchee.

150 MILE RIDE

Starting at 5:00 A.M. at Riverfront Park at the bottom of 5th Street. The route follows the Apple

Capital Loop Trail, then heading south on Highway 28 past Rock Island Dam and through the Quincy Basin. In the Basin, you will see a highly productive agricultural area with 200,000 irrigatable acres under production in potatoes, apples, wheat, alfalfa and corn. As you pass through Quincy and head toward Ephrata and Soap Lake, where they say the water and mud have healing properties, you will get on Highway 17. Continuing on Highway 17 until you reach Dry Falls Junction, where you will see the remnants of what was once the largest waterfall on earth! From there you will continue west on Highway 2, passing through Farmer, Douglas and Waterville, before starting the 1,700 foot elevation drop to Orondo. Follow the scenic Columbia River past Turtle Rock and Rocky Reach Dam. Turn on 31st Street to Cascade Street, where you will connect with the Apple Capital Loop Trail, finishing the ride under the shady trees where you began.



All you have to do is show up with your helmet (required), your bike and be prepared for a HOT, SCENIC 150 MILE RIDE and enjoy the free support.