

STP Route for Personal Support Vehicles (PSV's)

We have designed the Group Health Seattle to Portland Bicycle Classic so you **DO NOT NEED** a PSV. We provide excellent support services for GH STP cyclists all along the route. GH STP is an excellent route for cyclists, not for cars. The #1 one complaint we get from riders and the local communities is about PSV. For the safety of all the GH STP riders, PSV's should avoid the bike route as much as possible. If you must have a Personal Support Vehicle, following these directions will help minimize the amount of vehicle traffic on the route. Take I-5 and then exit to the following stops:

PSV's Driving Directions to STP's 5 Major Food Stops and Finish Line:

1. Mile mark **24 – REI Food Stop** in Kent. From I-5 take the SR-405 exit heading east. Then take the SR-181 (West Valley Hwy) heading south. You are now on the STP course so be careful. The REI Mini-stop will be 4 miles ahead on your right at 228th and W. Valley Hwy.
2. Mile mark **53 – Food Stop at Spanaway Junior High**. From I-5 just past Tacoma take the SR-512 exit following this east to Hwy 7. Take the Hwy 7 exit and head south on Hwy 7 for 3 miles, then take a left on 159th St. S. Spanaway Junior High will be 2 blocks ahead on your left. Very congested area.
3. Mile mark **100 – Centralia College Mid Point Stop in Centralia**. From I-5 take exit 82 and then take a left going back under I-5. Follow Harrison Avenue when it jogs to the left and becomes W. Main Street. Go four blocks and turn right on S. Washington Ave. Go one block and the College will be on your left. Note: This is a food stop for the **One Day Riders Only**.
4. Mile mark **145 – Riverside Park Food Stop in Lexington**. From I-5 take exit 42 (Sparks Dr) and head west to SR-411, take a right at stop light heading north on SR-411 for about a mile. The entrance to the park will be on your right; it is easy to miss.
5. Mile mark **176 – St. Helens High School Food Stop**. From I-5 after you enter Oregon and before downtown Portland take the Hwy 30 exit and head west on Hwy 30 for 29 miles to St. Helens. Take a Left on Gable St. to get to the High School. When returning you will backtrack on Hwy 30 to I-5. Do not follow the riders route.
6. Mile mark **202 – Finish Line Festival at Holladay Park** in northeast Portland, next to Lloyd Center. From I-5 southbound or northbound, take Exit #302A (City Center/Rose Quarter). Follow the exit to NE Weidler St. and head east. Continue to NE 9th Ave., and take a right. Then take a left on Multnomah St. The finish line in Holladay Park will be on your right between NE 11th and 13th Ave., just south of Lloyd Center. Lots of parking in the general area. Most is pay parking lots along Multnomah St.

Information Reminders for Riders

Start Line Hours - University of Washington – Large E1 parking lot on Montlake Blvd. North of stadium.

The time between 4:45 AM and 5:15 AM is reserved for One-Day Riders Only. All riders may start from 5:15 AM to 7:30 AM. The start line closes at **7:30 AM sharp!** To insure safety we will be starting riders in 10-minute waves. This way we can provide assistance to all riders in exiting the University of Washington area.

Lewis and Clark (Longview) Bridge Escort – Sunday Only.

With help from the GoldWing Motorcycle Club and the Washington State Patrol, riders will be escorted in-groups across the Longview Bridge between 8:00 AM & 2:30 PM on Sunday. You will be asked to exit for queuing prior to reaching the bridge. Escorts are planned for every 5 to 10 minutes. Expect a short delay and use caution when crossing the bridge. Watch your downhill speed and be alert for the steel expansion joints.

Group Health Staffed Medical Locations

The 5 major food stops and the finish line listed above will be staffed with volunteers from the Group Health medical team. 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 on route that needs immediate attention, please flag down one of the GoldWing Support motorcycles or one of the official GH STP support cars.

Mechanical Support

The 5 major food stops and some of the mini stops will have mechanical support from local bike shops. Minor services is free but please be prepared to pay for all parts and major services.

STP Motorcycle Safety Patrol

Again this year - We will have a motorcycle safety patrol that will be issuing citations for riders not following the rules of this event, including: riding more than two abreast, passing on the right, not obeying traffic signals, crossing a solid centerline, not wearing a helmet, and riding that endangers fellow riders. Please ride Safe, and ride Single File as much as possible.