



Hot Springs Express

September 17 - 19, 2010

A Redmond Cycling Club Event

For experienced cyclists only: The Redmond Cycling Club is hosting the Hot Springs Express - a two-day from Seattle, Washington to Harrison Hot Springs, B.C. Harrison Hot Springs is a resort community located 40 miles east of Vancouver. The resort features indoor and outdoor hot springs, a health spa, golf course, lakefront promenade and fine dining.

What is an "experienced cyclist"?

You have ridden a multi-day event (such as the Seattle-to-Portland or RSVP rides) or be able to complete 100 miles in 9-10 hours or less. You are a self-sufficient rider. This means you can change a flat tire and know how to eat and drink for a long ride. There are no food stops provided and on-route support is limited. Food is available on-route at groceries, mini-marts, restaurants, etc.

Day One - Friday, September 17 – Seattle, WA to Bellingham, WA – 114 miles

The ride starts between 7:00 – 7:30 AM from the Cascade Bicycle Club in Warren G. Magnuson Park at 7400 Sand Point Way NE, Seattle, WA. Friday and Saturday overnight parking is provided as part of your registration. Please be prompt; the baggage truck will leave the start line at 7:45 AM. The ride heads north through Snohomish, Arlington, Stanwood and Mount Vernon and travels along the shoreline up Chuckanut Drive into Bellingham.

The Bellingham baggage drop is at the Lakeway Best Western at 714 Lakeway Dr. (on the route). Dinner and breakfast are available at the Best Western.

Day Two - Saturday, September 18 – Bellingham, WA to Harrison Hot Springs, B.C. – 71 miles

The ride starts between 8:00 – 9:00 AM from the Lakeway Best Western. Please be prompt; the baggage truck will leave the Lakeway Best Western promptly at 9:15 AM. The ride continues north through Sumas, Abbotsford and Chilliwack.

The finish line is the Harrison Hot Springs Resort. Join us for an indoor reception with hors d'oeuvres and a "no host", cash bar.

Harrison Hot Springs has a number of dining options for dinner and breakfast including the Copper Room at the resort.

Day Three - Sunday, September 19 – Harrison Hot Springs, B.C.

Return transportation for you and your bike is available for an additional fee (see Return Transportation). The truck will start loading bikes at 9:00 AM and leave promptly at 10:30 AM. The bus will start loading at 10:30 AM and leave promptly at 11 AM. Both will load at the Harrison Hot Springs Resort.

Border Crossing – Very Important

Since the ride crosses into Canada, you are **REQUIRED** to carry a **passport or a Washington State Enhanced Driver License/ID card (EDL/ID)**. For more information, go [here](#).

Registration Information

The ride is limited to 50 riders. The fee for the Hot Springs Express is \$80 USD. RCC membership is required. Your registration fee covers:

- Route guide/cue sheet.
- Baggage transport to Bellingham and Harrison Hot Springs.

- Limited mechanical and sag support.
- Reception with hors d'oeuvres and a "no host", cash bar at the Harrison Hot Springs Resort.

If registration is full, you will have the option to be placed on the wait list.

Refunds for the ride and/or transportation will be made only if we can fill your slot from the wait list. There will be no refunds for registration fees or additional reception tickets.

Minors

Riders under 18 must have a letter of permission to cross the border. Adult supervision for minors is required.

Return Transportation

You may sign-up for return transportation to the start line for you and your bike on Sunday. The fee is \$50 USD. You may add return transportation after you register, but the fee increases to \$60 USD.

If you are using this service **YOU MUST** include your bike model and serial number in the space provided on the registration form. **This is required by U.S. Customs.**

Bike-only transportation is not available. You **MUST** be at the start line on Sunday to pick-up your bike. No overnight storage is provided.

Additional Reception Tickets

Additional tickets to the Saturday reception for friends and family are available at registration for \$15.00 USD.

Baggage Service

Our truck will carry your gear to the baggage drop in Bellingham at the Lakeway Best Western and to the Harrison Hot Springs Resort in Harrison Hot Springs. Limit your baggage to 2-cubic feet in volume, the equivalent of two panniers. Each bag must be well-secured and clearly marked with a luggage tag. Pack lightly as you will be transporting your luggage from the baggage drop. At the start line, please place your baggage next to the truck to ensure it is not left in the parking area. The baggage truck does not assist with mechanical breakdowns and cannot transport riders.

Mechanical and Sag Support

RCC provides limited en route mechanical and sag support. Labor is free, but please be prepared to pay for parts. This is a challenging event, requiring endurance and training. Be prepared to handle your own mechanical problems on the road.

Food Stops/Water

No food or water stops will be provided. There are plenty of stores, restaurants and mini-marts along the course.

Lodging

Riders must arrange for their own accommodations. Visit our website at www.redmondcyclingclub.org for more information.



HOT SPRINGS EXPRESS 2010 Registration

REGISTRATION DEADLINE: September 11, 2010
NO DAY OF RIDE REGISTRATION

TO COMPLETE YOUR REGISTRATION, YOU MUST FILL OUT THIS FORM AND SIGN THE RIDE AND BAGGAGE WAIVERS

COMPLETE ONE REGISTRATION PER RIDER.

Name	
Address	
City, State, Zip	
Phone (day) ()	Phone (eve) ()
E-Mail (you will get confirmation and information via e-mail)	
If the ride is full, do you want to be placed on the wait list? Check one: Yes [] No []	
Bike Model and Serial # (required if signing up for return transportation)	

REGISTRATION FEES

Entry Fee : A Passport or Washington State Enhanced Driver License/ID Card (EDL/ID) Is REQUIRED To Ride!	\$80
Overnight parking Friday and Saturday night at Magnuson Park (included)	\$0
Reception at Harrison Hot Springs Resort (included)	\$0
RCC Membership (REQUIRED: Please include if not a current member)	\$15 +
Transportation: Back to start line for you and your bike on Sunday, September 20	\$50 +
Additional reception tickets _____ tickets @ \$15 per ticket	+
Total Enclosed	

PLEASE SIGN THE RELEASE FORM BELOW OR YOUR REGISTRATION IS NOT VALID

Send the completed form and signed release and a check made out to Redmond Cycling Club to:

Redmond Cycling Club
 c/o Susan Cady
 6845 48th Ave NE
 Seattle, WA 98115



"Where Hill is not a four letter word...."

Redmond Cycling Club

Harrison Hot Springs Express

September 17-19, 2010

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AND PARENTAL CONSENT AGREEMENT ("AGREEMENT")

IN CONSIDERATION of being permitted to participate in any way in Redmond Cycling Club, a Nonprofit Corporation ("Club") sponsored Bicycling Activities ("Activity") I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of travelling are to be expected. I further agree and warrant that if, at any time, I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.
2. FULLY UNDERSTAND that (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("Risks"); (b) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS AND DAMAGES I incur as a result of my participation of that of the minor in the Activity.
3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Club, its administrators, directors, agents, officers, members, volunteers, and employees, other participants, and sponsors, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THE AGREEMENT IS HELD TO BE INVALID, THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Print rider name: _____

(If participant is under the age of 18, a parent/guardian MUST sign in the box below.)

Rider signature: _____

Emergency contact name(s): _____

Emergency contact phone number(s): _____

MINOR RELEASE

(only if participant is under the age of 18)

AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF BICYCLING ACTIVITIES AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEES FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR COST ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

Print rider name: _____

Print parent/guardian name: _____

Parent/guardian signature: _____

RCC Rider Name _____

RCC Hot Springs Express 2010 BAGGAGE WAIVER

Due to heightened security procedures at the Border crossing, we are asking for your help in transporting your luggage. Please review, complete and sign this waiver.

This waiver must be presented in person with your luggage Friday morning when you load your bag. This is to facilitate the Border crossing.

Ensure your luggage has your name attached to each piece.

Riders dependent upon syringe-injected medications are advised to carry these items across the Border with them and/or note them individually on this waiver if these items are in your luggage:

- Notify that you are carrying your supplies with you and/or in your luggage.
- Make insure insulin or other medications (vials or outer box of individual doses), jet injectors, pens, infusers, and preloaded syringes are marked properly (professionally printed label identifying the medication or manufacturer's name or pharmaceutical label)
- Should you need transport of these items other than your luggage or person, arrangements can be made.

I have not accepted unidentified items on behalf of other people

I do not have weapons of any kind, which includes but not limited to: mace canisters, knives of any kind, firearms, etc.

I am aware that my luggage is subject to a thorough, physical search at the Border crossing to identify all items contained therein. In addition, bags may also be subject to sniffing by trained dogs, to more comprehensive screening by both explosive-detection and explosive trace detection devices, or to a combination of those techniques. If a search is deemed necessary at your crossing, attempts will be made to do in your presence.

I have read the above and agree with the terms. I Agree to RELEASE, HOLD HARMLESS and INDEMNIFY Redmond Cycling Club.

Signature _____

Print Name: _____

Address: _____

Citizenship: _____