



# **RAMROD 2023 RIDER GUIDE**



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The Redmond Cycling Club is proud to bring you the 2023 Edition of RAMROD

# WELCOME

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Welcome to the 2023 Edition of RAMROD! We have a lot to be grateful and excited for this year as we celebrate our return to the classic Start/Finish line at the renovated Enumclaw High School.

We also celebrate the consistent growth in women participation in RAMROD with the first illustration of a woman cyclist on a RAMROD jersey design. Over the past 7 years, the number of women taking part in RAMROD has increased 1% each year surpassing 20% last year and we don't see that trend slowing.

Along with the return to Enumclaw High School, a new safety regulation requiring a functional light while using the Cayuse Tunnel has been added at the request of Mount Rainier National Park to increase rider visibility. For this and all key safety rules, riders are encouraged to review and honor the requirements outlined in this guide.

With several weeks left before event day, it's now time for your final preparations for RAMROD 2023.

We look forward to being with you soon,

The Redmond Cycling Club



# REGISTRATION PACKET

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Your registration packet contains items to help identify you and your bike to support staff on event day. You may pick up your registration packet in person at the Pre-ride Packet Pickup held the Sunday prior to RAMROD or at the Start Line on event day.



## RFID TAG

The RFID Tag is placed on your bike helmet for support tracking



## RAMROD REFLECTOR

The coveted RAMROD Reflector may be placed on your bike seat post



## RIDER BIB

Your unique Rider Bib Number displayed on the back of your jersey



## SAFETY PINS

Use the provided safety pins to attach your Rider Bib to your jersey



## HELMET + BIKE STICKERS

Display your Rider Number on the front of your helmet and front or side of bike frame



## TYVEK WRIST BAND

Place the Tyvek band on your wrist for access to food and water stations



# RFID TAG INSTRUCTIONS

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**IMPORTANT: YOUR RFID TAG IS NECESSARY TO RIDE RAMROD. ANYONE NOT WEARING A RAMROD BIB AND RFID TAG WILL BE DENIED SUPPORT, SERVICE AND ENTRY TO THE PARK.**

RAMROD tracks riders using RFID tags to promote safety allowing staff to know where riders are and to help manage resources out on the course. RAMROD is not a bicycle race and collective time records will not be published. Data collected using RFID tags is confidential and used solely for RAMROD rider status and support.

## INSTALLING YOUR RFID TAG

Your RFID tag can be found in a neon-colored envelope in your rider packet. The tag looks like an address label printed with your bib number. PEEL OFF THE BACKING TO ATTACH THE ADHESIVE TAG TO THE TOP OF YOUR CYCLING HELMET. Tags work best when flat but it's okay if an edge is pressed into a vent.

## TESTING YOUR RFID TAG AT START LINE

You should verify that your tag has been installed properly and is functioning at the TAG TEST Station before riding through the Start Line.



## ABANDONING THE EVENT

Every year some riders are unable to complete the course. We need to track you even if you decide to leave the event. There are SAG vehicles on the course to transport you forward. Each time you pass an RFID station, your info will be given to the RFID station to update your status in our tracking system. If you obtain a ride from the course from anyone who is not an official SAG vehicle, you still need to inform us by one of these methods: stopping at any RFID check point or stopping by the finish line or contacting any HAM vehicle on the course or by calling us at 206.920.7072.

WE ARE SERIOUS ABOUT KEEPING TRACK OF ALL RIDERS: ANY RIDER WHO LEAVES THE COURSE WITHOUT INFORMING US MAY BE DENIED THE RIGHT TO PARTICIPATE IN RAMROD IN THE FUTURE.

## REMOVING YOUR RFID TAG AFTER THE EVENT

We do not collect the tags after the end of the ride. You can remove and properly dispose of the tag after your ride.

# WHAT TO BRING

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Here's a list of suggested items to take with you to RAMROD. You'll want to carry the basics to support yourself out on the course. Even though it will be July, temperatures can swing upwards to 60 degrees from morning to the heat of the afternoon so check the weather and be prepared for cool mornings and extreme heat. Be sure to pack comfy clothing and toiletries to freshen up at the Finish Line.



## KIT

- Helmet
- Jersey & Shorts
- Windbreaker/Gilet
- Arm/Leg Warmers
- Shoes & Socks
- Gloves



## ON THE BIKE

- Water Bottles
- Bars & Gels
- Multi-Tool/ Tire Levers
- Spare Tubes/Sealant
- Pump/CO2
- Front & Rear Lights



## PROTECTION

- Sunglasses
- Sunscreen
- Chamois Cream
- Sock or Bag for Ice



## OFF THE BIKE

- Change of Clothes
- Sneakers/Sandals
- Toiletries
- Towel

# START LINE

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RAMROD 2023 begins and ends at the Enumclaw High School located at 226 Semanski Street South, Enumclaw, WA 98022. At the Start Line, you can pick up your rider packet, or drop-off a bag. When you return, you can enjoy an ice cream bar, take a shower and talk with riders and volunteers.

You can pick up your Rider Packet at the Start Line the night before from 4pm to 9pm and the morning of the ride from 4am to 7am. Rider Packets can also be picked up at the Pre-Ride Packet Pickup & BBQ in Redmond on the Sunday before RAMROD from 12-4PM in the parking lot at NE 83rd St & 160th Ave NE.

The ride officially begins at 5AM - please do not leave in the dark before 5AM and before the ride is supported. When you're ready to proceed to the Start Line, please visit the RFID Tag Test station to make sure your RFID Tag is installed properly.

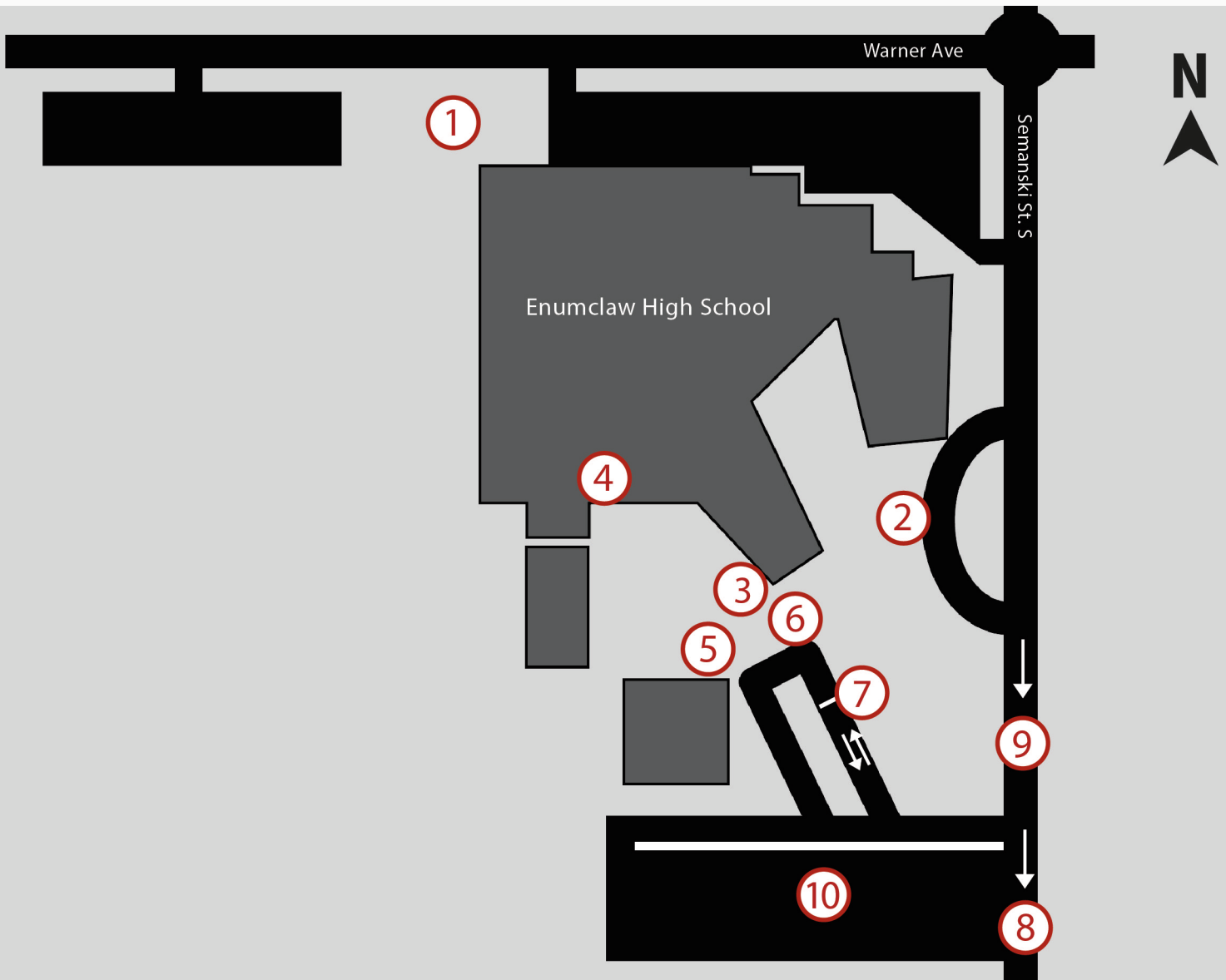
Registered riders may drop off one small bag containing post-ride gear at the start line to be picked up and used after you finish RAMROD. The service is provided for those cyclists who park remotely but wish to shower and clean up at the finish line.

1. You may drop off one small, sealed bag. The size and weight should be equivalent to a bag you would wear while riding or take to the gym.
2. Label the bag with your bib number and name.
3. Gear drop off will not be highly secure so do not include valuables. (e.g. no cell phone in this bag).
4. Do not include anything fragile or breakable.
5. Do not include alcoholic beverages which are not allowed on school grounds.

Bags will be taken and returned to you with the help of volunteers. They will be stored indoors while you are on the course.



# START-FINISH MAP



## LOCATION

Enumclaw High School

226 Semanski Street South  
Enumclaw, WA 98022

1

### CYCLIST PARKING

Use parking lots or Warner Ave north of school.

2

### CYCLIST DROP OFF

Vehicles dropping off cyclists only.

3

### PACKET PICKUP - GEAR DROP OFF

Grab your packet & drop off post-ride gear.

4

### SHOWERS

Clean up after the ride.

5

### WATER, TOILETS & SANITATION

Last chance to top off water bottles.

6

### RFID TAG TEST

Test your tag before moving to Start line.

7

### START/FINISH LINE

The beginning and the end.

8

### CYCLISTS EXITING

Start riding! (No car/cyclist entry allowed)

9

### CYCLISTS ARRIVING

Many miles later - cross that finish line!

10

### VOLUNTEER PARKING

No cyclist or supporter parking allowed.

# PARKING & DROP-OFF

RAMROD 2023 returns to Enumclaw High School for the first time since 2015 and after the school's multi-year renovation! The return brings back fond memories of decades of RAMRODs and allows us to create a new Start/Finish Village experience.

To help make the ride day go as smoothly as possible, it's important that all cyclists carefully study the Start/Finish Line Map (see the map page) and read the following:

1. Rider parking is available at the school's North Parking Lot and west of the tennis courts. Warner Ave north of school also provides plenty of street parking.
2. Overflow parking for cyclists exists south of the High School at the Enumclaw Middle School on McDougall Ave.
3. There will be space for rider drop off on the eastern drive at the school. Just as in airports, space is limited and you will not be allowed to wait.
4. IMPORTANT - TO AVOID RIDERS ON COURSE, DRIVERS PLEASE APPROACH THE SCHOOL FROM THE NORTH.
5. THERE SHOULD BE NO PARKING ON SEMANSKI ST S WHERE RIDERS WILL RETURN.
6. RV and overnight vehicles may use the school parking lot.
7. THE SOUTH SCHOOL PARKING LOT NEAR THE START LINE IS RESERVED FOR VOLUNTEER AND SUPPORT VEHICLES ONLY.

# SAFETY RULES

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It is critical that all participants follow the RAMROD Safety Rules while riding on the course. These rules exist to protect cyclists, commuters and park visitors who are all sharing the road. Failure to honor these rules will lead to cyclist removal by Course Directors & Park Officials and can result in a permanent ban from future participation in RAMROD. The Ride Single File, Front Light & No Family or Personal Support Vehicle rules highlighted below will be receiving extra scrutiny by Course Directors and Support Teams.

## **Wear safety and rider identity items**

A helmet, visible clothing, rider number & RFID tag must be worn at all times.

## **Rear strobe required & turned while riding in the park**

You must have a rear strobe light on and working to enter and ride in the park.

## **Front light required & turned on to enter the Cayuse Tunnel and fog and darkness**

An operational Front Light is required to enter the Cayuse Tunnel. In addition, you must use a front light in low-light conditions. Lights may be available to purchase by you from course mechanics or at the 12/123 stop. Alternatively, you may elect to wait for a SAG vehicle to carry you through the tunnel if you have no working light.

## **Ride single file**

Ride single file unless passing a cyclist. Bunch group riding is cause for removal.

## **Allow vehicles to pass**

Share the road. Ride on the shoulder or available pullouts to avoid road congestion.

## **No family or personal support vehicles**

If you need a personal support vehicle, you should not be riding RAMROD.

## **Obey all WA traffic and bicycle laws**

Visit [www.wsdot.wa.gov/bike/laws.htm](http://www.wsdot.wa.gov/bike/laws.htm) to be familiar with state laws.



# SUSTAINABILITY

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We're striving to reduce the impact that our event has on the environment and the beautiful land we're so fortunate to enjoy throughout the course.

This begins with an effort to continue our efficient use of product and goods for our stops, a reduction in the amount of printed material produced for riders and an increased reliance on sharing information digitally.

We're also asking all participants to be mindful of what they carry and how they dispose of used nutrition wrappers, bicycle tubes and other products throughout the day.

Please make every effort to leave no trace to care for our environment and preserve the RAMROD experience for generations to come.

Thank you.





# TOWNS

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RAMROD is as much a celebration of Washington's Mount Rainier National Park as it is of the many small communities that participants pass through along the 150+ mile route.

## **Enumclaw**

RAMROD's Start/Finish town is home to over 12,000 people

## **Buckley**

The first town the route passes through just after the start

## **South Prairie**

Incorporated in 1909, South Prairie is home to 400 residents

## **Eatonville**

A wonderful setting for our first major food stop in the morning after a punchy climb up to the city center

## **Elbe**

Boasting the most eye-candy per sq ft, look for the numerous trains and the tiny Elbe Evangelical Lutheran Church

## **Ashford**

The town of Ashford sits just 6 miles from the park entrance

## **Packwood**

RAMROD returns to Packwood in 2022 for the fifth time

## **Greenwater**

Your last town to pass-through before the final run to Enumclaw and the Finish Line

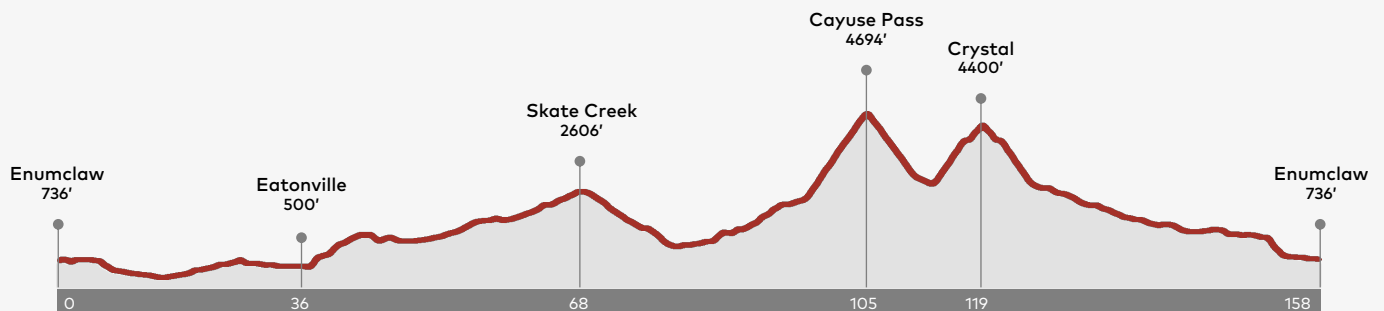
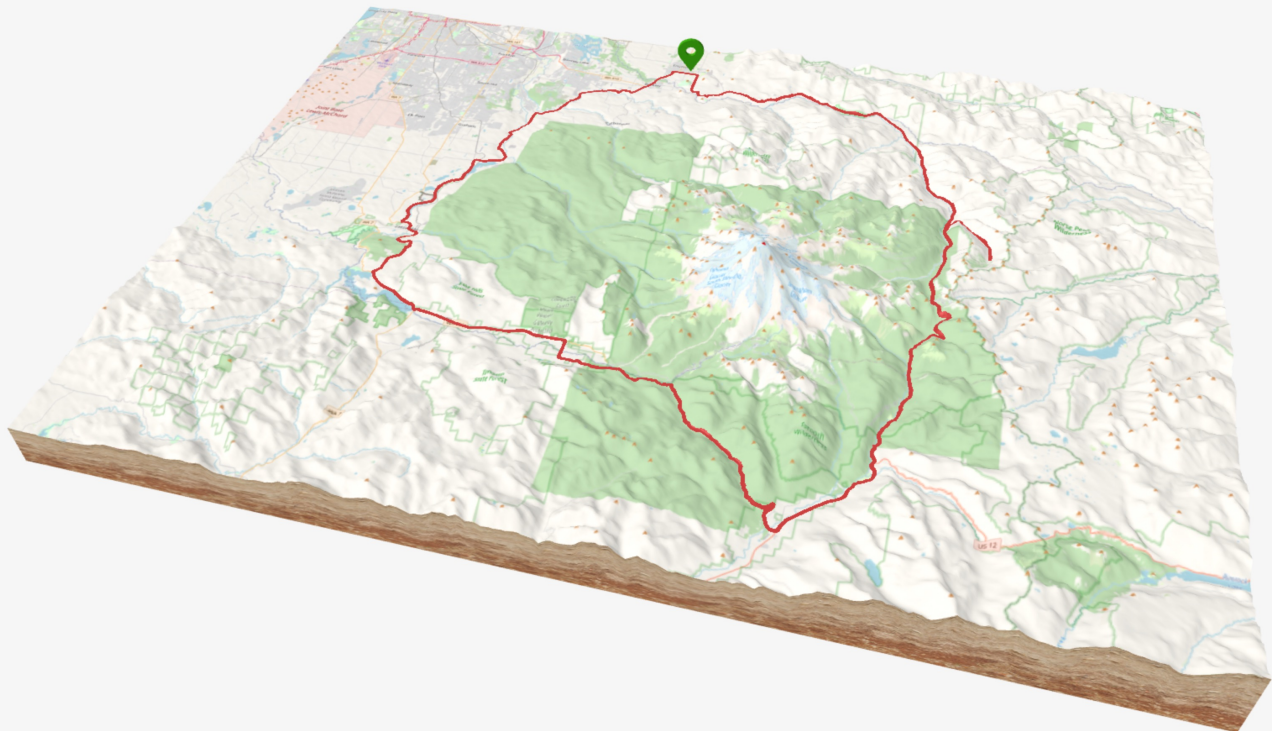


# COURSE

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RAMROD combines the incomparable scenery of Mount Rainier National Park with a challenging course featuring nearly 10,000 feet of climbing over 158 miles. The course starts in Enumclaw, WA (elevation 720 feet) with a gradual downhill to its lowest elevation (300 feet) near Orting. This is followed by 40 miles of rolling hills through the towns of Eatonville, Elbe, and Ashford, with a gradual climb and descent on Skate Creek road to Packwood. Riders head north to what is generally considered the most difficult section of the course: the 10-mile climb up Cayuse Pass (elevation 4,694) which starts at 90 miles into the ride. The rapid descent from the pass gives way to the final challenge: the 6-mile climb up to the alpine valley of Crystal. From there, it's all downhill with about 36 miles to go. These last miles are gradually descending or rolling except for one final, fast descent down Mud Mountain Dam just 9 miles from the finish in Enumclaw.

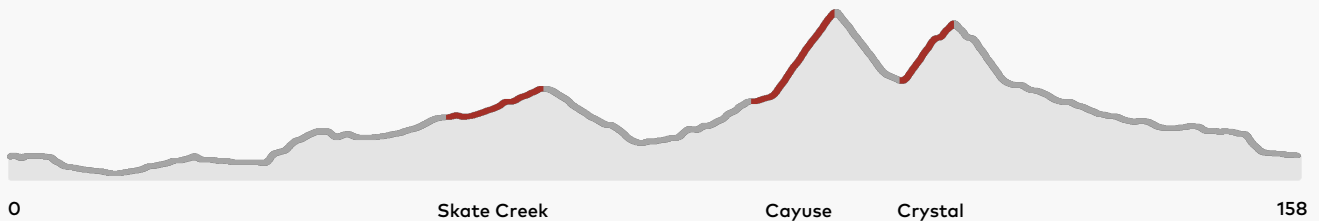
[Download GPS Map](#)





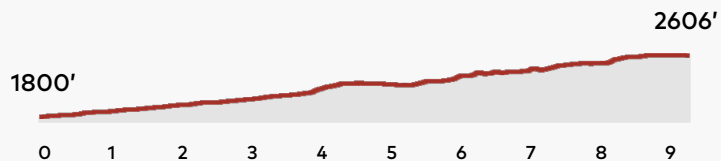
# CLIMBS

A preview of the three major climbs on the RAMROD 2023 route and their characteristics.



## SKATE CREEK

Making its sixth appearance in RAMROD, the tree and waterfall-lined pass between Ashford and Packwood is the ideal warm-up for the big climbs that follow.



9.3 mi  
distance

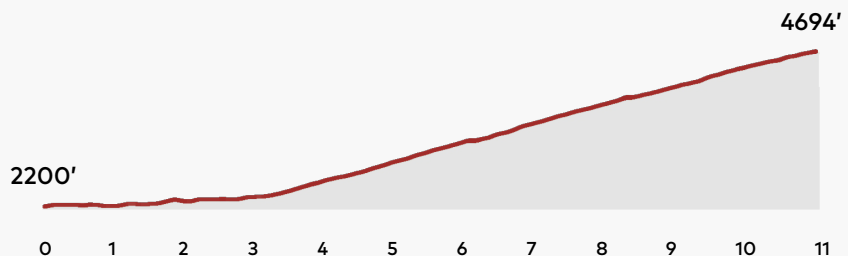
820 ft  
elevation gain

1.3%  
avg grade

5.4%  
max grade

## CAYUSE

RAMROD's grand climb reaches up to Cayuse Pass coming deep into the route and often with the warmest temps out on the course.



10.8 mi  
distance

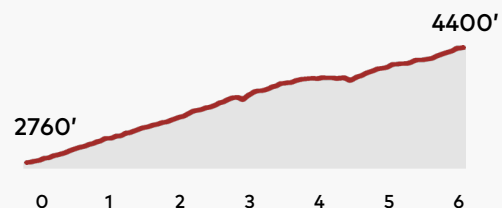
2,548 ft  
elevation gain

4.7%  
avg grade

8.3%  
max grade

## CRYSTAL

Climb up to an alpine valley that is the home to Crystal Mountain Ski Resort before the long downhill return to the Finish Line in Enumclaw.



6.2 mi  
distance

1,663 ft  
elevation gain

4.8%  
avg grade

8.4%  
max grade

# FOOD & WATER STOPS

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We have your hydration and nutrition covered – perfectly tuned and honed after decades of experience on the mountain provided by volunteers with care.

**Eatonville, mile 32 - open 6:00 - 10 am:** Mini \muffins (homemade!), coffee (the regular brewed stuff) and accessories, water and Gatorade Glacier Freeze. (NOTE: Gatorade will be made half-strength at all stops; there will be powder available if you want to spike yours but you may need to ask), Port-O-Johns.

**Food Stop, mile 51- open 7:30 - 11 am:** Bagels with cream cheese, peanut butter, jam, and/or honey, RR cookies—new baker this year! Belgian dark choco chip/oatmeal/coconut/orange (trust us!) and raisin/oatmeal (yes, that's raisin not craisin), pretzels, fruit: bananas, grapes, nectarines, watermelon, cantaloupe, honeydew, water and Gatorade Glacier Freeze, Port-O-Johns. Also small zippies to pack snacks.

**Intersection of 12/123, mile 86 - 9:00AM – 4PM:** Bagels with spreads, fruit, choco croissants, taters with salt bar and/or Parm, water, Gatorade Glacier Freeze, ICE, Port-O-Johns. NOTE: no cookies at this stop but there are small zippies and Tums (for cramps and/or upset stomachs).

**Deer Creek, mile 97.5 - open 10:30 am - 5 pm:** Water, Gatorade Glacier Freeze, ICE, Tums, Port-O-Johns.

**Cayuse Pass, mile 101.5 - open 11 am - 6 pm:** Water and Gatorade Glacier Freeze, Port-O-Johns. NOTE: there are no other services at Cayuse—keep rolling downhill to the Deli.

**Deli, mile 110 - open 11 am - 6 pm:** Made-to-order sandwiches, RR cookies, fruit, chips and pretzels, pickles & pickle juice shots (bread and butter this year), soda, OJ, V8, Gatorade Glacier Freeze (if you can still stand it by this point), ice, water, Port-O-Johns.

**Crystal Turnaround, mile 116 – No services.** Use Deli before or after.

**Finish Line, mile 158 - Open until 8 pm:** Ice cream truck (included in your event fee), soft drinks, chips, showers—bring your own towel, massage (additional fee).

What is not provided at stops: OTC pain relievers such as ibuprofen, acetaminophen or sunscreen.



# SAFETY & SUPPORT

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## TECHNICAL ASSISTANCE

Mobile bike technicians from Velofix are available at the Start Line and throughout the course. Look for their red and black vans stationed at stops throughout the day. Velofix is supported by riders for services rendered.

## FRONT & REAR LIGHTS

Lights are required to enter the Park and enter the Cayuse Tunnel. If you have forgotten a light or yours is no longer working, you may be able to purchase one from a bike mechanic.

## RIDER ASSISTANCE

If you or your bike are unable to complete the ride, you can flag a RAMROD Safety & Support vehicle for transportation back to the Finish Line.

## MEDICAL ASSISTANCE

Medical assistance is provided throughout the course via roaming Safety & Support vehicles and Ambulances.

## COURSE TIME CUT-OFFS

For your safety, we will be enforcing course cut-off times this year:

Start Line:	5:00am - 7:00am
Eatonville Stop:	CLOSE at 10:00am
Food Stop:	CLOSE at 11:00am
SR123 Food Stop:	CLOSE at 4:00pm
Deer Creek Water Stop:	CLOSE at 5:00pm
Cayuse Pass Checkpoint:	CLOSE at 6:00pm
Deli Food Stop:	CLOSE at 6:00pm
Crystal Turnaround:	CLOSE at 6:30pm
Finish Line:	CLOSE at 8:00pm

Note: At 8:00pm, all support for the ride ceases. If riders are not complete by then, they will be given the option of either getting picked up and returned to the start line or else remove their bib and proceed further on their own.





# FINISH LINE

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After rolling across the finish line, it's time to relax, celebrate and enjoy a refreshing ice cream bar, cool drink, a shower and maybe a post-ride massage. The finish line is also the best place for friends and family members to see you out on the bike and celebrate your accomplishment with you.

## SERVICES

Ice Cream Truck

Drinks & Snacks

Sign the RAMROD Poster

Shower

Massage\*

\*Massages offered for a fee by  
Washington Sports Massage Association



# RAMROD POSTER

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Look for the RAMROD 2023 Poster at the Start-Finish Line to sign and leave a message from your big day!

July 26th, 2018

RIDE AROUND MOUNT RAINIER IN OREGON



After RAMROD, you can bid to own the poster and a bit of cycling history with signatures from the riders and volunteers who brought it to life!

Proceeds from the RAMROD Poster go towards our community giving efforts.



# RAMROD JERSEY

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Celebrate your RAMROD ride this year with our unique and special 2023 jersey! we were inspired to reach back to the golden era of cycling in the 1950s before carbon fiber, helmets and electric shifting. The illustrated posters of cycling and a color palette appropriate to our recollection of the art and promotion became the basis for this year's jersey. To blend past and present, we also chose to celebrate the progress women have been making in endurance cycling and at RAMROD with the first representation of a woman cyclist on a RAMROD jersey. Over the past 7 years, the number of women taking part in RAMROD has increased 1% each year and we don't see that trend slowing down one bit.

We also celebrate RAMROD's classics Cayuse Pass climb and descent this year. On the rear panel is a depiction of the straight stretch of road on the climb before the final curves announcing the conclusion of the climb. On the front panel, we see the start of the long descent to the Deli just after conquering the climb.



# VOLUNTEERS

**Thank you** to our incredible volunteers who come together each throughout the year to plan and execute RAMROD, look after the safety and well-being of our cyclists and provide support and encouragement throughout the day.

Whether out on the course or working behind the scenes, we greatly appreciate your expertise, contributions and dedication.





# MORE INFO

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We have several ways for you to learn more about RAMROD, stay current with the latest information and take part in the RAMROD community online.



## RCC WEBSITE

Visit our home online to learn more about RCC, RAMROD, and other rides

[RCC Link](#)



## RAMROD ON FACEBOOK

Read the latest info and exchange comments with other riders online

[RAMROD Facebook Link](#)



## STORIES

Learn about RAMROD's history and get inspired by the sights and sounds of previous events

[RAMROD Stories Link](#)



## FAQ

Common questions and answers can be found online at the RCC website

[RAMROD FAQ Link](#)



## RCC ON STRAVA

Join the RCC community on Strava

[RCC Strava Link](#)

# CONTACT INFO

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General Inquiry

[info@redmondcyclingclub.org](mailto:info@redmondcyclingclub.org)

Registration

[registrar@redmondcyclingclub.org](mailto:registrar@redmondcyclingclub.org)

Volunteer Coordinator

[volunteer@redmondcyclingclub.org](mailto:volunteer@redmondcyclingclub.org)

Food & Nutrition

[foodwrangler@redmondcyclingclub.org](mailto:foodwrangler@redmondcyclingclub.org)

Jersey Coordinator

[jerseys@redmondcyclingclub.org](mailto:jerseys@redmondcyclingclub.org)

Event Day Emergency Phone

206.920.7072





Thank you for being a part of our RAMROD community.

