



RAMROD 2023 SAFETY SUPPLEMENT



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This supplement contains the latest information and recommendations for your safety out on the course.

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SELF ASSESSMENT

We're excited that you've chosen to challenge yourself with RAMROD! This event is special to us and has been part of Northwest cycling for 38 years.

Now that we're a couple of days away from event day, it's important that you have access to all of the information about the ride, support, road conditions and weather so that you can plan properly and achieve your goals.

The RAMROD experience was defined in 1984 and hasn't deviated much since from the original vision. RAMROD is a serious endurance event and the challenge is built into the course's mileage, the impressive mountain climbs asking you for 10,000' of climbing and the need to strategize when to expend energy, when to recuperate and when to replenish.

Whether this is your 10th RAMROD or your 1st, these final days prior to the ride are the time for each rider to self-assess their readiness and comfort in taking on the challenge this year. You'll need to review your training program, the readiness of your bicycle, your comfort with the temperatures expected on the course and the feeling in your legs.

If in your self-assessment you have significant doubt or concerns then you should lean towards prioritizing your safety & well-being and withdraw from the event.

This mountain - this event - will be here next year and the years to come.

Thank you,

Redmond Cycling Club

ROAD SAFETY REPORT

We are providing this to you to inform you of a few unique safety issues on the 2023 course:

1. **MP 0-40:** You will encounter heavy commuter traffic from Enumclaw to Eatonville: This area is developing and there is a notable increase in motor vehicle and truck traffic. To work with the communities along the first 40 miles, it is essential that you maintain single file and avoid delaying traffic. This is important both for safety and the good will with the communities on the route.
2. **MP 10:** Narrow bridge. No shoulder, hard sides and narrow lanes. Approach carefully and watch for traffic both ways
3. **MP 13.3** Orting Rd. turn: You are turning left across traffic on a blind curve on a 50 MPH roadway; traffic in this area has increased in recent years. Exercise extreme caution approaching and turning at this intersection. Course marshals will be present to warn you and approaching motorists.
4. **Hy 706 between Elbe and Ashford:** Heavy gravel deposits throughout this area on the shoulder. This may make riding on the shoulder difficult or impossible. We are working with WSDOT to get this cleaned up but there is no guarantee. Exercise extreme caution and watch for traffic.
5. **Skate Creek Road:** While in better condition than previous years, this road still has a lot of rough spots. Be cautious and keep a close watch. Pay attention to on-coming traffic as you approach curves and blind spots – do not get caught exposed to traffic in the middle of these small roads.
6. **12/123:** This is an ultra-hazardous intersection, as you will be crossing three lanes of high-speed traffic while going uphill. This intersection is flagged, please do not cross until directed to do so by the flagger.
7. **Mud Mtn Dam Rd.** This road is in terrible condition and at one point is narrowed down to one lane. Be alert and attentive to road conditions and control your speed.

SAFETY HIGHLIGHTS

A set of **very** important insights to keep in mind to enhance your safety while riding.

RIDING WITH COMMUTERS IN THE MORNING

We are guests riding through the communities along our route. You will be sharing the road in the morning from Enumclaw to Elbe with commuters and logging trucks. It is vital that everyone ride single file and be considerate of both vehicle traffic and fellow cyclists. With each year, the number of cars on the road has increased making this issue more important.

Groups that are familiar riding two-abreast must follow the single-line rule.

Our ride marshals and SAG vehicles have been asked to monitor our cyclists and will warn on poor decision-making and will remove riders for repeat warnings.

USE CAUTION AT THE ELBE TRACKS

You'll encounter multiple train tracks before and after Elbe. This is the time to slow down, communicate with riders around you and approach the train tracks safely.

ABOUT THOSE PACELINES

If you are experienced riding pacelines and you know the other riders are experienced and familiar, then a paceline can be safe and rewarding.

If you are not experienced riding in pacelines or you are contemplating joining other riders, please don't.

SAFETY RULES

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 Headphones Allowed

To be able to react to riders, cars and pedestrians, you must be able to hear them. Wearing headphones is a cause for removal from the event.

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 to be familiar with state laws.

ROUTE OPTIONS



The design of the 2023 RAMROD course incorporates an out-and-back climb to the Crystal alpine valley. Our Deli stop is placed at intersection of the Crystal climb start and the final route to the finish line 37 miles away. You have the option to stop before or after the Deli before you climb to Crystal and you are welcome to stop twice before and after!

This climb to Crystal represents 12.4 miles and 1,663 ft of climbing. When you arrive at this point on the course, you have the option to skip Crystal and create a 146 mile / 8,437' route option for yourself. Keep this in mind as you assess your condition at this stage on the route.



Thank you for being a part of our RAMROD community.

