

25-MILE RIDE EVENT GUIDE



WELCOME TO FRED HUTCH OBLITERIDE!

We're so excited you've joined this powerful community to ride, have fun, and help cure cancer faster! This guide has all the details you need to get ready, stay safe, and have a great weekend.

We have an amazing event planned! Expect delicious food, scenic routes, outstanding music, and an unforgettable community. To our returning Obliteriders: Welcome back! And to our first-year participants: We are so glad you're here. You've fundraised, put in the training, and reflected on what Obliteride means to you. Now it's time to rally together and celebrate.

Thank you for supporting the groundbreaking work happening at Fred Hutchinson Cancer Center. Together, we are improving and saving lives.



WHAT YOU'LL FIND IN THIS GUIDE:

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YOUR START LINE INFO

SATURDAY, AUGUST 12

Start Line: University of Washington, [E-18 parking lot](#)

Start Time: 8:30 a.m.

Please note: Routes depart promptly at the start time. We do not advise riders to start after that time, as scheduled safety measures and route support will not be in place. Please arrive at least 30 minutes before your start time.

WEEKEND SCHEDULE

FRIDAY, AUGUST 11: FRIDAY NIGHT PARTY

[Gas Works Park](#)

2101 N. Northlake Way, Seattle, WA 98103

Entry into the Friday Night Party is included for all registered participants and includes food and beverages. See page 5 for details on tickets for guests and virtual Obliteriders.

TIME	TO DO
3 p.m.	Packet pick up opens.
4 p.m.	Doors open! Celebrate with great food, drinks, and music.
5 – 8 p.m.	Dinner buffet service.
6:45 – 7 p.m.	Obliteride program.
9 p.m.	Friday Night Party ends and packet pick up closes.

SATURDAY, AUGUST 12: OBLITERIDE DAY

Start Line: [UW Parking Area E-18](#)

Montlake Blvd. NE, Seattle, WA 98105

Finish Line: [Gas Works Park](#)

2101 N. Northlake Way, Seattle, WA 98103

TIME	TO DO
7:30 a.m.	Packet pick up opens and breakfast buffet service begins.
8:10 a.m.	Line up in the chute.
8:30 a.m.	25-mile ride starts.
9:30 a.m. – 6 p.m.	BBQ lunch buffet, music, and drinks at the finish line.
9:30 a.m. – 6:45 p.m.	Shuttle service back to the start line available.

All times subject to change.



WEEKEND REQUIREMENTS

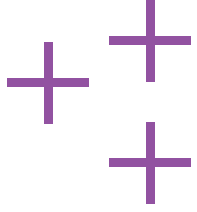
- Bring and carry a photo ID.
- Keep your wristband on at all times throughout Obliteride Weekend (this is your ticket and identification for Friday and Saturday).
- Download [TraQCentral](#) for on-route support and safety. See page 8 for details.
- Follow all posted signs.
- Respect fellow Obliteriders.
- Obey all WA state bicycling rules of the road.
- Pets (excluding service animals) are not permitted on ANY Obliteride course or at our Friday Night Party or Saturday Celebration. This policy will be strictly enforced.



NEED HELP FINDING YOUR WAY?

Check out our digital venue maps!





TRANSPORTATION

FRIDAY NIGHT PARTY

Parking can be limited near the venue, so please plan accordingly — consider riding your bike, carpooling with teammates, or taking public transportation. Complimentary secure on-site bike parking will be available.

Participants that ride their bike to the Friday Night Party can stop by the **mechanic tent** for a quick fix while they party. Drop your bike with the mechanic when you arrive and pick up your repaired bike before you leave.

Please note: Mechanic services will be provided on a first come, first served basis and will be available for basic repairs. Due to limited time, large or custom mechanic work will not be available. All bikes must be picked up at the end of the party, overnight bike storage is not available.



OBLITERIDE DAY

Complimentary parking will be available for participants near the start line, in the [UW Parking Area E-1](#) [Walla Walla Rd., Seattle, WA 98105].

We also encourage Obliteriders to carpool and take public transportation. The start line is located by the [E-18 parking lot](#) near the University Light Rail Station. King County Metro Bus lines serving the University of Washington and UW Hospital are also close by.

SHUTTLES

On Obliteride Day, shuttles will be running from 9:30 a.m. — 6:45 p.m. to transport participants from the finish line at Gas Works Park back to the UW start line. Schedules and pick up locations will be shared on site.

Special thanks to Microsoft for their support of this year's shuttles.



PACKET PICK UP

All participants MUST visit packet pick up to receive their participant credential sheet, bike plate, and Obliteride jersey. Pick up locations are available at the Friday Night Party OR on Obliteride Day at the start line, prior to your start time. Here's everything included in your packet:

BIKE PLATE

Place the bike plate on the front of your bicycle. **This is required of all cyclists.** Bike plates are used for safety and tracking purposes.



CREDENTIAL SHEET

This sheet has everything to identify you on Obliteride Weekend. It includes your:

- **Wristband** — **Participants must wear their wristband at all times during Obliteride Weekend.** This will get you access to all Obliteride festivities and amenities.
- **Bike Tag** — Wrap your bike tag around the seat post of your bike and use the adhesive to secure. This tag helps identify you and your bike on-route and at bike parking.
- **Bag Tag** — Use the bag tag to have your bag transported from the start line to the finish line on Obliteride Day. Tag your bag, then drop it at the start line bag check tent. You may pick it back up at the bag check tent when you finish.
- **Name Tag** — Wear your name tag during the Friday Night Party and on Obliteride Day to connect with your fellow Obliteriders.
- **Helmet Sticker** — Place the helmet sticker on the front of your helmet to help identify you while you are on the course.



OBLITERIDE CYCLING JERSEY

Don't forget to wear your jersey on Obliteride Day to show your Obliteride spirit! **All jerseys will be distributed at packet pick up.**



WEEKEND DETAILS

GUESTS

Obliteride is a celebration! Invite your friends and family to cheer you on!

- **Friday Night Party** — Guest tickets can be [purchased online](#) through Thursday, August 10, or at Gas Works Park on Friday, August 11. The price is \$50 for adults [21+] and \$35 for youth [ages 10 – 20]. Kids [ages 0 – 9] get in free. Youth and kids must be accompanied by an adult. Guest tickets include food and beverages.
- **Obliteride Day** — Guests are invited to cheer participants on at the Gas Works Park finish line. Tickets will be available at the door. Adults [21+] can enjoy food and beverage for \$35, youth [ages 10 – 20] for \$30, and kids [ages 0 – 9] are free! Spectator tickets are free and do not include food or beverages.

FOOD AND BEVERAGES

Riders enjoy food and beverages all weekend!

- **Friday Night Party** — A dinner buffet, dessert, beer, wine, and non-alcoholic beverages will be served and are included for all participants and ticketed guests.
- **UW Start Line** — A breakfast buffet, coffee, and water will be available for all participants beginning at 5:30 a.m.
- **Gas Works Park Finish Line** — A BBQ lunch, beer, wine, and non-alcoholic beverages will be waiting for you and are included for all participants and ticketed guests.
- **Rest Stops** — Snacks and water will be provided along the route at rest stops.

Vegan, vegetarian, gluten-free, and dairy free options will be available with all food offerings on Obliteride Weekend. Some food items MAY contain traces of peanuts, soy or other allergens. Participants with specific dietary restrictions should consider bringing their own nourishment to ensure they can stay fueled along their routes. **Outside beverages are not allowed at the Friday Night Party or Finish Line Celebration. Hydration will be available inside the venues.**

BAG CHECK AND BIKE SHUTTLE

Bag check will be available during the Friday Night Party. Simply check your bag at the bag check tent for secure storage while you enjoy the party. On Obliteride Day, bag check will be available at the start line. Use the bag tag provided on your credential sheet and drop your bag at the bag check tent. Checked bags will be transported to the finish line for participants to retrieve when they finish.

Bike shuttles will be available to transport your bike from the finish line back to the start line. Simply leave your bike in the designated bike parking area at the finish line and our team will carefully transport it back to the start line while you enjoy the finish line celebration.

RECOVERY

After you cross the finish line, stop by the soothe and stretch tent for recovery services from HIDEF Physical Therapy or at the top of every hour to join a short, beginner-level yoga session with a focus on stretching and recovery led by The Yoga Shala.

SAFETY

Obliteride is a bike ride, not a race, and safety is our top priority. Please practice patience on the routes. Obliteride is for all ability levels. Your fellow participants might not have experience riding in large groups or over long distances — but, just like you, they are passionate about helping to cure cancer faster! **Note: Finishing times will not be provided.**

EMERGENCY CONTACT INFORMATION

Please [notify Obliteride](#) of any changes to your emergency contact information. You will also have the opportunity to confirm your emergency contact information with an Obliteride volunteer when you pick up your packet. Accurate emergency contact information is essential and will be used in the case of an emergency.

MEDICAL

Medical personnel will be present at the start line, along the route and at the finish line to provide medical attention to any riders, runners, walkers, volunteers, or spectators. Please use these services for any non-emergency medical needs. **In the case of a medical emergency, please call 911.**

CYCLING ETIQUETTE

We ask all riders to follow common cycling etiquette to ensure a safe environment for everyone.

- All cyclists are **REQUIRED to wear a helmet** at all times during their ride.
- All cyclists must be 18 years or older to participate.
- Bike trailers, pets, or children are not allowed.
- Obliteride is a rules-of-the-road bike ride. This means that cyclists **MUST** follow standard traffic rules while cycling on-route. Stay to the right, obey all traffic signals and stop signs, and be cautious of vehicle traffic.
- Use hand signals to indicate that you intend to turn.
- Headphones, phones, radios, and other devices are **NOT** permitted while riding.
- Stay on the marked route, cooperate with law enforcement, and stay right for emergency vehicles.

WHAT TO PACK:

- Bicycle [tuned up and ready to go!]
- Helmet [required]
- Rider credential sheet
- Photo ID [for safety; also required for packet pick up; alcohol service]
- Two full water bottles
- Cell phone
- Navigation device [optional]
- Energy food/bars, hydration mix [also available along the route]
- Sun protection [sunscreen, sunglasses, etc.]
- Change of clothes/shoes: Packed in a bag and ready to check at the start line
- Rain gear/plastic or waterproof bag for your phone, keys, etc.

SAFETY (CONTINUED)

SAG (SUPPORT AND GEAR) VEHICLES

SAG vehicles will be available along the route to provide support to cyclists. If you need assistance on-route (mechanical issues, non-emergency medical assistance, help with directions, etc.) a SAG vehicle can be dispatched to your location to assist. You can request SAG support in one of two ways:

1 TraQCentral

TraQCentral is a phone-based app that serves as the primary tool for riders to receive support on-route. Before Obliteride Day, download the [TraQCentral](#) app. On Obliteride Day, open the app before you start your route, and leave it running on your phone. The app uses minimal battery power and will not drain your battery while you ride. If you need support during your ride, open the app and select “Request Assistance.” The app will notify our support team and will send help to your exact location. The app will update you on the status and progress of your requested support. [Learn more](#) about TraQCentral and how to use it.



DOWNLOAD TRAQCENTRAL!

Go to your app store or scan the QR code.



2 Obliteride Helpline

Participants can also call the Obliteride helpline at **1.833.988.7853** and someone from our support team will answer to assist. This number is also on your participant wristband.

BIKE MECHANICS

Make sure to visit your local bike shop before Obliteride to get your bike ready. On Obliteride Day, mechanics will be available at the start line and rest stops for quick fixes and repairs.

- **E-Bikes** — We cannot guarantee mechanical or SAG support for e-bikes. Our mechanics and SAG vehicles are trained and equipped for standard bike repair and transportation. If you are riding an e-bike, make sure it is fully charged before your ride (charging stations will not be available), bring basic repair supplies, and arrange backup transportation.

REST STOP SUPPORT

Rest stops will be located every 10 – 15 miles along the route. Snacks, beverages, restrooms, medical support, and bike mechanics will be available at each rest stop.

FRIENDS AND FAMILY TRACKING

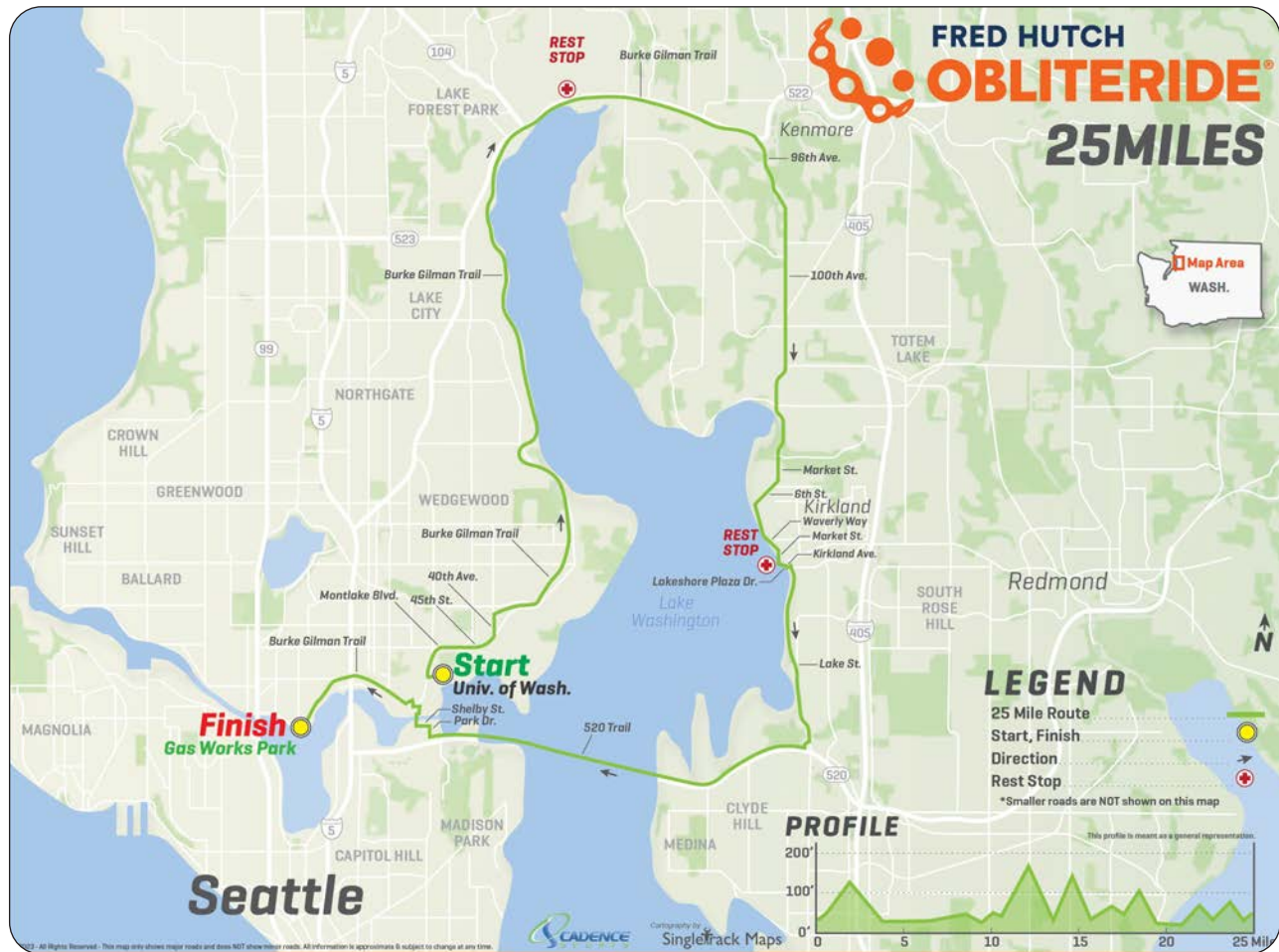
Share your location along the route with your friends and family using the [TraQCentral](#) safety app. Use this feature to share your ride progress and photos to receive shout-outs from your friends and family at home. [Watch this video](#) for instructions on setting up this feature.

IMPORTANT: If you or another participant is having a medical or safety emergency, call 911 immediately.

Please call the Obliteride helpline after you have called 911.



NAVIGATION



ROUTE SIGNAGE

The course will be fully marked with signage. You will see signage to signal turns, help confirm that you are on the correct route, and warn you when you must proceed with caution.

RIDE WITH GPS

Ride with GPS files are available for riders to review and download to their personal navigation systems. Updates are possible, so **please download the route ON the morning of Obliteride** so that you have the most current route files.

**DOWNLOAD THE
25-MILE ROUTE**

Printed cue sheets will NOT be available on-site.

If you wish to use a printed cue sheet, please print it in advance via Ride with GPS and carry it with you. [Tip: A Ziplock bag will protect this, and your phone, in case of rain.]

Due to external factors [such as weather, road conditions, construction, etc.] all timing and routes are subject to change.

THANK YOU

Above all, stay safe and HAVE FUN! We're so glad you're part of Obliteride this year. And, be sure to post and tag your photos on social media [#Obliteride/@Obliteride] all weekend long so that your friends, supporters, and community can celebrate your accomplishment!

If you have any questions, visit Obliteride.org or reach out to our team by emailing obliteride@fredhutch.org or calling 206.667.RIDE (7433).

SEE YOU THERE!



THANKS TO OUR GENEROUS SPONSORS

