

## Break the Stigma – Washington State October 20 & 21, 2018

### I. THE ROUTE

#### DAY 1:

#### SATURDAY OCTOBER 20<sup>TH</sup> “THE ISLAND HOPPER”

Start in Anacortes (see logistics below) arrive with bike in time to be on the 9:30 AM ferry, which arrive on San Juan Island at 10:35 AM. We will explore the Island – several historical places to go, and we will have two options – leisurely and historic or ride as far as possible. We will end in Friday Harbor – for sightseeing. We will leave on the 4:15 PM ferry, which briefly stops at Lopez Island at 5:00 P.M., and arrive Anacortes 5:40 PM, just as the sun is setting.

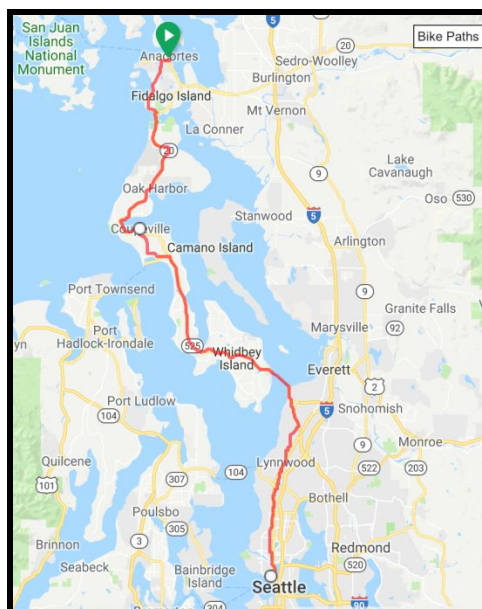
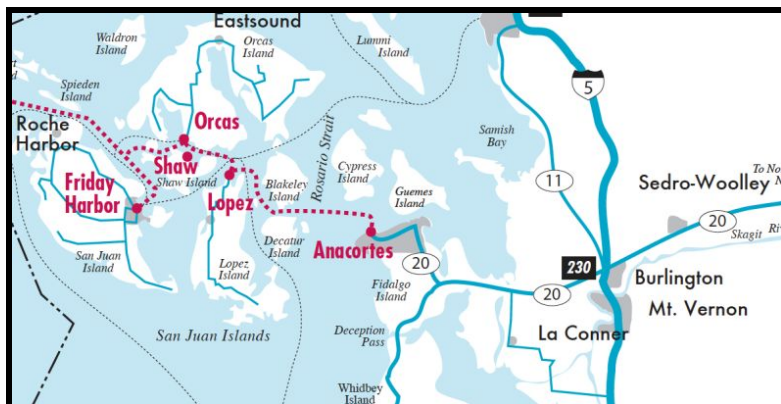
#### Day 2:

#### SUNDAY OCTOBER 21<sup>ST</sup> ANACORTES TO SEATTLE

Start in Anacortes, and ride ~90 miles south to Seattle. Expect some hills! This scenic route through Fidalgo and Whidbey Islands includes a ferry ride between Clinton and Mukilteo.

86 miles of riding (all downhill – see map) with 4,800 feet of climbing here we go. For the GPS route, click [here](#).

A SAG wagon will be available along the route.



### II. THE LOGISTICS

- When you arrive in Seattle, we suggest that you **leave your luggage** with the concierge of your hotel for the AACAP week.
- Bring along only a **small overnight bag** with you: although we will have a car to carry our luggage, space will be very tight and limited, so please pack accordingly (e.g. PJ's, change of cycling wear, comfortable informal wear. No grand pianos please.)
- The **starting point** for both days will be in **Anacortes**. Anacortes is 90 miles north of Seattle, and an easy Amtrak ride to Mount Vernon gets you to about 17 beautiful miles away. There are [multiple ways to get to Anacortes from Seattle by train, bus](#), or private vehicle. There is a [shuttle to Anacortes directly from SeaTac airport](#). If you plan to take your bike on the train, please be sure to reserve one of the limited bike spots when buying your one-way train ticket. Consider partnering with someone driving from Seattle – we will set up an email connection to discuss once people sign up. Take into account one person needing to drive the vehicle back to Seattle. For **train times and reservation** details, please visit [Amtrak Cascades](#). Plan on getting there Friday.
- **If you don't have a bike on site**, or prefer not to fly yours in, it is easy and inexpensive to rent a road bike in Seattle, and we recommend [Pedal Anywhere Seattle](#). They know about our ride and will be ready to take your reservation, which includes getting your custom-sized bike to Mt. Vernon. You can reserve and pay online, or **call Patty at Pedal Anywhere**, at (206) 823-7314.
- **Riders should plan to sleep over in Anacortes on the night(s) preceding their ride(s):** Check-in on Friday the 19<sup>th</sup> or Saturday the 20<sup>th</sup>; check-out on Sunday the 21<sup>st</sup>. We will have a "team meeting" on Friday at 6:30 pm in the lobby of the [Sunrise Inn](#), and those who would like to can have dinner together. We suggest [Adrift](#), and will make a reservation if there is enough interest.
- **There are only a few hotel options in Anacortes. Please make your own reservation.** Our preferred hotel and departure point will be the [Sunrise Inn](#) (\$119/night),
- In case of no availability, alternatives include the [Anacortes Inn](#) and the [Islands Inn](#).
- **We will meet at the ferry terminal by 9:15 am on Saturday, and will leave from the Anacortes Sunrise Inn hotel (905 20th St, Anacortes, WA 98221) at 8 am sharp on Sunday.**
- We will return to Anacortes after the first day's ride; we will end back in Seattle on the second day.
- Our **end-point** and reunion point once back in Seattle on Sunday late afternoon / evening will be at the **McMenamins Queen Anne Tavern (200 Roy Street #105)**. We will wait there until all riders return safely.
- **If you rented a bike from Pedal Anywhere, please plan to keep your bike overnight with you. Bike returns will be at 9AM on Monday, October 22nd, at the lobby of the AACAP Convention Center.**