

# 100 MILE



## WELCOME TO OBLITERIDE

Fred Hutch's Obliteride is five, and it's time to celebrate! You are part of a passionate community that is set to have a lot of fun on Obliteride weekend. Expect delicious food, scenic rides, connections with new friends, helpful volunteers, and great music. When you are among the sea of Obliteriders, you'll know that you are helping Fred Hutch cross the most important Finish Line yet – curing cancer. To returning Obliteriders, thank you and welcome back. To new riders, this is going to be memorable, and we're excited to have you join our powerful community. Over the last four years, we've had 35,000 Obliteride donors contribute **MORE THAN \$9 MILLION** to cancer research at Fred Hutch.

Kelly O'Brien, VP, Philanthropy  
kelly@fredhutch.org

Andrea Gomes Morrison, Director, Obliteride  
agmorrison@fredhutch.org

## WAVE 2

**YOUR RIDE STARTS**

**FRED HUTCH**

**7:30 A.M.**

**SUNDAY**

## WEEKEND TIPS

### LOCATIONS

#### Friday

##### Gas Works Park

2101 N. Northlake Way, Seattle, WA 98103

#### Sunday

##### Fred Hutch (Start Line)

1100 Fairview Ave. N.  
Seattle, WA 98109

##### Gas Works Park (Finish Line)

2101 N. Northlake Way  
Seattle, WA 98103

### Requirements

- Carry a photo ID
- Follow all posted signs
- Respect fellow riders
- Wear your ORANGE rider wristband
- Obey all WA state bicycling rules of the road

### PARKING

#### Friday Night

Park on Fred Hutch campus. Space is limited. Shuttles run to/from Gas Works Park every 15 minutes, starting at 3 p.m., with the last return from Gas Works Park at 10:15 p.m.

#### Sunday

1. Limited parking is available at Fred Hutch.
2. We recommend carpooling. Participants can also be dropped off at Fred Hutch.
3. While heading north on Fairview Ave. N., turn right on Aloha and follow the signs.
4. Follow signs to the Start Line.

### WHAT TO PACK

- Bicycle
- Helmet (required)
- Rider wristband
- Rider numbers (your all access pass)
- Rider numbers (helmet tag, body bib, front and rear license plates and RFID strip)
- ID (beer garden access; packet pick-up)
- 2 full water bottles
- Energy food/bars (also available along the route)
- Sunglasses
- Change of clothes/shoes
- Towel, toiletries and shower shoes
- Rain gear

### OTHER SERVICES

#### Bag & Bike Check, Sponsored by Skanska

Available at Gas Works Park Friday and Sunday, and Fred Hutch Sunday morning. Bags checked Sunday morning will be transported to Gas Works Park for pick-up at the Finish Line. Tag your gear with the bag tag at the bottom of your body bib.

#### Food & Beverage

Riders enjoy free food and beverages all weekend. A limited number of guest meals can be purchased in the ID Check Tent onsite at Gas Works Park Sunday.

#### Free Shower Truck at Gas Works Park

Available at the Finish Line, Sunday 11 a.m. to 7 p.m.

#### Bike Mechanics

Available at the Start Line and rest stops.

#### SAG (Support & Gear)

SAG vehicles will track riders on the routes. Flag one down or call the number on the back of your bib for pick-up.

#### Massage

Available at the Finish Line.

## Rest Stop Support

Food, beverage, restrooms, medical support, bike mechanics every 12 – 18 miles.

## IN CASE OF EMERGENCY, CALL 9-1-1

For anything else, call the Obliteride helpline at: 1.855.854.7679. This number and your emergency contact info are on the back of your bib.

## SCHEDULE

### Friday

Gas Works Park

**3 – 8 p.m.** Pick-up your packet

**4 – 10 p.m.** Celebrate with great food and music

**10:15 p.m.** Last shuttle leaves Gas Works Park

### Sunday

Ride starts at Fred Hutch at 7:30 a.m. and finishes at Gas Works Park.

**6:30 a.m.** Park at Fred Hutch and eat breakfast

**7:10 a.m.** Line up in the chute

**7:30 a.m.** Ride begins

**7:15 p.m.** Last shuttle to Fred Hutch



## GET LABELED



Safety pin your body bib number to the back of your jersey.



Stick your helmet tag to the front of your helmet.



Twist tie your rear license plate to your seat post.



Stick the RFID strip to the top of your helmet, aligning the four pairs of velcro dots.



Zip tie your front license plate to your handlebars.

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