

Technical Guide: Climb for Cancer '09



[For additional information: <http://www.climb4cancer.net>]

Overview

- No fees (event is free to all)
- Non-sanctioned **USA Cycling** event (sorry!)
- Event is 100% charity (donations collected at event or online; but not required)
- **Fred Hutchinson Cancer Research Center** and **Seattle Cancer Care Alliance** are primary recipients (tax-deductible) but you can donate to any charity you like!

Registration

- Day of race registration (okay!)
 - Check-in begins at 8 am (@start)
1. Please endorse release (sign waiver)
 2. Confirm name (you can choose to be anonymous)
 3. Confirm race format (individual, group, or team)
 4. Confirm start time (also emailed prior)
 5. Allow volunteer to pen race number on your right calf

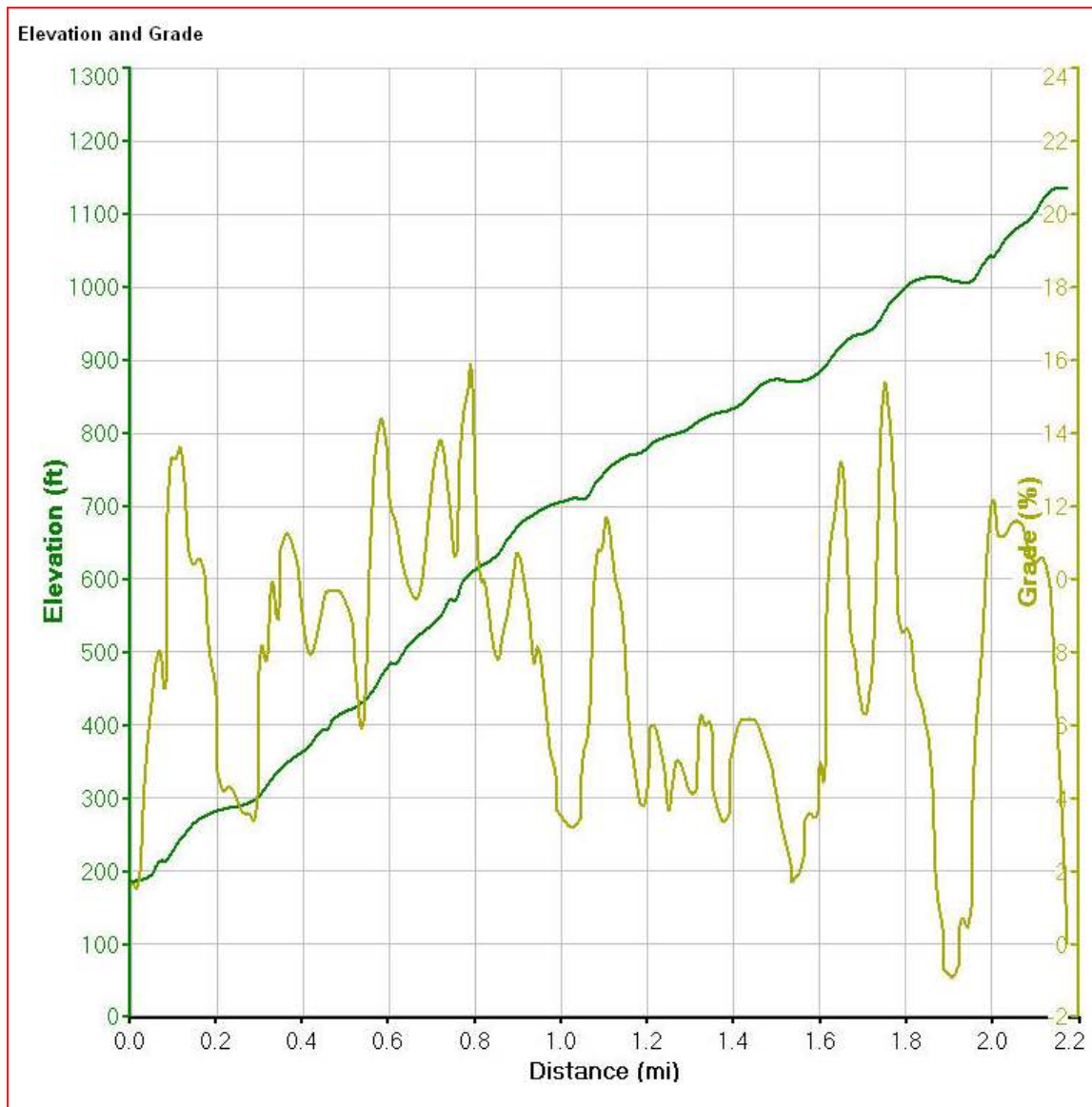
Staging, Start, and Finish

- Sets of riders will lined up in perpetual queue (starting with #1)
- Timing accuracy will be ensured by the following:
 - Name, number, and actual start time will be verified
 - Number and finish time will be verified; please ensure your number is captured by event officials (aka volunteers) who will yell out #s
- First rider(s) goes at 9 am
- Sequential riders will depart at 30-second intervals
- 5-second rolling start prior to actual start time on standing race clock
- Tent will visibly mark finish line

Course Info

- ~ 2 miles; ~1,200 feet of climbing; keep right (only one turn on course)
- Called "Zoo Hill" after the Cougar Mountain Zoo which you pass on your left
- Open to cars during event so be alert and careful; volunteers will moderate traffic for safety

- Start line is one block up SE 54th from Newport Way
- Finish line is ~100 feet before SE 60th and Cougar Mountain Drive (near Open Window School) – look for **Nuun** tent
- Course record is “sub-11:30” minutes
- See elevation and gradient chart below; plan for pain and lactate threshold!



Other

- Please do not park on or near course (residents tend to get animated)
- Please wear helmets
- Prizes will be doled out to 50 total riders and/or teams; consisting of gift certificates from **Branford Bike** and **Veloce Velo** (thank you!)
- Sponsors include **Fuze** for beverages and **Nuun** for electrolytes
- Pictures will be taken and posted on website
- Results will be posted on website
- Volunteers are always welcome!