

MCC BIKE NORTHWEST

San Juan Islands, WA

August 5 -10, 2012

TOUR

Celebrate the beauty of God's creation by biking for five days on the "paradise islets" of the Evergreen State. The San Juan Islands are a delightful archipelago in the Puget Sound, an area of beauty and charm. Great diversity of terrain and scenery await you. Activities are not limited to biking; opportunities for kayaking, bird watching and whale watching abound. The five day trip begins and ends each day at the San Juan County Fairgrounds on San Juan Island. Excursions on Orcas, Shaw and Lopez Islands, as well as two separate days on San Juan Island, will round out the scheduled day trips. We will be camping at the fairgrounds for the duration.

TERRAIN

Rolling hills, steep ascents and descents, narrow twisting roads, and flat country road. A wide range of gearing is necessary. Participants should be in good physical condition. Smooth, rough and gravel road surfaces will be part of the ride. Wide tires or mountain bikes may be preferred. Route alternatives will be provided to make the tour easier or more challenging.

Orcas – Horseshoe-shaped 49-mile route with long, steep twisting hills as well as the most spectacular scenery. For a challenging side trip, tackle the summit of Mt. Constitution—2,000 foot elevation gain in five miles.

Lopez – The flattest island and it retains a rural character with numerous working farms and waterfront parks. The island loop is 32 miles of gently rolling hills and flat, narrow country roads.

San Juan – With a cumulative elevation gain of 3500 feet, it is 39 miles of hilly, winding roads through many harbors along the San Juan Channel. It is also the busiest and most developed of the islands.

Shaw – A small picturesque island offering salt air, pine-scented breezes and serenity to the soul. It is the least developed island and roads have less traffic.

WHAT TO BRING

Bicycle, helmet, extra tube, water bottle, sleeping bag, tent, lawn chair (optional), personal belongings, mug/cup, spending money for Friday Harbor, road snacks, and biking etiquette. Each biker under 18 years of age must be accompanied by a parent or guardian.

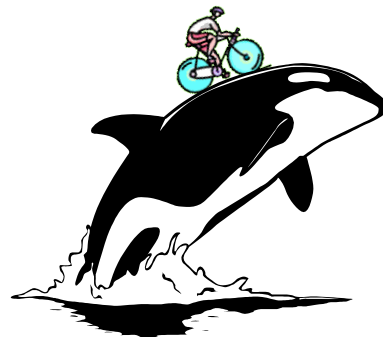
SUPPORT AND ACCOMMODATIONS

Overnight camping will be provided near Friday Harbor on San Juan Island, just minutes from the ferry landing. This will be our home for the week as we take day trips across the ferries to the other islands. Sag support and noon meals will be provided on routes. Dinner and breakfast at camp will be hearty and delicious.

COSTS

The \$375 fee covers nightly accommodations, three meals a day, T-shirt, first-aid, sag and mechanical support. At least half the proceeds will be sent to MCC. Additional donations may be made to support the MCC ministry. Participants are responsible for transportation to San Juan Island in Washington. The nearest airports are Seattle, WA and Vancouver, BC. Fares and schedules for ferry crossing from Anacortes to Friday Harbor can be obtained at <http://www.wsdot.wa.gov/ferries/fares/>.

Scholarships are available to cover half the cost of the ride for the first 10 registrants in the 19-25 year age bracket.



REGISTRATION
Rider Assumption of Risk & Waiver of Claims

I acknowledge that participation in the MCC Bike San Juan Islands 2012 tour is a potentially hazardous activity. I will not participate unless I am medically able to do so, am properly trained and have resources to cover medical cost for injuries that may occur. I assume responsibility for the risks associated with participation in this event, including accidental injury or death resulting from falls, contact with other riders and contact with traffic along the route. I will pay my own medical expenses in the event of accident, illness or other incapacity and will not hold MCC responsible for those expenses or other losses I or my family may incur if I am injured. I waive any and all additional notice of the existence of dangerous conditions associated with the MCC Bike San Juan Islands 2012 tour and assume responsibility to exercise my own judgment in evaluating those conditions.

Please use separate registration form for each participant.

Date _____ Age _____

Participant Name _____

Address _____

Telephone _____

E-mail _____

Allergies/Medical Needs _____

In case of emergency notify:

Name _____

Phone _____

Participant Signature _____

Parent Signature _____
(if participant is under 18 years of age)

T-Shirt (*adult sizes – circle one*)

S M L XL XXL

Send with non-refundable \$50 deposit to:

Trish Handrich
845 Salem Heights Ave S
Salem, OR 97302
trish.handrich@gmail.com

Balance due June 1, 2012
Checks made payable to MCC
Limited to first 60 registered riders