



VASHON ISLAND PASSPORT TO PAIN

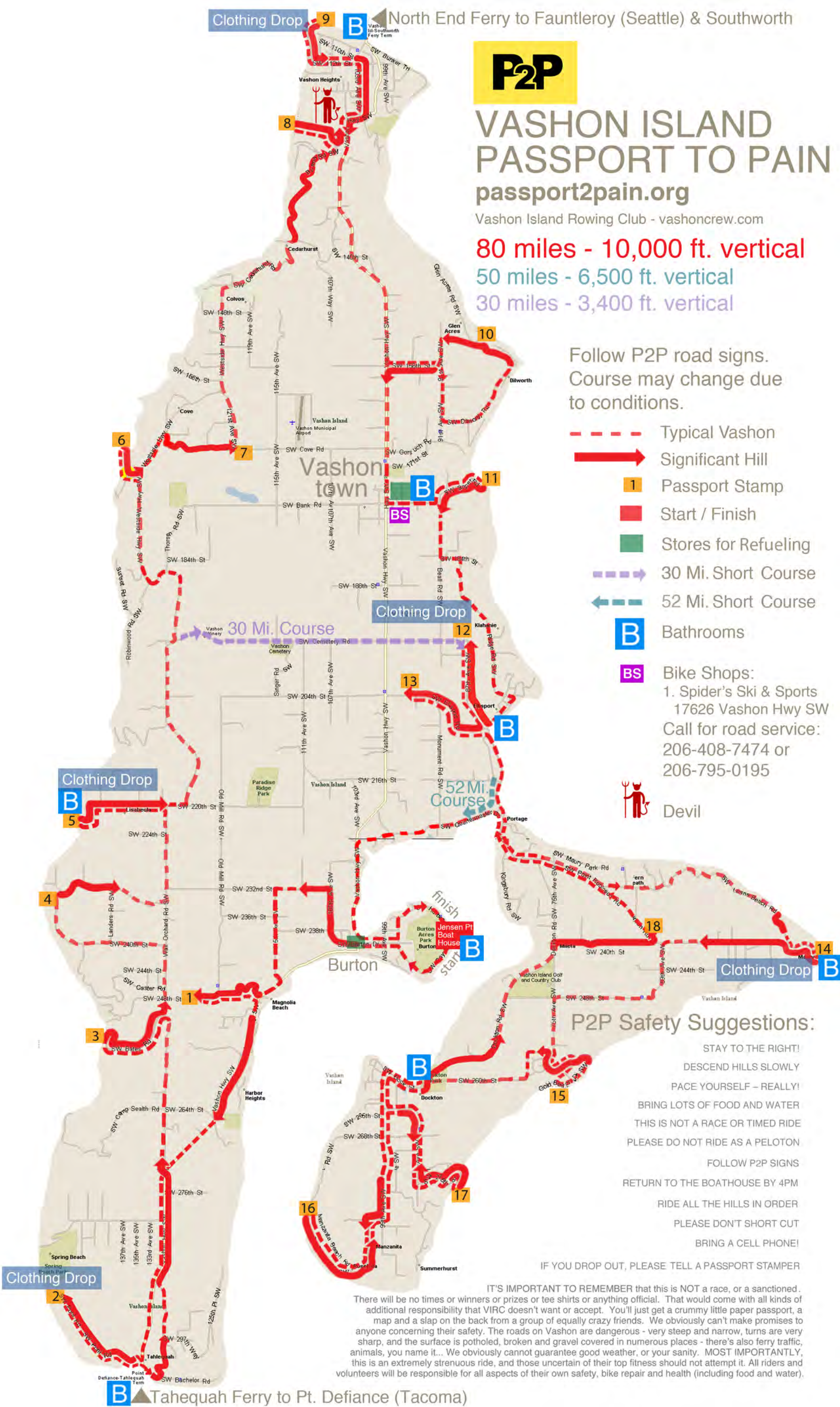
passport2pain.org

Vashon Island Rowing Club - vashoncrew.com

80 miles - 10,000 ft. vertical
 50 miles - 6,500 ft. vertical
 30 miles - 3,400 ft. vertical

Follow P2P road signs.
 Course may change due to conditions.

- Typical Vashon
- Significant Hill
- Passport Stamp
- Start / Finish
- Stores for Refueling
- 30 Mi. Short Course
- 52 Mi. Short Course
- Bathrooms
- Bike Shops:
 1. Spider's Ski & Sports
 - 17626 Vashon Hwy SW
 Call for road service:
 206-408-7474 or
 206-795-0195
- Devil



P2P Safety Suggestions:

- STAY TO THE RIGHT!
- DESCEND HILLS SLOWLY
- PACE YOURSELF - REALLY!
- BRING LOTS OF FOOD AND WATER
- THIS IS NOT A RACE OR TIMED RIDE
- PLEASE DO NOT RIDE AS A PELOTON
- FOLLOW P2P SIGNS
- RETURN TO THE BOATHOUSE BY 4PM
- RIDE ALL THE HILLS IN ORDER
- PLEASE DON'T SHORT CUT
- BRING A CELL PHONE!

IF YOU DROP OUT, PLEASE TELL A PASSPORT STAMPER

IT'S IMPORTANT TO REMEMBER that this is NOT a race, or a sanctioned. There will be no times or winners or prizes or tee shirts or anything official. That would come with all kinds of additional responsibility that VIRC doesn't want or accept. You'll just get a crummy little paper passport, a map and a slap on the back from a group of equally crazy friends. We obviously can't make promises to anyone concerning their safety. The roads on Vashon are dangerous - very steep and narrow, turns are very sharp, and the surface is potholed, broken and gravel covered in numerous places - there's also ferry traffic, animals, you name it... We obviously cannot guarantee good weather, or your sanity. MOST IMPORTANTLY, this is an extremely strenuous ride, and those uncertain of their top fitness should not attempt it. All riders and volunteers will be responsible for all aspects of their own safety, bike repair and health (including food and water).



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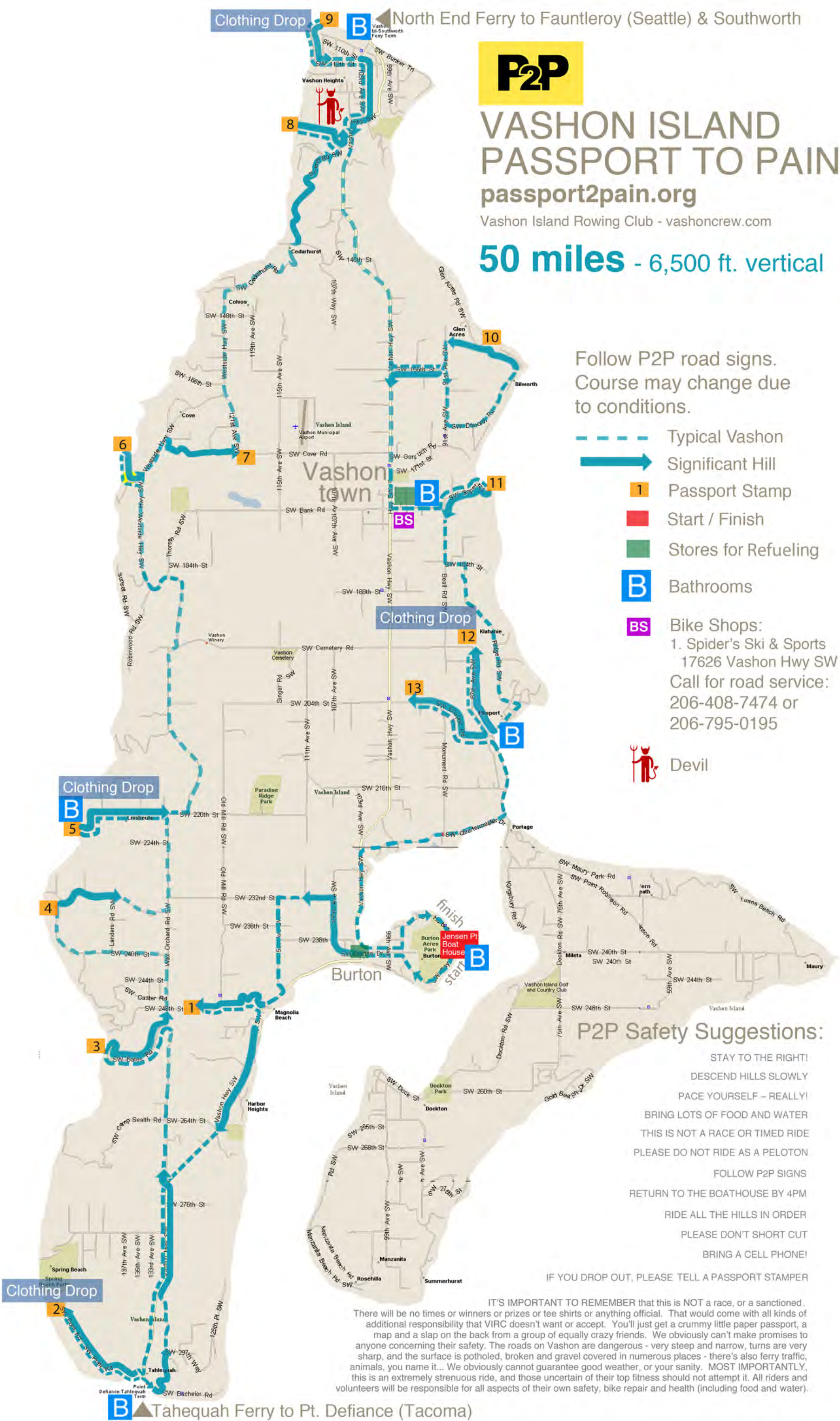
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50 miles - 6,500 ft. vertical

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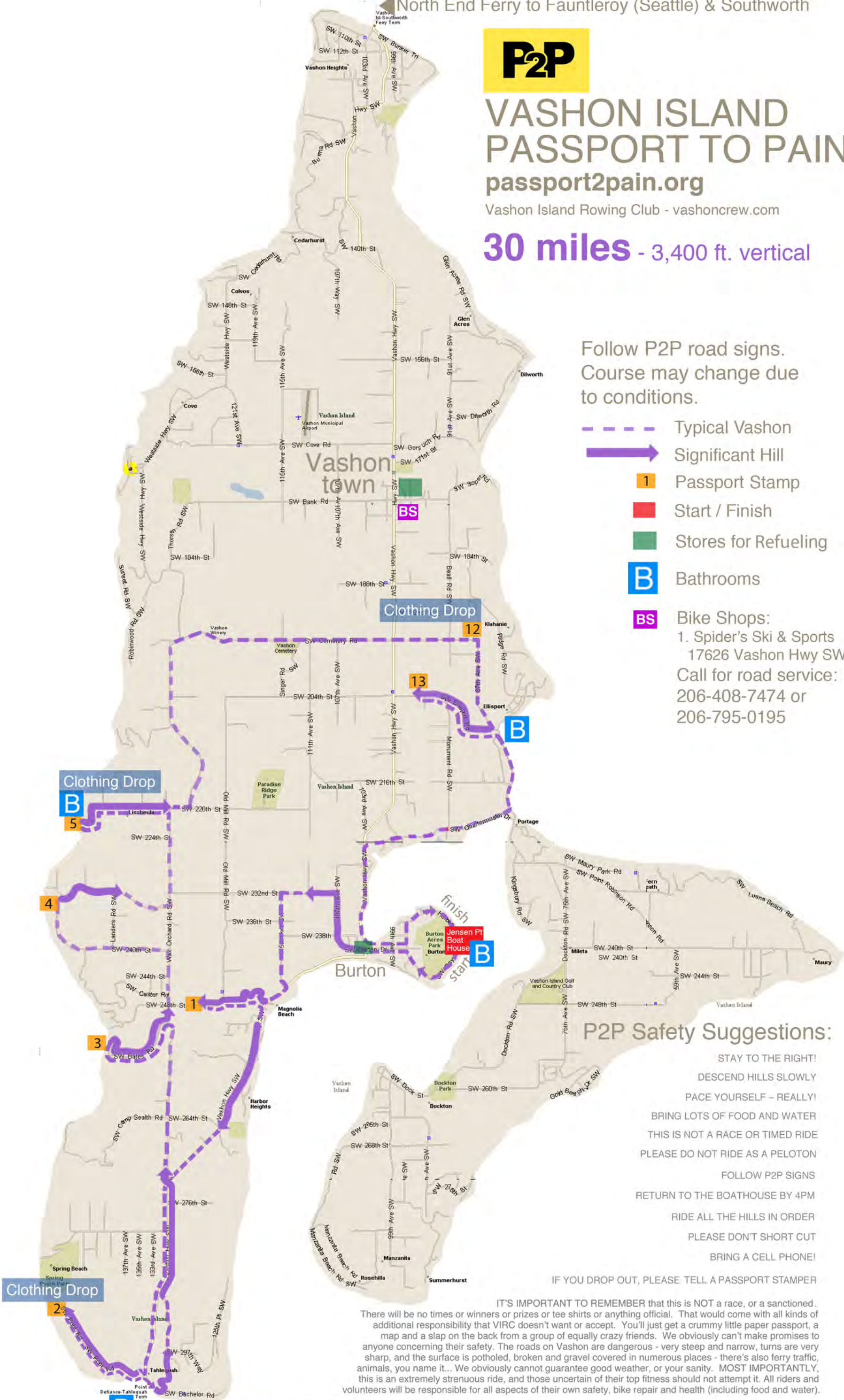
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30 miles - 3,400 ft. vertical

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