

Three Rivers Cycling Club

The Rainier Run

Description:

This ride has several options that vary in length and difficulty. The core of the ride starts at “Rainier Park”. **Meet here at 8:30.** Some may drive up Fern Hill a bit and use an alternate start- actually a more difficult route. Either way we end up where we begin. We will determine routes and regrouping points at the park. This is one of the best rides around.

Ride Statistics:

Distance: **36, 42, or 44 Miles**

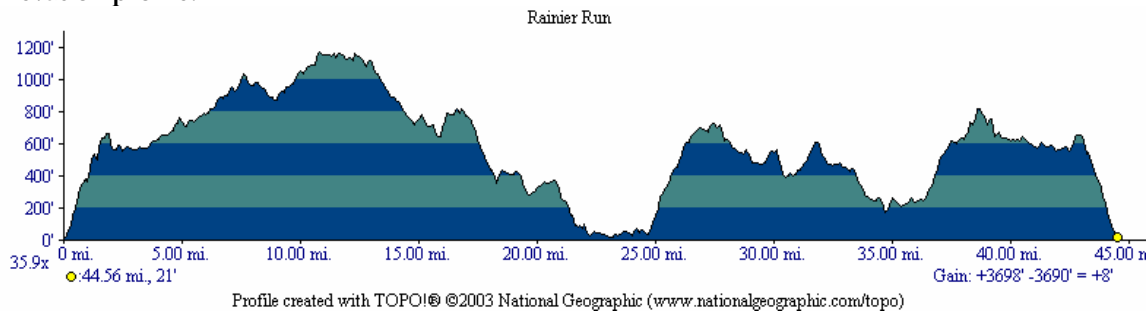
Elevation Gain: **2500, 3700, 3200 feet**

Longest Climb/Climb Pattern: Several climbs of varying difficulty

Duration: **Plan 3 Hours**

Difficulty*: **4 or 4+ out of 5 (Moderate to Strenuous)**

Elevation profile:



- 1) Meet at park in Rainier (on water – very easy to find)
- 2) Take Fern Hill Road out
- 3) Left on Apiary
- 4) Left on Meisner (~ 6.7 miles)
- 5) Left on Canaan (~6.5 miles)
- 6) Left on Columbia Highway (the Deer Island Store) and head back to Rainier - 13 miles on gradual terrain. **This turn occurs at 22.5 miles on the profile – after that the profile refers to the 44-mile option.**
- 7) Left on Tide Creek, Right on Nicolai, out to Highway, Left and Back to Rainier (44 Miles)
- 8) Left on Beaver Homes, Right on Walker, Right on Fern Hill (42 miles- Fern Hill start)

For More Details Contact: richardhaight@hotmail.com

*Difficulty is based on mileage and climbing and is relative to our other rides.