

15<sup>th</sup> Annual  
**FLYING WHEELS Summer Century**  
*the largest century bike ride in Washington State*

**What:** 2,000 bicyclists from 18 states are expected to ride 25-, [50-, 70-, and 100-mile routes](#) through King and Snohomish County this weekend. Many riders are training for the 200-mile Group Health SEATTLE TO PORTLAND Bicycle Classic in July.

Day-of-ride registration is \$30 for adults; \$5 for kids 6 - 12, and free for kids 5 and under. \$5 discount for Cascade members.

**When:** Saturday, June 26, 2004  
*Registration / Start Line:* 8:00 AM - 10:00 AM  
*Finish Line Festival with beer garden* 1:00 - 8:00 PM  
*Live music by [King Bees of the Bayou](#):* 2:00 PM  
*Marymoor ['Little 100'](#) Track Races:* 6:00 - 8:00 PM

**Where:** Group Health [formerly Marymoor] Velodrome, [Marymoor Park](#), Redmond, Washington



**Details:**

A record number of riders - 1,135 - have pre-registered for this year's Flying Wheels.

Saturday, Gerard Bisceglia, USA Cycling CEO, is meeting with Cascade event director, Dave Douglas, to discuss USAC's plans for a national race ladder – a 'pipeline' for developing athletes entering the race scene.

"I am very excited to work with Cascade," Bisceglia commented. "They are a legendary cycling club with the ability to make a huge impact on amateur racing in the United States."

Sponsors of Flying Wheels include: Clif Bar, Group Health Cooperative, New Belgium Brewing, Newsradio 710 KIRO, Nextel, REI, Sports Rack, and Ultima Replenisher.

Cascade Bicycle Club is the nation's largest bicycle club with over 5,000 members in Greater Seattle. Cascade produces eight annual events, including: Seattle Int'l Bicycle Expo, Bike to Work Month and Seattle To Portland Bicycle Classic. Cascade promotes bicycling for transportation, recreation and health - providing over 1,400 recreational rides annually. Cascade is a non-profit organization, directed by a board of nine elected volunteer directors and nine professional staff. The Cascade Bicycle Club Education Foundation, a 501(c3) organization, promotes bicycling safety and skills throughout Washington State.

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