



MEDIA ADVISORY

July 12, 2004

25th GROUP HEALTH Seattle-to-Portland (STP) Bicycle Classic

205-mile ride unites communities, celebrates Northwest cycling tradition

WHAT: Group Health STP—The largest multi-day bicycle ride in the Pacific Northwest

- 205.4 miles on mostly rural roads in Western Washington and Oregon, beginning at the University of Washington and ending at Portland's Holladay Park.
- The Group Health STP is open to anyone with a set of wheels; most cyclists have been training for at least three months
- Major fundraiser for event producer Cascade Bicycle Club - www.cascade.org.

WHO: Nearly 8,000 riders of all ages

- Oldest: 83; nine riders over 75
- Youngest registered: One-year-old; 16 riders under 10
- Riders from 42 states—plus British Columbia, Alberta, Ontario
- 32 doctors from Group Health will ride along to provide medical assistance.
- Group Health medical providers will also staff 16 first-aid booths.
- More than 700 volunteers, as well as law enforcement agencies, support the event.

WHEN: July 17–18, 2004

- Start (north of Husky Stadium): 4:45 a.m. to 7:30 a.m., July 17
- Finish (Holladay Park, Portland): most riders finish around 2 p.m., July 18

ROUTE: University of Washington (north of Husky Stadium) to Holladay Park, Portland: The course passes through the Washington communities of Tukwila, Kent, Algona, Pacific, Sumner, Spanaway, Yelm, Tenino, Centralia, Chehalis, Napavine, Winlock, Vader, Castle Rock, and Kelso; and the Oregon communities of Rainier, St. Helens, and Scappoose.

MORE FACTS:

- First event held in 1979 as a U.S. Cycling Federation-sanctioned time trial from Seattle City Hall to Portland City Hall; 187 riders participated and 70 finished.
- The eruption of Mount St. Helens led to the event's cancellation in 1980.
- In 1992, a team of cycling firefighters from Spokane dashed into a burning house along the route near Chehalis and rescued an elderly woman. They went on to complete the ride.
- Group Health became title sponsor in 2003. Go to: www.ghc.org/cycling for additional information.
- Average rider burns 3,920 calories; participants consume 11,250 bananas; 7,900 pounds of watermelon; 12,000 Clif Bars; and 13,250 bagels.
- Two riders, Jerry Baker and Paul Wantzelius of Seattle, have ridden in every STP.
- Nearly 20 percent of riders finish in one day. The majority covers the course in two days, spending the first night in campgrounds, private homes, churches, and motels.

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