



## MEDIA ADVISORY

**FOR IMMEDIATE RELEASE:**

**July 7, 2005**

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### **Group Health STP rides again on July 9-10**

#### ***204-mile tradition - largest multi-day recreational ride in Pacific NW***

**WHAT: Twenty-sixth Group Health Seattle-To-Portland (STP) Bicycle Classic**

- Celebrates Northwest cycling heritage; promotes health and well being of the region
- Course runs more than **two hundred (204.5)** miles on mostly rural roads in Western Washington and Oregon, starting near Lake Washington in Seattle and ending in Northwest Portland
- The Group Health STP is open to anyone with a set of wheels; most cyclists have been training for at least three months. More information on training and safety tips at [www.ghc.org/cycling/](http://www.ghc.org/cycling/)
- Major fundraiser for event producer Cascade Bicycle Club - [www.cascade.org](http://www.cascade.org)

**WHO: 8,500 registered riders of all ages (sold out registration)**

- Oldest: 83-years-old; 12 riders more than the age of 75
- Youngest: 51-weeks-old; 28 riders less than 10-years-old
- Riders from 36 states — plus Canada, England, Japan and United Arab Emirates
- Thirty Group Health medical providers will staff 11 first aid booths at food stops along the route; riders can get snacks, water, minor bike repairs, sunscreen and basic medical care as needed
- Twenty Group Health physicians will ride the course to provide medical assistance and on-site first aid along the way
- Overall, more than 500 volunteers support the event

**WHEN: July 9–10, 2005**

- Start (north of Husky Stadium, Seattle): 4:45 a.m. to 7:30 a.m., July 9
- Finish (Holladay Park, Portland): most riders finish around 2 p.m., July 10

**ROUTE: University of Washington (Seattle) 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:**

- **More than 25 percent of riders will finish in one day.** The majority will ride the course in two days, spending the first night in campgrounds, private homes, churches and motels – including Group Health Medical Director Dr. Hugh Straley, Group Health President & CEO Scott Armstrong and Executive Vice President James Hereford.
- Group Health became the event's title sponsor in 2003. Go to: <http://www.ghc.org/cycling/events/GroupHealthSTP/index.jhtml> for more event background, cycling tips and regional cycling programs.
- First event was 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 only cancellation in 1980.
- Average rider burns 3,920 calories during the ride; participants consume about 11,250 bananas; 7,900 pounds of watermelon; 10,000 Clif Bars; and 13,250 bagels.
- Two riders, Jerry Baker and Paul Wantzelius of Seattle, have ridden in all 26 Group Health STPs.

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