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FOR IMMEDIATE RELEASE

Cascade Bicycle Club Announces THREE New Bicycle Events for Summer 2004 *first new Cascade events in five years*

SEATTLE – Taking advantage of the national surge in road cycling, Cascade Bicycle Club introduces *three* new cycling events for summer 2004. Based on the highest registrations since the year 2000 - Dave Douglas, events director, “ we expect the 25th anniversary Group Health STP to reach its maximum 8,000 rider capacity.” Whether your interest is following Lance’s performance in the Tour de France, or simply riding around town for fun – Cascade has an event to interest you.

Bike Shop Poker Ride – Saturday, June 19

Cyclists ride a *self-guided recreational course* to scavenge Local Bicycle Shops around Seattle for the best poker hand they can find. Modeled after motorcycle poker rides, bicyclists receive a playing card from each participating shop where they stop; riders with the best playing hands win gifts from the \$1,000+ prize pot at the Finish Line Festival at Sand Point Magnuson Park, where riders may register from 9:00 am – noon.

Experience The Cyclism Cinema le Tour! July 5, 14 and 24

Gear up for three unforgettable days of cycling magic on the big screen! Get your gang together and head to Sand Point Magnuson Park's 550-seat, newly refurbished community theatre. Cycling fans will enjoy a 2-hour OLN broadcast of a Stage of the Tour de France on a 25-foot wide screen.

You can even ride your bike on one of many organized bike rides before/after every event. There will be free parking for bikes and cars, and even a beer garden during the July 14 night showing!

Do you want to learn more about the Tour? Plan on attending the July 14 pre-film presentation "**Demystifying the Tour**" by Craig Udem, the Dean of Cycle University. Craig has been at the tour the last two years as a guest of Chris Carmichael, Lance Armstrong's personal trainer.

You can win outstanding door prizes from Outdoor Life Network, TREK and even get your photo taken in the Lance Armstrong photo booth. And the best news: Experience the Cyclism, Cinema le Tour is free to attend!

[Cascade Spawning Cycle](#) – **Sunday, September 19**

Cascade's first-ever Seattle-centric ride! This new event takes riders on a fabulous, recreation navigating around the City. The route is based loosely on the salmon spawning cycle: starting at the Sound (Myrtle Edwards Park), traveling upstream to Lake Washington and then back towards the ocean (Magnolia & the Locks).

The main 'Fit for a King' loop route is 29 miles, with an optional 5-mile ride to Seward Park. Other loops include a family-friendly 'Chum' ride of about 4 flat miles and a recreational 'Chinook' loop of about 14 miles. Watch for the salmon ladder!

For more information on these events and others, visit: www.cascade.org or call 206-522-3222 Cascade last launched an event in 1999, when its popular RIDE AROUND WASHINGTON six-day tour was born

About Cascade Bicycle Club

Cascade Bicycle Club is the nation's largest bicycle club with over 5,200 members in Greater Seattle. Cascade produces eight annual events, including three marquee events: Group Health Seattle International Bicycle Expo, WRQ Bike to Work Month and Group Health Seattle To Portland Bicycle Classic. CBC promotes bicycling for transportation, recreation and health - providing over 1,000 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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