



FOR IMMEDIATE RELEASE

The cyclists are coming!
10,000 Cyclists Hit the Road for 200 Miles on the
Group Health Seattle to Portland Bicycle Classic in July

*Largest Multi-Day Bicycle Event in the Northwest
Hosted by the 13,000-Member Cascade Bicycle Club*

Who: Cascade Bicycle Club

What: 31st annual [Group Health Seattle to Portland Bicycle Classic](#)

When: Saturday, July 17, 2010 – Start 4:45 a.m. (Montlake Parking Lot at UW)
Sunday, July 18, 2010 – Finish 7 p.m. (Portland's Holladay Park)

Where: **From Seattle to Portland, Ore.**
200 mile bicycle ride
206-522-3222 / www.cascade.org

Details: Bicyclists are coming from the world over to ride in the Group Health Seattle to Portland Bicycle Classic (STP). Nationally recognized and named “one of the best cycling events in the nation” by *Bicycling Magazine*, Cascade Bicycle Club’s STP will take place Saturday and Sunday, July 17 – 18, 2010. The 200-mile route, designed to be completed in one or two days, takes riders from the University of Washington in Seattle to Holladay Park across the street from Lloyd Center in Portland, Ore. The ride is an excellent way to tour the Pacific Northwest and will draw 10,000 participants, ranging in age from 22-months- to 87-years old.

Group Health Cooperative proudly enters its eighth year as title sponsor of the event, which was started in 1979. Carter Subaru continues in its third consecutive year as presenting sponsor. The Group Health Seattle to Portland Bicycle Classic is Cascade Bicycle Club’s largest fundraising event to benefit bicycle education, advocacy, commuting and riding programs.

In 2010, the sold-out event will welcome riders from 43 states and seven other countries including Germany, Singapore, England, Australia, Japan, Dominican Republic and Canada. An impressive 53 riders have participated in 20 or more STP rides and two cyclists have participated every single year since the ride began. Of the 10,000 riders, nearly 2,500 make the entire 200-mile trip on Saturday in one push, arriving into Portland on Saturday evening. The remaining participants spend the night near Centralia, host of the midpoint festival.

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Story ideas: Many riders have great stories to tell, from multi-generational groups, to overcoming significant health issues, and more. Please contact us for rider interview opportunities.

- **Walter** of Seattle, 84 years old, is riding with two generations of family members.
- **Ken**, a former Rainier Mountaineering guide who climbed Mount Saint Helen's with his seven-year-old son, is now tackling STP with his son who is now 17.
- "**Grandpa Bob**" is riding with his three kids and five grandkids.
- **Kate** lost 130 pounds, ran her first marathon last month and is now taking on STP.
- The day before STP 2008, **Conny** was hit by a car in Bellevue. Serious injuries derailed her event, but she's recovered and ready to make the ride to Portland.
- **Ben** is riding in his 28th event this year.
- **Ellyn** of Marysville was hit by a car in front of her young daughter in April. Both are committed to doing the event this year.
- **Bruce** of Lynnwood sadly accepted at age 19 that he would never be athletic. Finding a doctor who could help him through knee replacement meant he would buck the original prognosis and go on to bike the STP.
- An oncology nurse on the Olympic Peninsula, **Mary Ann** is inspiring patients as she ticks through her bucket list, which has included skydiving, rock climbing and now biking to Portland.
- **And many, many more.**

About Group Health Cooperative

Marking its 63rd year, Group Health Cooperative is an innovative, consumer-governed, nonprofit health care system that integrates care and coverage. Along with its subsidiary carriers, Group Health Options, Inc. and KPS Health Plans, Group Health works to improve the health of more than 606,000 plan members in Washington and Idaho. Group Health Cooperative is ranked "Highest in Member Satisfaction among Commercial Health Plans in the Northwest Region" by [J.D. Power and Associates](#).

More than 9,000 staff employed by Group Health and Group Health Permanente, its contracted, multispecialty group practice, provide patient-centered, evidence-based care to members and the broader community through medical centers, a charitable foundation, and a nationally recognized research center.

About Cascade Bicycle Club:

Founded in 1970, Cascade Bicycle Club is a 13,000+ member, nonprofit organization based in Seattle, Washington, serving more than half a million cyclists in the Puget Sound community. The club is operated by a nine-member volunteer Board of Directors, 19 professional staff, and thousands of volunteers. More information about Cascade Bicycle Club's advocacy, commute and education programs is available online at www.cascade.org or by calling (206) 522-3222.

***** High-resolution images available upon request***

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