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Cascade

**2008
Event &
Activity
Guide**

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2008 Event & Activity Guide

Table of Contents



From the Director. . . 6

Membership. . . 8

Advocacy. . . 10-11

Club Rides. . . 12

Cascade Bicycle Club Sponsors. . . 13



Cascade Bicycle Club Education Foundation. . . 14-17

Group Health Seattle International Bicycle Expo. . . 18

Bike Swap. . . 18

Clif Bar Chilly Hilly. . . 18

Flying Wheels Summer Century. . . 19



Group Health Seattle to Portland Bicycle Classic. . . 19

Cyclefest Outdoor Cinema. . . 20

Ride Around Washington (RAW). . . 20

Ride from Seattle to Vancouver, B.C. and Party (RSVP). . . 20



High Pass Challenge. . . 21

Cascade Spawning Cycle. . . 21

Kitsap Color Classic. . . 21

Cascade-Affiliated International Tours. . . 22

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A person wearing a yellow and black cycling jersey and a helmet is riding a recumbent bicycle on a paved path. The path is bordered by green grass on the right and a body of water on the left. The background shows a blurred forest of evergreen trees under a clear blue sky. The scene is brightly lit, suggesting a sunny day.

We've been known to prescribe time in a recliner.

Plant your seat on a bicycle and see how far it takes your good health. Firm up, trim down, and get in on the fun. It's one prescription that's good for the whole family. For tips, advice, and support visit www.cyclingforhealth.org



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From the director



Chuck Ayers, Executive Director

Most cyclists in the Pacific Northwest know that Cascade Bicycle Club puts on great events like Bike to Work Day, Chilly Hilly, RSVP, and STP (if you don't, you can find out about them in these pages!). In a 2007 constituent survey, 71% to 93% of respondents replied that they were "somewhat" or "very" familiar with these events. A 2002 survey found similar results.

These results didn't surprise us. Cascade is known for producing professional events that cater to bicycle enthusiasts. What did surprise us is how familiar cyclists have become with Cascade's advocacy work. Only 45% of people surveyed in 2002 were "somewhat" or "very" familiar with our work; 95% thought advocacy work was important. In 2007, familiarity jumped to 72% while support for advocacy work remained exceptionally high at 89%. This is great news.

It's also flattering that our professional approach to improving conditions for bike commuting, to advocacy, and to bike safety education lead The Stranger to give David Hiller, Cascade Bicycle Club's advocacy director, a "Genius Award" and compelled Seattle Magazine to select me as one of Seattle's most influential people of 2007. We are both honored by the recognition.

Clearly, Cascade Bicycle Club has become one of the premiere organizations in the country when it comes to producing professional cycling events, promoting bicycle commuting, advocating on behalf of cyclists for improved riding conditions, and providing safety education to children and adults. We have done so through the hard work of our staff and thousands of volunteers as well as many supporting organizations such as Group Health, Starbucks, F5 Networks, Clif Bar, New Belgium and Adobe.

Together we produced some impressive results in 2007:

- In a monumental victory, Cascade successfully kept the city of Lake Forest Park from blocking improvements on the Burke-Gilman Trail;
- 19,044 cyclists rode Cascade's Starbucks Bike to Work Day; 2,000 children participated in our Bike to School Day;
- Cascade's bike commute specialists coached 60 businesses to increase bike commuting and worked intensively with 12 area businesses - increasing their "registered" bike commuters by 443% (from 192 to 851 respectively);
- 7,523 cyclists participated in our Group Health Commute Challenge (66,937 commute trips and 1,002,449 miles);
- Nearly 12,000 elementary school students participated in our Group Health Basics of Bicycling safety curriculum;
- Our "Bicycle Ambassadors" attended more than 90 public events and made nearly 7,500 individual contacts;
- Cascade staff oversaw the development and approval (and some implementation!) of the Seattle Bike Master Plan.

Cascade truly is a voice for creating positive change on these as well as many other fronts. And besides, we provide activities and daily rides so we all can have fun and stay in shape (and maybe reach some personal goals!).

So whether you picked up this "guide" to learn more about Cascade or to find out about some of your favorite rides and events, consider becoming a Cascade member (if you aren't already) to support our efforts. Think about riding one or more of our great events which are fundraisers for the Club. And finally, think about how your riding makes our communities better. Now go out and ride.

Chuck Ayers
Executive Director



2008 Wenatchee Valley Run, Relay, or Ride

March 29 - **Wenatchee Valley Duathlon** - 3-mile run/17-mile bike/3-mile run - Confluence State Park. www.hotaugustdays.com or call 1-800-258-2821

April 12 - **Alcoa Ridge to River Relay Race** - Nordic/Alpine/run/bike/paddle (20 or 35-mile courses) - Mission Ridge to Walla Walla Point Park. www.r2r.org or call 1-800-258-2821

April 19 - **Wenatchee World Junior Ridge to River Relay Race** - run/paddle/bike/obstacle course for kids 5-to-12 at Walla Walla Point Park. www.r2r.org or call 1-800-258-2821

April 20 - **Wenatchee Marathon** - full/half/10k/2k for kids/relay - Centennial Park www.wenatcheemarathon.com or call (509) 662-2066

April 24-28 - **Northwest Crank** - five days, a different ride each day beginning and ending in East Wenatchee (50 to 125 miles). www.northwestcrank.com

May 17-18 - **Washington St. Omnium Stage Race Championships & Twilight Criterium** downtown Wenatchee and Malaga roads. www.bikewenatchee.org

June 7 - **21st Annual Sunrise Rotary Apple Century Ride** - 50 or 100 miles between Wenatchee and Chelan www.applebikeride.com

June 14 - **Squilchucker Mountain Bike Race** - cross country and downhill racing is back at Squilchuck State Park!!! www.triwenatchee.net

June 21-22 - **Cycle Washington Memorial Ride** - 2-days across Washington, Day-1 Redmond to Cle Elum, Day-2 Cle Elum to Wenatchee. www.cyclewamemorialride.com or call 1-800-258-2821

August 16 - **Hot August Days Tour of the Columbia Basin** - 50, 125 or 150-mile rides from Wenatchee through Quincy, Ephrata, Dry Lakes, Waterville. www.hotaugustdays.com or call 1-800-258-2821

August 24 - **Apple Capital Triathlon** - Sprint and Olympic distances - swim/bike/run - Daroga State Park in Orondo, Washington www.triwenatchee.net

September 13 - **Tour deVine Bike and Wine Tour** - Wenatchee to Peshastin and back winding through 50-miles of orchard and vineyard land ending with a scrumptious feast. www.tourdevine.com or call (509) 663-0425.

September 27 - **Dam2Dam Thumbs Up! Bike Tour** - 25/50/100 miles from Rocky Reach Dam to Wells Dam on the Columbia River. www.mikeeutley.org or call 1-800-294-4683.



25 No. Wenatchee Avenue, Suite C-111
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or
509-663-3723



Membership

Join the nation's largest bicycle club!

Add your voice to **Cascade Bicycle Club** and join forces with thousands of other cyclists in the Puget Sound region in building better cycling communities. You'll be keeping great company with local politicians, business leaders, educators, students, parents, kids, retirees, unicyclists, tandem-riders, recumbent riders, bike shop owners, mechanics, racers, commuters, bike messengers, dawgs, cougs, techies, artists, and plenty more.

Members receive a range of benefits and opportunities such as:

- Discounts on Cascade cycling events: Group Health STP, Bike Expo, Chilly Hilly, Flying Wheels, RSVP, Ride Around Washington, Kitsap Color Classic and Cascade Spawning Cycle.
- Discounts at participating local bike shops and businesses.
- A subscription to the Cascade Courier, mailed monthly to your doorstep.
- Discounts on all Cascade classes and some kids camps.
- An optional @cascade.org email address from Puget Sound Network, Inc.
- Joining other volunteers to help produce some of the best cycling events in the nation.

Membership is about more than the above benefits.

By joining Cascade, you become a key partner in our bicycle advocacy work.

- Cascade advocates at businesses and local and state government offices to ensure that Washington is one of the best states in the country to ride a bicycle.
- Cascade runs Starbucks Bike to Work Day, the Group Health Commute Challenge and Bike to School Day, highly visible events that show Seattle citizens, employers and politicians that bike commuting results in energy efficiency, traffic reduction and physical fitness for all ages.
- The Cascade Education Foundation fits thousands of helmets to children and adults for \$10 or less, reducing head injuries and fostering safe cycling.
- Your membership helps fund bicycle education programs that teach kids and adults riding skills, bicycle repair and ride leadership.

Cascade's goal is to educate everyone associated with cycling so that our community is strong, passionate and committed to Creating a Better Community Through Bicycling. Your membership makes this possible.

Our Mission

The Cascade Bicycle Club is dedicated to providing bicycle activities to promote individual health and recreation, and education and advocacy to promote a more bicycle friendly environment and a more livable community for members, bicyclists and the community at-large.

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MEMBERSHIP FORM

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Please list primary member information first, followed by household members.

FIRST NAME	MI	LAST NAME	M/F	DATE OF BIRTH	EMAIL

ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME PHONE _____ WORK PHONE _____ CELL _____

To help promote cycling, we occasionally share names with other organizations. We never share telephone numbers or email addresses, only postal addresses. May we include your name?
 Yes _____ No _____

TYPE OF MEMBERSHIP	1 YEAR	2 YEARS	GIFT	SOCK SIZE	OFFICE NOTES
Individual	\$25	\$45	None	S	
Supporting individual	\$45	\$85	Socks		
Household or Family	\$55	\$100	None	M	
Supporting household or family	\$80	\$150	Socks		
*Chrome-moly contributor	\$100	\$200	Socks	L	
*Titanium contributor	\$250	\$500	Socks		
*Carbon Fiber contributor	\$500	\$1,000	Socks	XL	
Student (e-news only)	\$15	\$25	None		

Tax-deductible donation to the CBCEF** _____

TOTAL ENCLOSED _____

A check payable to Cascade Bicycle Club is enclosed. (\$20 fee for all returned checks)

Please charge my _____ / _____ / _____ / _____ / _____
 VISA/MASTERCARD credit card number expiration

Cardholder's name: _____ Signature: _____

*Contributing members may include household and family members on their membership. **The Cascade Bicycle Club Education Foundation (CBCEF) is an IRS 501(c)(3) charity. Donations to the CBCEF are tax-deductible. Membership contributions or gifts to the Cascade Bicycle Club 501(c)(4) are not deductible as charitable contributions for federal income tax purposes.

Please return membership form to Cascade Bicycle Club P.O. Box 15165 Seattle, WA 98115.


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Bring the family and enjoy the park!

Proceeds will help those less fortunate than ourselves with "Our Daily Bread Basket."
 Be a part of feeding a family in our own communities with a basket of healthy foods throughout the whole year.

Information & registration available online.
www.emeraldcitylightsbikeride.org
 or call 253-709-1530 • 253-735-4982





Advocacy

We have a long way to go until bicycles are treated the same as other vehicles when it comes to policy, planning and funding. That is why Cascade Bicycle Club has two full-time Advocacy Department staff whose job is to represent your interests when the rubber hits the road.

While you're likely aware of our resounding legal victory protecting the Burke-Gilman Trail redevelopment from onerous conditions set by the city of Lake Forest Park, you may not know that there's so much more we do each and every day.

Conducting research

Our advocacy staff reviews traffic safety data, transportation statistics, bicycle planning best practices, and perform original data collection. That way we can get the latest and most accurate information to those who make the decisions that affect your streets and your safety. Through this data collection and analysis, Cascade Bicycle Club has become the "go-to" organization for non-motorized transportation policymakers.

In 2006 we released *Left by the Side of the Road*, a report identifying high-priority bicycle improvements on 1,500 miles of arterial streets in King, Snohomish, Pierce and Kitsap counties. *Left by the Side of the Road*, which was made possible through the donation of hundreds of volunteer hours, has informed numerous local and regional planning documents. Some of its recommendations have already been incorporated into documents like the Seattle Bike Master Plan.

Shaping policy

Decisions that affect cycling are being made every day, and we understand that you can't always participate. That is why Cascade advocates attend all the important meetings and serve as your voice at the table, representing your interests and fighting for your rights. And through our working relationships with local elected officials and decision-makers, Cascade Bicycle Club is changing the way things get done.

In 2006 and 2007 Cascade brought the national Complete Streets movement home. We helped the City of Kirkland pass Washington State's first ordinance requiring bicycle, transit and pedestrian facilities to be included in road projects as the rule, rather than the exception. Joining Kirkland in 2007 were Seattle and Redmond, with many more on the horizon.

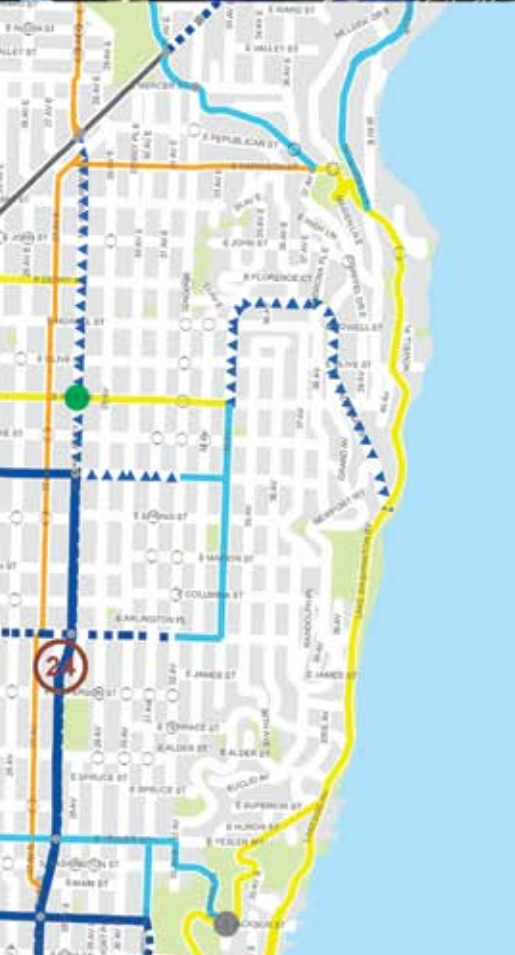
Educating officials

Good public policy depends on having the right people representing you. Through its endorsement process, Cascade Bicycle Club tells you which politicians are bike-friendly and which are not. Do your representatives support your right to bicycle where you want, when you want? Are they looking for ways to make it easier and safer to do so? Do their words match their votes? Cascade advocates for your rights by holding public figures accountable.

In 2007 we endorsed a total of 43 candidates and ballot measures; 42 won. By educating policy makers and then holding them accountable, we advance the rights of cyclists and lay the groundwork for future successes.

Targeting projects

From the SR-520 Bridge, to the Alaska Way Viaduct to our regional trail network, Cascade is always there representing you. Whether it was our victory in the decade-





Advocating for cyclists. Advocating for you.

long fight for the East Lake Sammamish Trail or changes that were made to the reconstructed Fremont Bridge, Cascade has a successful track record of working for greater investments in cycling.

As we move forward with major projects throughout the region, count on Cascade to make sure bicyclists have safe, convenient access to the transportation system. We see every transportation improvement as an opportunity to do just that.

Making plans

Our calls for change were the genesis of the Seattle Bicycle Master Plan. Approved in 2007, the plan calls for the City of Seattle's bicycle network to be expanded from its current 70 miles to more than 400 miles. All this will happen faster than one could have ever imagined.

We believe that better bicycling benefits from sound, coordinated planning. Cascade works with communities throughout the region to encourage them to produce the best non-motorized plans, transportation plans and comprehensive plans.





Club Riding

Let's ride! Cascade Bicycle Club leads the region in recreational riding, largely thanks to our Daily Rides Program. Trained volunteer ride leaders lead rides almost every day of the year. In 2007, we tallied 1,277 rides with more than 19,000 participants who rode more than 1,000,000 miles! By our account, that means we've ridden around the Earth more than 38 times last year!

Club rides are designed with all types of riders in mind: from new riders looking to get into the sport to on-the-go seniors to long-distance trainers to just-out-for-a-spin social riders to cancer survivors... and many more. There is plenty of room for you to join the fun, either as a participant or by taking the lead. Take our Ride Leader Certification program and join the ranks of our 148 volunteer ride leaders.

CBC also offers reasonably priced tours — long weekend trips, most with sag support and hotel stays. This is a chance to get on the bike for a longer period of time and see parts of Washington that may be less familiar at a slower pace.

Cascade Daily Rides are published in our monthly club newsletter, the Cascade Courier, and online. Our daily rides are always free to every rider. So grab a friend, join us, and ride today!

Cascade Training Series

If you're a new rider interested in training for some of Cascade's big cycling events like the Group Health STP or RSVP, join the Cascade Training Series (CTS). This free weekly training series starts in March and helps you lay down a base to build on. CTS offers the structure to train for longer distance challenges, or your own cycling goals, while meeting training partners to keep you motivated.



Cascade Advanced Training Series

If you're an accomplished rider, who either rides at a faster pace or you are looking to train for a one day Group Health STP or Ramrod, join the Cascade Advanced Training Series (CATS). This free weekly training series starts in March and helps you build up to those longer rides. CATS offers the structure to train for longer distance challenges, or your own cycling goals, while meeting training partners to keep you motivated.

High Performance Cycling

As one of the newer programs at Cascade, High Performance Cycling (HPC) has seen tremendous interest and growth in the past year. Cascade Daily Rides tagged as HPC are geared toward cyclists who like to climb hills and ride fast, hard and far, but without racing. HPC is committed to helping strong cyclists challenge themselves to improve their skills and fitness and to maximize performance in a safe riding environment.



RIDE SMART Tips

- S**tay alert—watch for obstacles, other cars, and other riders.
- M**ove off the road when stopping—pull completely off the road to let cars and riders pass; do not block driveways or intersections.
- A**ct like a car—obey all traffic laws and stop at stop signs.
- R**etain space between yourself and others—leave enough room to dodge obstacles.
- T**ell others when passing and pass on left.

Sponsors

Cascade Bicycle Club partners with many communities and organizations to help us accomplish our mission of Creating A Better Community Through Bicycling. The Club extends a special thank you to all of its sponsors and supporters for 2008.



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For more details visit: www.bikewalk.org/conference.php



Cascade Bicycle Club Education Programs

The **Cascade Bicycle Club Education Foundation** provides numerous education programs and consulting services to adults and kids. Educating current and future cyclists builds community as well as makes cycling more safe and enjoyable for everybody.

Our programs focus on teaching, networking, motivating community members and volunteers, increasing the diversity of cyclists, and, of course, providing fun for all involved! With free or low-cost programs and materials, the Education Foundation:

- **Teaches** safe cycling to kids and adults;
- **Educates** elected officials and agencies about building bicycle-friendly communities;
- **Promotes** safe recreational cycling for health and well-being;
- **Encourages** bicycle commuting through individual and corporate programs;
- **Reviews** transportation plans to insure that our cycling voice is heard;
- **Works** with schools on safe cycling programs and Safe Routes to Schools.

Bike Maintenance Classes and Urban Cycling Techniques

Check out our classes covering Bike Maintenance (fix-a-flat, chains & derailleurs, brakes) and Urban Cycling Techniques (UCT). Learn to interact positively and confidently with urban traffic and get tips for riding through intersections and negotiating with cars with our UCT series. We also conduct custom-designed classes for groups of six or more upon request, such as **Basic Adult Riding** or **Intro to Urban Cycling for Teens**. Call us at (206) 523-1952 or contact julies@cascadebicycleclub.org.

Bicycle Ambassadors

Look for our team of dedicated Bicycle Ambassadors on the trails and at local events. The Ambassadors educate cyclists about riding etiquette, helmet fitting, current cycling issues, bike laws, Cascade activities and sometimes even provide quick maintenance checks. Ambassadors work face-to-face to educate cyclists, promote urban bicycling safety and generate interest in bicycling. You can see them on the trail, at your local market, at your workplace or an event in your neighborhood. They can show you how to easily reduce your number of car trips by biking to market, how to fix a flat or how to change lanes in traffic. If you are interested in having one of our smiling Ambassadors attend your event contact Ashley Geisendorfer at 206-977-6623 or apa@cascadebicycleclub.org

Bike to School

Cascade hosts Bike to School Day and Bike to School Month in **May**. At each participating school, parent and teacher coordinators recruit kids to ride bikes to school, distribute safety information to students and parents, and help track numbers of bike-to-schoolers.

Last year more than 2,000 students at more than 20 schools biked to school over the month of May! Kids learn that biking to school can be fun while riding SMART. And what kid won't enjoy riding a bike to earn fun prizes for themselves and their school.

Cascade, for the first time in 2007, hosted Walk and Wheel to School Month in **October**. Students tracked the number of trips by foot, bicycle or any other human powered machine for prizes at the end. The event demonstrates that there are options other than cars to get families to school.

Contact Ashley Geisendorfer at 206-957-6623 or apa@cascadebicycleclub.org for more information.

Ride Refs Wanted!

Do you know how to safely ride a bicycle? Do you feel it's important to maintain safety at CBC Events? You might be perfect for ride refereeing!

Contact Emily Moran at 206-957-6960 or empa@cascadebicycleclub.org for more information.

YOUTH CAMPS and CLASSES

Are your kids and teens looking for fun summer activities? We have a wide variety of bike camps and classes offering everything from road riding and mountain biking, to track riding, and urban cycling. Our certified coaches will focus on improving skills, riding safely, and having lots of fun!

Group Health Bicycle Camps for Kids/YMCA Summer Camps

Ages: 9–12

Group Health sponsors this week-long Cascade camp for various YMCA's. Kids get a sampling of riding styles like track riding at the Velodrome, mountain biking with Trips for Kids, and road riding on the Burke-Gilman Trail. This camp also offers lessons in bike safety, our freeride stunt course, and fix-a-flat class. Register through Seattle YMCA.

Road Bike Camp

Ages: 12–15

Get the ins-and-outs of road riding at this fun, hands on camp! This camp emphasizes bike handling, emergency maneuvers, road rules, and fix-a-flat. Then test out your skills with group rides on the Burke-Gilman Trail!

Mountain Bike Camp

Ages: 11–15

Get your heart beating and your adrenaline pumping with this camp co-sponsored by Trips for Kids. Learn the tricks and tips to riding up and over all kinds of terrain features. We focus on basics like climbing, descending, and cornering then work on more advanced skills like front wheel lifts, manuals, logs, and small drops.

Teen Urban Cycling

Ages: 12–15

Whether your teens want to save the planet, get fit, save some cash, or get places fast, this Urban Cycling class keeps them safe while they have fun. The first part of each class is for discussion about road rules, safety, and commuting to school. The second part of class we practice navigating intersections, roadways and changing lanes. Plus we work on practical skills like emergency maneuvers for crash avoidance, front wheel lifts and track stands.

Bikes, Boats, and Beach Camp

Ages: 12–15

Cascade partners with Magnuson Community Center to bring this fun-filled summer camp! Campers ride bikes with Cascade Bicycle Club, boat with Sail Sandpoint and kayak with Seattle Raft and Kayak. Register with the Magnuson Community Center.

Youth Zone Events

We will host cool kids activities at these Cascade events:

- **Seattle International Bike Expo:** Stunt show by Ryan Leech, Treasure Hunt, Bike Art Table, and Games
- **Cyclefest:** Treasure Hunt, Bike Parade, and Bike Art Table
- **Bikemania:** Rodeo Stunt Course, Learn-2-Ride, Stunt Show, and Bike Games
- **Spawning Cycle:** Rodeo Stunt Course, Bike Art Table

**\$10
Helmets**

\$10 Bicycle Helmet Sales:
Check your local community center for locations and dates of these special sales from May through September. Call the Cascade office for weekday appointments at (206) 522-3222.





Cascade Bicycle Club Education Programs, cont.



COMMUTING PROGRAMS

The Puget Sound is one of the nation's leading bicycle commuting regions. In 2005 we counted 12,500 cyclists on Seattle's Bike to Work Day. We were amazed after 2006's event tallied 17,000 cyclists heading in on a rainy Seattle day...and blown away by the 19,000+ Puget Sounders who gave our 2007 Bike to Work Day the highest participation in the US.

How has this growth come about so quickly? Most experts on societal changes point to one overwhelming factor...**you!** If you're bike commuting you are leading the change. As more motorists and pedestrians see bike commuters as part of the everyday flow, many drivers ponder why they aren't riding as well, "How hard could it be?" As it turns out... quite easy.

There is a process, however, that is elemental in safely bringing about that first historic bike commute; and one that has helped propel bicycle-commuting's growth in our region. Namely bicycle education. It's this pillar in Cascade's mission that consistently delivers professional, nationally certified education that separates and differentiates us from any other organization of its type in the US. It's also why we're seeing so many people enter the ranks and successfully maintain this sustainable lifestyle.

Thanks to our 8,000 members, Cascade can provide the necessary teaching, coaching and follow-up for anyone interested in bike commuting. We pride ourselves as the go-to resource for emerging and veteran commuters alike. Our 38-year history is one of supporting fellow-riders with tips to tutorials on the best way to "come along for the ride." It is with this spirit of camaraderie that we want to effectively and efficiently help lead Puget Sound's transportation's changing needs and modes.

Introduction to Bicycle Commuting 101

- We've taught this 1-hr introductory class to more than 3,000 locals at corporations, downtown offices, and Cascade's classrooms in the last 18 months.

Advanced Bicycle Commuting

- Hands-on outside class that usually is held in a parking lot to go over riding techniques specific to safe riding in traffic.

The Seattle Winter/Spring Bike Commuting Course

- Classroom seminar on how to outfit you and your bike for low-light, moisture-rich bicycle commuting.

Bike Commuting Consultancy

- Cascade sets up full-service bicycle commuting programs for any company that is interested in integrating bicycle commuting as a viable option to reach commute trip reduction goals, including turn-key tracking databases and reporting.

"Green Bike" program

- Cascade, in partnership with King County Metro and REI, will be working with King County companies to provide high-quality commuting-specific bikes to individuals willing to give-up commuting in their cars!

"Buy By Bike" program

- Learn what it takes to cut down on motorized errand running. Eighty percent of US car trips are within a two-mile radius of home. It's easy to shop by bike and we'll show you how.

(For dates or further information on arranging for classes email: commute@cascadebicycleclub.org)

BIKE TO WORK MONTH

Each spring, the Cascade Bicycle Club Education Foundation helps Seattle celebrate bicycle commuting by organizing three key events: the Bike to Work Breakfast, Starbucks Bike to Work Day and the Group Health Commute Challenge.

Starbucks Bike to Work Day

Not sure if bike commuting is for you? **Starbucks Bike to Work Day** is the day to find out.

Friday,
May
16th

Join the more than 19,000 cyclists who will take to the streets on Friday, May 16, turning Seattle into a vision of the future with fewer cars, less pollution and fitter citizens. Throughout Puget Sound, Bike to Work Day riders can stop by commuter stations to pick up free schwag, hot drinks, tasty snacks, bike maps and commuting information. Have your bike checked out for free by our fantastic bike shop station sponsors.

So throw your briefcase over your shoulder and suit up for Bike to Work Day, your day to be counted and recognized!

The Group Health Commute Challenge

In for a penny, in for a pound. The **Group Health Commute Challenge** (May 1–31, 2008) is your chance to throw down the gauntlet and challenge your co-workers to give up the gas pedal for a bike pedal. Each year teams of riders join ranks to find out who logs the most miles and days (and calories?) commuting by bicycle.

New commuters will find the Group Health Commute Challenge a terrific program to get started. The Cascade Bicycle Club Education Foundation is here to make your transition to bike commuting smoother through commuting clinics, maintenance classes and even one-on-one assistance in route selection. Logging your daily miles on our event website plus a little friendly competition only adds to the fun of bike commuting.

For seasoned commuters, this is your chance to inspire new commuters who think they can't do it, but you know they can. Become a team leader and rally the troops!

Save the Date

Vulcan Bike to Work Breakfast

Wednesday, May 7, at the Sheraton Seattle Hotel

A networking event to help fund the Cascade Bicycle Club Education Foundation

Join us for good food, great conversation and exceptional networking while gaining insight into why bike commuting makes sense for your business and our community.

The Bike to Work Breakfast brings together business leaders, local and state officials and cycling-focused organizations to raise awareness about the fiscal and health benefits of bike commuting. Guest speakers will highlight the full range of benefits available to businesses that sponsor active bike commuting programs.

Book your table for a fun, informative, inspirational event to kick off National Bike Month. You will leave this breakfast with an eye-opening awareness of the lasting benefits to your employees and to your bottom line that a small investment of time and leadership can yield.





Group Health Seattle International Bicycle Expo

Saturday – Sunday, March 8 – 9

Going on 19 years, Bike Expo is a complete celebration of cycling! Come out to snap up the best deals on equipment, apparel and event registrations; to meet famous riders like Chris Carmichael, Bob Roll, Davis Phinney, Sean Kelly and Marla Streb; to learn about touring the world on two wheels; to take in bike stunt shows and track stand contests and to mingle with thousands of other cyclists.

Bike Expo happens each spring — don't miss it! At Cruise Terminal 30 this year, the hours will be: Saturday, 9:00 AM – 6:00 PM, and Sunday, 10:00 AM – 4:00 PM

Bike Swap

February 2009

The Seattle Bike Swap is a bike bargain hunter's paradise with up to 100 vendors under the same roof! Expect great deals on new and used bike-related goods of all types and sizes. Don't miss this one-day-only annual sale! The Bike Swap location is at Magnuson Park, Hanger #30.

Clif Bar Chilly Hilly

February 2009



The Northwest cycling season kicks off each year with the ever-popular Chilly Hilly. This February, leave the city behind and join 4,000 other happy cyclists for a morning ferry ride to Bainbridge Island. The Chilly Hilly route waits on the other side, complete with 2,675 feet of climbing over 33 miles.

But remember, this event isn't just about the cycling; it's also a community fundraiser for many local charities. Along the route, various Bainbridge Island organizations sell homemade goodies and tasty treats. Don't miss the Hot Cider Rest Stop followed by a hearty hometown chili feed at the Finish Line Festival. The warm welcome from the Bainbridge community steals the chill right out of the air.



Flying Wheels Summer Century

Saturday, June 14

Start your spring training with a benchmark in mind: the Flying Wheels Summer Century. Scheduled five weeks before our premier double-century event, the Group Health STP, Flying Wheels is the perfect cycling event to evaluate how your spring training is going.

Flying Wheels offers 25-, 45-, 70- and 100-mile routes for everyone from novice riders to road warriors. Each route takes you through the scenic countryside of King and Snohomish counties. Cyclists who crave hills will find plenty of quad-burning terrain on the longer loops. The shorter loops offer a few rolling hills to keep the ride interesting.

Best of all, the end of the ride isn't the end of the fun. The Flying Wheels Finish Line Festival keeps the party hopping with live music, food booths, cycling vendors and free entry to track races at the Marymoor Velodrome.

Group Health Seattle to Portland Bicycle Classic

Saturday – Sunday, July 12 – 13

Join Cascade for its cornerstone event, marking the Club's rich event production heritage: the 29th Group Health Seattle to Portland Bicycle Classic. In 1979, 187 cyclists participated in the first STP as a U.S. Cycling Federation-sanctioned time trial.

Today 9,000 cyclists mount their bikes for a dawn start from the University of Washington campus. Excitement, smiles, laughter and a touch of nerves fill the air. This is it! The big event everyone has been training for all spring.

The STP is no longer a race, but it is an adventure. Between the start and finish you will find 204 miles, 9,000 cyclists, 12,000 energy bars, 12,000 bananas, 8,000 pounds of watermelon, 14,000 bagels, 700 volunteers, thousands of wheels and a million smiles.

Break out your smile, ride smart and have a great time.





Cyclefest Outdoor Cinema

Wednesday, July 23, 6:00 P.M.

Vive la Tour de France!

Fresh after STP, you're invited to kick up your cleats for our party in the park! Cyclefest Outdoor Cinema is the ultimate summer party for fans of international bicycle racing. Bring your lawn chairs, picnic blankets and all your friends down to Magnuson Park for the evening. Before the show, enjoy live street racing at the Cycle University Street Springs. There will be plenty of other fun stuff, including food booths, giveaways and contests. At dusk you'll be wowed by all the action from the exciting 2008 Tour de France Alpe d'Huez mountain stage presented on a huge outdoor screen. Free!

RAW Ride Around Washington: Tour of the Volcanoes



August 3 - 9

SOLD OUT!

It's pure scenic beauty as we embark on a magical 10th anniversary "sold-out" edition of this amazing ride. A lucky 210 riders will depart on a loop ride out of Packwood, Washington covering 450 miles of glorious riding over the week. The scenic viewpoints along the way include spectacular peaks of Mount St Helens, Mount Adams and Mount Rainier. The only way to sign up for the next "RAW" is to join the club today and sign up right away when registration opens in January.

RSVP Ride from Seattle to Vancouver and Party!

Friday - Saturday, August 15 - 16

SOLD OUT!

The name says it all! So you've done the training, but are you up to the challenge? It's just a little ride for a party up in Vancouver, B.C. right? Riiiiiggghht... RSVP starts in Seattle near the Cascade Bicycle Club offices at Magnuson Park. You'll head north over lovely back roads, riding through scenic small towns along the way. Day One covers 105 miles and finishes when a couple thousand wheels roll into Bellingham for the night. Day Two takes you across the Canadian border to the finish line festival in downtown Vancouver.

With a low rider limit and high popularity, RSVP often sells out early in the year. Don't delay, register today!

High Pass Challenge

Sunday, September 7

On Sunday, Sept. 7, 800 riders will embark on the second annual High Pass Challenge, a new challenging event that will lead them through the beautiful Gifford Pinchot National Forest, including the Mount St. Helens National Volcanic Monument. Starting from Packwood, Washington, cyclists will climb over 7,500 feet in elevation gain over 114 miles. The halfway point is at scenic Windy Ridge, overlooking the Mount St. Helen's blast zone.

Registration is limited to 800 cyclists. Don't delay, register today for this exclusive High Pass Challenge, part of Cascade Bicycle Club's *High Performance Cycling group*.

Cascade Spawning Cycle

Sunday, September 14

In September, as the lazy days of summer wane, Cascade celebrates cycling in our fair city of Seattle with the Cascade Spawning Cycle. We have developed four fantastic urban loops to challenge riders of all ages, sizes and abilities.

The wee ones have a ride sized just for them on the flat, four-mile Family Fry loop. Families up for a bigger challenge will enjoy the 14-mile Chum Run that includes a few climbs through Discovery Park and a rewarding visit to the Ballard Locks to see the jumping salmon! The Fit for a King loop offers a scenic tour of the city with 1,000 feet of climbing. The biggest fish will love the Copper River Special loop, 44 miles with plenty of uphill action and rewarding vistas.

In conjunction with this event we offer a free Bike Thrills and Skills course for the little ones in your gang.



Kitsap Color Classic

Sunday, October 5

Autumn arrives bringing crisp morning air and trees swathed in scarlet and gold. What better way to experience it than cycling the Kitsap Peninsula on our season-closing ride. The Kitsap Color Classic offers three basic routes: 14, 25 and 36 miles, which can be combined to create longer distance rides up to 64 miles.

The event starts north of Seattle in downtown Edmonds. Come early for an all-you-can-eat pancake breakfast, and then hop on the ferry for a ride across Puget Sound to Kingston. Lovely country roads await with peek-a-boo vistas, seaside scenery, forested lanes and some challenging hills to keep things exciting.





Building a Better World through Bicycling

International Tours



Pack your bags for a bicycling adventure!

Embark on a two-wheeled adventure to beautiful locations throughout the world with Cascade Affiliated International Tours. We work with top tour operators to negotiate the best deals on high quality tours for Cascade members.

In the past our members enjoyed tours of New Zealand, Greece, Spain, Holland, France and Italy. This season, we present a slate of exciting destinations to cure your case of wanderlust.

Bike Switzerland: Lake Crossing Tour

Date: June 26 – July 6 & August 21 – 31, 2008

Join us on a spectacular tour that winds through the legendary roads of Switzerland. You'll travel through the heart of the country using bike paths that pass small towns, major cities, narrow valleys, mountain peaks and 14 lakes! Stay at first-rate family hotels and dine in complete style every day on this specially priced trip. This tour is suitable for any fit rider and is almost all-inclusive with bicycle rental and wine with dinner!

Chile: Lakes and Volcanoes Tour

Date: December 6 – 17, 2008

Explore the fascinating southern part of the country dominated by clear-water lakes and amazing live volcanoes. You will pedal alongside rolling meadows, visit local ethnic villages and relax in soothing natural hot springs. For twelve glorious days you will visit protected wildlife areas, active Chilean volcanoes, and hike through native temperate rain forest. The cuisine is another highlight of the tour, with the ingredients that have made Chile known worldwide: wine, delicious produce and seafood from the Pacific Ocean.

Vietnam Grand Tour

Date: December 15 – 29, 2008

Cycle fabulous Vietnam, enjoy the shopping and amazing bargains and take in the sights. See this captivating country alongside the friendly locals as you pedal past rice fields, visit local ethnic villages and explore imperial cities. The cuisine is a highlight of the tour with delicately spiced meals, excellent seafood and plenty of fresh fruit. The French have left a heritage of excellent breads and pastries. Stay at three- and four-star French colonial hotels and beachfront resorts, and cycle almost entirely on quiet roads. Spend Christmas in the World Heritage township of Hoi An with an optional New Years Eve boat cruise in spectacular Halong Bay.

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