

FOR IMMEDIATE RELEASE

**THOUSANDS TRADE CARS FOR BICYCLES FOR
NATIONAL BIKE TO WORK MONTH**
*Cascade Bicycle Club announces Starbucks Bike to Work Day, May 18
and the Group Health Commute Challenge, May 1-31*

SEATTLE – Cascade Bicycle Club, a leader in creating more livable communities through bicycle advocacy, events and education programs, announces Starbucks Bike to Work Day on May 18, 2007 and the Group Health Commute Challenge which takes place May 1-31, 2007. The events are produced by the Club's Education Foundation and coincide with National Bike Month, which was established in 1956 by the League of American Bicyclists to promote cycling as a healthy, economical, practical and eco-friendly form of transportation.

- **Starbucks Bike to Work Day is Friday, May 18.** From 6 to 9 a.m., bicycle commuters can stop at one of 38 commute stations located throughout King and Snohomish counties to receive a free water bottle, maps, snacks, commuting information, and have bikes checked by bike shop sponsors (list of commute stations available online or by request). From 7:30 to 8:30 a.m. the Starbucks Bike to Work Day Rally will be held outside Seattle City Hall where there will be music, speakers, and free Starbucks coffee. In 2006, Starbucks Bike to Work Day rallied more than 10,000 commuters to try biking as an alternative to other modes of transportation.
- During the month-long **Group Health Commute Challenge**, teams of riders will test their bike-commuting mettle in a friendly competition to see who can commute the most by bicycle. In 2006, they enthusiastically embraced the challenge and rode a collective 500,000 miles to and from work. Last year, 600 teams with 5,900 total members participated. New for 2007, participants can track the carbon dioxide and money saved by not driving on the Commute Challenge Web site. Registration will remain open throughout May to anyone who commits to ride five times or more during the month. Prizes will be awarded to winning teams and individuals based on most miles commuted, most new riders, most days commuted, etc.

More information about these events and Cascade Bicycle Club is available online at www.cascade.org.

Starbucks Bike To Work Day and the Group Health Commute Challenge are made possible by support from leading regional businesses including Starbucks, Group Health, Adobe, F5, Flexcar, Clif Bar, and the City of Seattle.

Founded in 1979, Cascade Bicycle Club is a 6,500-member, non-profit organization based in Seattle, serving more than half a million cyclists in the Puget Sound community. The club is operated by a nine-member volunteer Board of Directors, 14 professional staff, and thousands of volunteers. More information about the Cascade Bicycle Club's programs is available online at www.cascade.org or by calling 206-522-3222.

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Media contacts:

Christy Luther
Richmond Public Relations
(206) 682-6979
christyl@richmondpr.com

Carry Porter
Cascade Bicycle Club
(206) 522-3222
carry@cascadebicycleclub.org