

CASCADE BICYCLE CLUB ANNOUNCES FALL RIDES **Cascade Spawning Cycle benefits Big Brothers and Big Sisters of King County;** **High Pass Challenge debuts and Kitsap Color Classic returns**

SEATTLE – Cascade Bicycle Club invites cyclists to take advantage of Seattle’s “Indian Summer” with three fall rides:

Cascade Spawning Cycle, held **Sunday, September 16**, is Cascade Bicycle Club’s only urban ride targeted to kids and families. New for 2007, Cascade Bicycle Club has partnered with **Big Brothers and Big Sisters of King County** to allow riders to raise funds to support the organization while enjoying the outdoors with a group of all ages. An ideal ride for first time cyclists as well as seasoned riders, participants can choose from bike routes ranging in distance from 4 to 55 miles. Cascade Spawning Cycle takes riders on a tour around Seattle based on the salmon spawning cycle – starting at the salt water at Myrtle Edwards Park, heading “upstream” to the freshwater of Lake Washington, and back to the downtown waterfront by way of the Ballard Locks. The finish line festival will include a youth zone bike course, and food including BBQ salmon burgers, Caesar salads and an espresso bar.

On **Sunday, September 23**, the new **High Pass Challenge** cycling event for High Performance Cyclists will make its debut. A total of 500 cyclists will embark on the rigorous High Pass Challenge through the pristine Gifford Pinchot Forest. Starting from Packwood, Wash., cyclists will climb more than 7,500 feet in elevation gain in 120 miles during the allotted 10-hour time limit. The strenuous mountain ride climbs over Independence Pass then winds past scenic Spirit Lake on the way to the Windy Ridge Viewpoint overlooking the Mount St. Helen’s blast zone.

The **14th annual Kitsap Color Classic** will take place **Sunday, October 7th**. The Kitsap Color Classic is the end-of-season finale ride featuring three scenic loop routes along the Kitsap Peninsula. The colorful fall scenery makes this some of the best riding ground in the state, and the course options are ideal for riders of all skill levels. Before taking the Edmonds ferry to the Kitsap Peninsula, riders can enjoy a \$5 pancake breakfast at the Edmonds Masonic Lodge to benefit the Edmonds Bicycle Advocacy Group.

Registration for Cascade Bicycle Club’s fall events can be done online at www.cascade.org. Proceeds from the bicycle rides benefit the Cascade Bicycle Club and Cascade Bicycle Club Education Foundation, supporting cycling education and advocacy work.

Founded in 1970, Cascade Bicycle Club is a 6,700-member, non-profit 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, 14 professional staff, and thousands of volunteers. More information about Cascade Bicycle Club’s programs is available online at www.cascade.org or by calling 206-522-3222.

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