

## MEDIA ADVISORY

### **RIDE FROM SEATTLE TO VANCOUVER, BC & PARTY**

*New in 2004 - Bellingham midway party for two-day triple metric century*

**WHAT: RIDE FROM SEATTLE TO VANCOUVER, BC & PARTY**

- 183 miles on rural backroads in Western Washington, begins at Seattle's Sand Point Magnuson Park and ends at Vancouver BC's Coast Plaza Suite Hotel
- Fundraiser for event producer Cascade Bicycle Club - [www.cascade.org](http://www.cascade.org).
- Proceeds from the *NEW* Bellingham midway party benefits **Mount Baker Bicycle Club**.

**WHEN: August 6 - 7, 2004**

- Start (Sand Point Magnuson Park, Seattle): 5:30 am to 6:30 am, Friday, August 6
- Finish (Coast Plaza Suite Hotel, Vancouver): Saturday, August 7

**WHO: 976 riders**

- Oldest registered: 82; Youngest registered: 10
- Riders from 25 states—plus British Columbia, Alberta, Ontario

**ROUTE:** Friday: the course passes through the Washington communities of: Bothell, Woodinville, Clearview, Snohomish, Lake Stevens, Arlington, Mount Vernon, Burlington and Bow to Bellingham.  
Saturday: the route travels through: Lynden, Pitt Meadows, Fort Langley, Maple Ridge, Haney, Port Coquitlam, Port Moody and Burnaby to Vancouver.



**CONTACTS:**

Scott Marlow, marketing director  
Cascade Bicycle Club  
[cbcmktg@cascade.org](mailto:cbcmktg@cascade.org)  
206-522-2403

Dave Douglas, events director  
Cascade Bicycle Club  
[cbcevents@cascade.org](mailto:cbcevents@cascade.org)

Todd Elsworth  
Mt. Baker Bicycle Club  
360-739-8458

###