

## CASCADE SPAWNING CYCLE

*a bike ride celebrating salmon*

Sunday, September 19, 2004

**What:** A new family-oriented bike ride has been launched in Seattle, produced by Cascade Bicycle Club. Enjoy one of three bike routes up to 33 miles, while riding along migratory salmon spawning routes, around the city of Seattle.

**When:** Sunday, September 19, 2004  
Course hours: 8:30 a.m. – 3:30  
Finish line party: noon – 5:00

**Where:** *Seattle, [Myrtle Edwards Park](#)*, 3130 Alaskan Way West

### Details:

*Seattle* - Cascade Bicycle Club invites recreational bicyclists to send off the inaugural 2004 CASCADE SPAWNING CYCLE on Sunday, Sept. 19. The **route** starts at Myrtle Edwards Park on Puget Sound, and travels upstream to Lake Washington then cruises along the Ship Canal toward the ocean by way of the Hiram M. Chittenden Locks. Pedal onward through Magnolia to the finish line festival where you'll find a slew of prizes, fun kids' crafts and food booths, and live world music by **Kalass**.



the main **Fit for a King** route loops around the City of Seattle in 33 miles.

the recreational **Chum Run** is approximately 12 miles.

the **Family Fry Loop** consists of about six easy, flat miles.

*Note: All three routes start and finish at Myrtle Edwards Park, so your friends and family can meet up for an after-ride party and social event right on Seattle's best waterfront park!*

\* First 500 to register get a FREE Cascade Spawning Cycle T-shirt!

**Admission:** registration on or before Sept. 10: \$20 for adults; \$5 for kids 6 – 12; day-of-event registration: add \$3; free for kids 5 and under. \$5 discount for Cascade Bicycle Club members.

**More information:** [www.cascade.org](http://www.cascade.org) or 206.522.3222

### Contacts:

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### About Cascade Bicycle Club

Cascade Bicycle Club is the nation's largest bicycle club with over 5,000 members in Seattle. Cascade produces eight annual events, including three marquee events: Group Health Seattle International Bicycle Expo, WRQ Bike to Work Month and Group Health Seattle To Portland Bicycle Classic. CBC promotes

bicycling for transportation, recreation and health - providing over 1,000 free recreational rides annually. Cascade is a non-profit organization, directed by a board of nine elected volunteer directors and eight professional staff. The Cascade Bicycle Club Education Foundation, a 501(c3) organization, promotes bicycling safety and skills throughout Washington State. CASCADE SPAWNING CYCLE is presented by Newsradio 710 KIRO. Other sponsors include: Carter Subaru, Group Health Cooperative, LogoRepair, Sports Rack Vehicle Outfitters, Stretch Island Fruit Leather, Supergo Bike Shops, and Top Pot Donut.

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