

Cascade Bicycle Club Announces 20th Annual Group Health Seattle International Bicycle Expo *Second Largest Bike Show in the Nation*

Who: Cascade Bicycle Club

What: 20th Annual Group Health Seattle International Bicycle Expo

When: Saturday, March 8 (9 a.m. – 6 p.m.)
Sunday, March 9 (10 a.m. – 4 p.m.)

Where: Cruise Terminal 30, Seattle, Wash.

MEDIA ENTRANCE: use the VENDOR/VOLUNTEER entrance on the West side of the Pier 30 building and check in at the SHOW OFFICE.

Directions/Parking: <http://www.cascade.org/EandR/expo/directions.cfm>

Details: One of the nation's largest bicycle shows, Cascade Bicycle Club's 20th Annual Group Health Seattle International Bicycle Expo will take place Saturday and Sunday, March 8-9, 2008. The event will feature more than 150 exhibitors with products and services related to cycling. An estimated 10,000 visitors will attend the seminars, preview the latest trends, and celebrate cycling.

Feature presentations will include how-to lectures, demonstrations by professional riders, book signings, and presentations by celebrity cyclists such as **Lance Armstrong's personal coach, Chris Carmichael**. Additional guest speakers include adventure cyclist "**Metal Cowboy**" **Joe Kurmaskie**, mountain bike trials rider **Ryan Leech**, *Bicycle Quarterly* publisher **Jan Heine**, and fitness expert **Sally Edwards**. Main attractions will include the 10th Annual Bike Photo Contest, indoor and outdoor manufacturer's test ride areas, a superbike presentation, and Youth Zone for kids 16 and under to participate in a treasure hunt, bicycle arts and crafts, and a Wheelie of Fortune.

Admission tickets will be available by cash-only at the door. Adult tickets are \$8, or \$7 for Cascade Bicycle Club members. Children 15 and under are free.

About Cascade Bicycle Club:

Founded in 1970, Cascade Bicycle Club is an 8,000-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.

*** High-resolution images available upon request.*

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