

What: American Diabetes Assoc. FLYING WHEELS Summer Century

The largest century ride in Washington State, Flying Wheels Summer Century, produced by Cascade Bicycle Club, is now partnered with the American Diabetes Association. Over 2,000 bicyclists are expected to participate in the 16th annual century, many helping to raise funds to promote diabetes education and research.

Athletes can test their fitness levels against routes of 25, 50, 70 or 100 miles. Day-of-event registration is \$25, with discounts for Cascade members.

25-mile loop - Great for the beginner and younger riders.

50-mile loop - Perfect preparation route for the two-day STP rider.

70 - mile loop - For riders training for one-day STP.

100 - mile loop - Finish this route and you're ready to ride STP in one day.

A Finish Line Festival will feature live music, and a sports expo with bicycling gear and accessories on sale. A New Belgium Brewing beer garden will benefit three 501c3 charities: Am. Diabetes Association, Marymoor Velodrome Association, and Cascade Bicycle Club Education Foundation.

Washington State [Bicycling] Track Championships

The [Marymoor Velodrome](#) will host this year's State Track Championships, bringing the fastest bike racers in the Northwest to compete for Washington State's top honors. Participants qualify to compete at the National Track Championships. Flying Wheels riders and spectators may watch the races for free.

Where: Redmond, Washington; Marymoor Park, [Marymoor Velodrome](#)

When: Saturday, June 21, 2003

6:30 AM – 9:00 AM	Registration and Start Line Open
10:00 AM	Family Fun Ride
11:00 AM	Finish Line Festival Opens
12:00 AM	Marymoor Velodrome Track Races
4:00 PM	Finish Line Festival Closes

For additional information or to register visit www.cascade.org or call Cascade at 206.522.3222. Sponsors include American Diabetes Association, Clif Bar, Group Health Cooperative, KAVU, NewsRadio 710 KIRO, Northwest Federal Credit Union, and REI.

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