



Cascade Bicycle Club presents the Group Health Seattle to Portland Bicycle Classic

**Saturday – Sunday
July 11 – 12, 2009**

- Produced by the Cascade Bicycle Club.
- Title sponsor: Group Health.
- Other sponsors: Carter Subaru, Clif Bar, New Belgium, REI, Dave's Killer Bread, Performance Bicycle, Rack 'n Road, Ultima Replenisher
- The Group Health STP is Cascade's largest fund-raising event and supports bicycle education, advocacy, commute and riding programs
- 30th annual ride. Sold out on June 1, 2009.
- Untimed, recreational bicycle ride, not a race.
- First event was a time trial race between Seattle and Portland City Halls. Jerry Baker won the race.
- 10,000 registered riders
- Total distance (miles) 202.25
- Uphill distance (miles) 30.87
- Uphill altitude (feet) 1,951
- Maximum altitude (feet) 463
- Start: University of Washington E-1 Parking Lot on Montlake Blvd., just north of Husky Stadium
- Five major rest stops en route to Portland
- Midpoint: Centralia, Washington
- Finish: Holladay Park in northeast Portland
- 100 safety and medical riders on the course
- 20 Ride Referees on the course
- 12 support vehicles
- 200 Gold Wing Touring Association motorcyclists
- How much food? Here's a sample:
 - 26,000 sandwiches
 - 35,000 cookies
 - 43,000 snack bars & treats
 - 11,000 fig bars
 - 16,000 servings of bananas
 - 10,000 servings of oranges
 - 9,500 servings of grapes
 - And a LOT more!
- 46 states represented (see list below)
- Eldest rider: 87.
- Youngest rider: 2 years 4 months.
- 2,834 female riders; 7,166 male riders
- 51 riders will have ridden 20+ times
- 321 riders will have ridden 10+ times.
- Riders with the most rides, who participated in each of the 29 rides, are:
 - Jerry Baker (67) of Seattle
 - Paul Wantzelius (60) of Maple Valley

7 Countries & Territories:

Australia, Bermuda, Canada, England, Puerto Rico, Sweden, United States.

46 States

- | | | | |
|-------------------|-------------------|--------------------|--------------------|
| 1. Alaska | 13. Idaho | 25. North Carolina | 37. South Carolina |
| 2. Alabama | 14. Illinois | 26. Nebraska | 38. South Dakota |
| 3. Arkansas | 15. Indiana | 27. New Hampshire | 39. Tennessee |
| 4. Arizona | 16. Kansas | 28. New Jersey | 40. Texas |
| 5. California | 17. Louisiana | 29. New Mexico | 41. Utah |
| 6. Colorado | 18. Maine | 30. Nevada | 42. Virginia |
| 7. Connecticut | 19. Massachusetts | 31. New York | 43. Vermont |
| 8. Delaware | 20. Maryland | 32. Ohio | 44. Washington |
| 9. Washington, DC | 21. Michigan | 33. Oklahoma | 45. Wisconsin |
| 10. Florida | 22. Minnesota | 34. Oregon | 46. Wyoming |
| 11. Georgia | 23. Missouri | 35. Pennsylvania | |
| 12. Hawaii | 24. Montana | 36. Rhode Island | |

Additional information

- Website: www.cascade.org/stp
- View the detailed [Route Map](#)
- View the Route [Services Map](#), listing towns and rest stops.



Media contact: M.J. Kelly, Cascade Bicycle Club Communications Manager
206-853-2188, m.j.kelly@cascadebicycleclub.org || www.cascade.org
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