

## **Team Group Health Wins USA Cycling's "Women's Club of the Year" Award for Third Time**

USA Cycling announces its 2009 Club of the Year winners

Colorado Springs, Colo. (December 18, 2009) -- USA Cycling has announced the recipients of its annual Club of the Year awards. Nine USA Cycling-sanctioned clubs received recognition for outstanding programs throughout the 2009 season and will receive complimentary registration fees for the 2010 racing season.

Clubs were judged on several key areas including race promotion, membership composition, instructional clinics and seminars, club activities, charitable contributions, and racing performance.

The Women's Club of the Year award went to Team Group Health (Sound Velo Cycling Club), Seattle, Wash. Welcoming 18 new members in 2009, Sound Velo is the home club for 80 women and is one of the largest women's cycling clubs in the Pacific Northwest. Among many other things that the club accomplished in 2009, it assisted at the "Women's Intro to Cycling Rides," and also assisted in managing both the Garmin Category 4 Women's Race Series and the Volkl Category 3 Women's Race Series in Washington State. To learn more about the 2009 Women's Club of the Year, visit <http://soundvelocycling.com>.

### **About Team Group Health**

Team Group Health is the largest and most recognized women's cycling team in the Pacific Northwest. Based in Seattle, Washington, the team's mission is to promote women's health, fitness, and competitive spirit through bicycle racing. In 2009, Team Group Health finished on the podium in every Pacific North West series and state championship race; with 600 race starts we podiumed 127 times with 37 1sts, 46 2nds and 44 3rds! 4 teammates attended the Summer National Senior Games in addition to racers competing at the BMC Cascade Cycling Classic in Bend Oregon.

Highlights of our season include sweeping the Women Master A WA BARR podium and winning the category 4 WA BARR, the 20K and 40K National Senior Games road races, the category 1-2 WA state road championship, the Master A WA time trial state championship, the category 4 WA team state team time trial championship, the Master OR criterium and the Master B WA state hill climb championship.

In addition to the title sponsor (Group Health Cooperative), Team Group Health is proud to represent a number of local and national contributing sponsors, including: American Bicycle Group (Litespeed), Canari, Chef'n, Clif / Luna, Crank Brothers, DeFeet, dreamclinic massage, Edward Jones Fremont, ProNet Inc. (Elite Trainers & Cages, Selle Italia Saddles), First Endurance, Fizik, James Alan Salon, KEEN Footwear, nuun active hydration, Old School Design, Real Rehab & Real Performance, Sammamish Valley Cycle, Seattle Bicycle Supply (Redline), Shimano Wheels/Pro Components, SIDI shoes, Sigma Sport, Skins, Smith Sport Optics, Sweet Spot & Swift Home Renovation.

### **About Group Health Cooperative**

Founded in 1947, Group Health is a consumer-governed, nonprofit health care system that coordinates care and coverage. Based in Seattle, Group Health and its subsidiary health carriers, Group Health Options, Inc. and KPS Health Plans, serve more than 580,000 members in Washington and Idaho. Group Health's commercial and Medicare plans have received the top rating of "Excellent" from the National Committee for Quality Assurance (NCQA). Please visit the virtual newsroom on our Web site, [www.ghc.org](http://www.ghc.org) under "Newsroom."