

Fred was awesome.

One would be hard pressed to find anyone who loved the bike, and believed in the bike, more than Fred. No matter the situation Fred always found the positive side to things, especially when it came to two human-powered wheels.

If Fred didn't have a good race, he found the positives in YOUR RACE. On training rides if you rode in a dangerous manner, Fred was the first to hold you accountable, for your own safety. If you were new and just discovering the bike, be it recreational riding, racing, triathlon, commuting, mountain biking, whatever, Fred would take the time to help you progress at your own pace. Not just riding the bike, but how to be self-sufficient and confident when out on the road or trail.

From Portland to Lynnwood to Redmond to Seattle and beyond there are countless stories of Fred taking the time to really teach people about the bicycle and how it makes a better world. Some of these people, who became Fred's close friends, couldn't ride much more than a short distance at a snail's pace, often due to heart trouble, diabetes, and a myriad of health issues, but Fred patiently brought them all along.

Why a track race as a memorial? Well, Fred loved the track. He quietly helped maintain the MVA rental fleet, showed-up to assist with the junior program, and volunteered every chance his schedule would allow. After years of battling his own health issues that kept him from racing, all while he still maintained a volunteer presence at the track, he finally returned for part of the 2011 race season. 2012 was to mark Fred's return to a full track racing season.

Fred loved to race. He didn't care about the prize money or merchandise or prestige of winning, he just loved to race his bike. If you're lucky enough, or good enough to take home a medal, Fred would be one of the first to congratulate you, but he would be more appreciative that you came out to race your bike. That's why Fred's Race, also known as the Fred C Rehberger Memorial Northwest Track Cycling Championships, is about the love of racing and remembering one of our cycling community's quiet heroes.



You see, Fred was awesome and we miss him very much.

