



**Catholic
Charities**
of Colorado Springs

Media Alert

June 4, 2010



Contact:

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Who: The National Cycling for Change team

Where: Washington & Oregon

What: **The Ride Has Begun: Update on Week One Progress**
Cycling for Change (C4C):
The Ultimate Bike Ride to Change America

The national C4C team began their journey across America this past weekend on May 29 in Cape Flattery, WA. So far, they have traveled 360 on their 5,000 mile journey. There have been successes and obstacles, mainly the weather, as they have travelled on their bikes through rain and wind almost every day. However, they have already met some amazing people, and heard some amazing stories from people regarding their challenges with poverty.

Jason Christensen, CEO of Catholic Charities of Colorado Springs is blogging almost everyday (www.ccharitiescs.org/c4c), and others on the team are communicating via Facebook. These communications provide a wonderful opportunity to educate people in our community about the issues of poverty in a fun and inspiring way. You have an opportunity to follow the progress and live vicariously through the members of this team as they make a once in a lifetime journey, bringing awareness to an issue that needs to be brought to the forefront of the American consciousness. This is a perfect opportunity to focus on the needs of the people in our own back yard, the pain and suffering that is taking place right here in America everyday.

While there have been many advances in the past few months, getting people off the creek and into housing, the need is still great. Last week, the Marian House, which serves 600+ meals everyday, served over 750 meals on three of the five weekdays. These numbers will continue to rise as more local school districts close for the summer months and the children who relied on the free or reduced lunch program, come to Marian House for their daily meal. Last year alone, the number of meals served to children doubled, to more than 10,000.

What Can the Community Do to Help?

They can donate food, including meats, fresh fruits & vegetables, #10 cans of anything, to the Marian House, support the upcoming C4C events (detailed below), get involved in other social service organizations who provide poverty reduction services in our community, or make a cash donations.

Events Planned in Colorado Springs

Freedom Financial Services

Freedom from Poverty Community Events

As a recap, there will be four events held on July 8, 2010 in conjunction with the arrival of the Cycling for Change team in Colorado Springs, all sponsored by **Freedom Financial Services**:

- a metric century bike ride to meet up with the team;
- a community celebration in America the Beautiful Park;
- a Kids Bike Rodeo;
- a Family Fun Ride.

Additionally, the national Cycling for Change team will be at the Marian House on July 9 serving food to the Marian House guests, as well as having lunch, before proceeding towards Limon and points east.



Freedom from Poverty Bike Ride

A one-day, metric century bike ride from America the Beautiful Park to Palmer Lake. Participants will meet up with the national C4C team, who will be coming from Castle Rock, and then the two teams will proceed to America the Beautiful Park together to join in the Freedom from Poverty Community Celebration.



Freedom from Poverty Community Celebration

An all-day event in America the Beautiful Park on July 8 from 2 to 7 p.m. It will consist of live music by Shawn Mullins and Jake Loggins, Bristol Beer, Chief Root Beer, food from various vendors, a KIDZONE, a Social Service Fair, and a special presentation of brand new bikes given to underprivileged children by Metro Rides, in partnership with Kids On Bikes Pedal Program. Children can participate in a kids' bike parade after the conclusion of the Freedom from Poverty Kids Bike Rodeo at 3:15 p.m. Chick-fil-A will be there with their dancing cows, and a group from



Freedom from Poverty Kids Bike Rodeo

On July 8, from 1 to 3 p.m., a bike rodeo will be held at the old Cottonwood Academy parking lot, across from America the Beautiful Park. It will consist of several age appropriate safety courses and safety information. Additionally, Memorial Hospital for Children's *Think First Program* will be fitting children with new bike helmets; Safe Kids Colorado Springs Coalition will host a Safety House to teach injury prevention to youth; and the Academy Optimist Club will help kids decorate their bikes for the Kids Bike Parade to America the Beautiful Park. Metro Rides, in conjunction with Kids On Bikes Pedal Program, will give brand new bikes to about 25 deserving children.

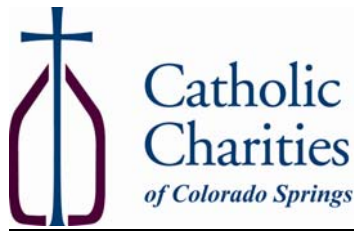


Freedom from Poverty Family Fun Ride

At approximately 3:15 p.m., the Colorado Springs Cycling Club members will lead participants on a 2 to 5 mile bike ride through Monument Valley Park, and then back to the celebration in America the Beautiful Park.

Why:

To bring attention to the issue of poverty in our community and invite the community to get involved by supporting these fun community events that will benefit the Marian House in Colorado Springs



Catholic Charities of Colorado Springs is a non-profit organization serving people in need. Catholic Charities provides compassionate, competent and professional services that strengthen and support individuals, families and communities based on the value and dignity of human life.

Catholic Charities provides numerous services within a 10-county area for the homeless, low-income and vulnerable populations.

- Our **Marian House Soup Kitchen** provides a hot, nutritious meal to more than 600 people most days, 365 days a year
- The **Marian House Community Outreach Services** distributes food, household items, clothing, etc. and provides information, referrals and case management to those who can't come to the Marian House.
- **Marian House Client Services** meets emergency needs through Case Management and provides services for employment, medical care, clothing closet and emergency supplies & services, health & hygiene services and transportation services.
- The **Marian House Life Support Services** distributes baby food, formula, diapers, children's and maternity clothes, toys and car seats to pregnant women, children and families in need.
- The **Life Connections** program provides both domestic and international adoptions, pregnancy counseling and parent education as well as ongoing support for adoptive and birth families.
- English language and cultural literacy education for adults and children are available through our **Family Immigration Services** as well as immigration and naturalization services.
- **Parish Social Ministries** office provides support for Parish Social Ministry, is responsible for Catholic Campaign for Human Development, Catholic Relief Services, *JustFaith* and networking with the Colorado Catholic Conference.

For more information, please contact:

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