

Welcome Home Cycle of Hope Cyclists!

When we dream of our summer vacation, most of us think of the “Lazy Days of Summer” – relaxing at the beach, enjoying the cottage, taking in the summer festivals and sipping a cool, refreshing beverage. Can you imagine giving up 2 weeks of your summer to battle through strong head winds, climb grueling hills and sleep to the rhythm of a symphony of snoring strangers on a gymnasium floor?

From July 4th – 18th, 48 *Cycle of Hope* riders and support volunteers did just that! They cycled the Lewis and Clark ride – from Williston ND, south to Pierre SD, and home to Winnipeg which was 1,000 miles. Why? They were inspired by Sherry, the single mother of 3 they are helping, and the companionship of their fellow *Cycle of Hope* cyclists. This determined group trained for months and raised over \$130,000.

Bob Stewart, one of the cyclists had this to say about his participation:

“This was my fifth year to do the ride – I cycle because I believe in Habitat and our building a home for a family in Winnipeg. I also love the challenge of a long distance cycle and meeting each host community along the way. It is a wonderful way to spend part of the summer!

The ride this year was remarkably challenging for its long uphill and somewhat constant headwinds. However, these difficulties were often reduced by riders working together to help each other fight through these conditions -an exceptional display of the cooperation and teamwork of the COH cycling community.

Once again, I was overwhelmed by the generous response to my fundraising requests by my family members, friends and colleagues. I also appreciate the tremendous dedicated support of the volunteer crew, looking after our caloric and psychological needs as we progressed along the route. “

“It was a fabulous adventure!” said first time cyclist Derrick Saedal, “I thought the riders, support staff and the gracious hosts along the way, each in their own way, represented the structural support needed to build the home for Sherry and her family. This diverse group of volunteers, through hard work and perseverance, kept focused to reach that goal.” As the cyclists conquered the hills and winds of the open highway, hundreds of volunteers prepared for the construction of Sherry’s new home on McCalman Avenue. During the July 18-July 24th Blitz Build, the major structural elements of the home have been completed.

Cycle of Hope is one of Habitat for Humanity Winnipeg’s major fundraisers. Each cyclist is required to pay a registration fee and commit to raising a minimum of \$2,500 through pledges and their own fundraising initiatives. Truly amazing!



On July 18th the cyclists returned to Winnipeg and the build site on McCalman Avenue where their efforts will build Sherry and her family a new home.

Congratulations to the 2009 *Cycle of Hope* riders and crew on their incredible efforts! The hours spent on the road accompanied by stiff muscles are easily replaced with a sense of accomplishment! This ride has helped to improve Sherry, Tyler (13), Sierra (7), and Makayla (3)'s lives and inspired many of us to give back to our community. Thank you *Cycle of Hope*!