

CMHC JOINS THE ROCK TO ROCK EARTH DAY RIDE 2016

CMHC and the CMHC Foundation are forming a team to ride in New Haven's Rock to Rock Earth Day Bike Ride on **Saturday, April 30th**.

We are excited to join individuals and organizations from across the city who are working hard to make New Haven a healthy place to live! All CMHC clients, staff and friends of CMHC are encouraged to get involved in this great event. Together we are biking for sound minds, sound bodies and a healthy community!

Our CMHC Cycles Team is raising money for the CMHC Cycles program where CMHC clients are provided with refurbished bikes by the CMHC Foundation, increasing independence and fostering healthy habits.

Thanks to the CMHC Foundation, all CMHC team riders who need financial assistance are eligible to receive FREE entry fee! Please read on to learn more about Rock to Rock and how to get involved.



FREQUENTLY ASKED QUESTIONS:

WHAT IS ROCK TO ROCK?

Rock to Rock is New Haven's biggest Earth Day celebration. Here's how it works: You and about a thousand of your neighbors bike from West Rock and East Rock, with celebrations on both sides of the city. Along the way, eat tasty food, hear great music, take on environmental service projects, and explore our city's parks and neighborhoods. Check out the Rock to Rock website: www.rocktorock.org

I WANT TO RIDE. HOW CAN I GET INVOLVED?

All CMHC clients, staff and friends of CMHC are welcome to participate.

Join the CMHC Cycles Team by registering online: www.rocktorock.org

If you need financial assistance, you can use the following promo code at time payment and the CMHC Foundation will sponsor your entry fee: *cmhcrocks*

Set a fundraising goal and invite your family, friends and colleagues to support your ride and help CMHC.

WHO'S THE CMHC CYCLES TEAM CAPTAIN?

Norma Gibson, CMHC Foundation Managing Coordinator, is our captain. Go team!

HOW WILL WE USE THE MONEY WE RAISE?

All contributions to the CMHC Cycles Team and its riders will benefit the CMHC Foundation and will be used to support the CMHC Cycles Program, supporting CMHC clients by distributing refurbished bicycles to increase independence and support healthy lifestyles. \$100 will put a person on the road to better health and independence.

CAN MY CHILDREN RIDE WITH THE CMHC TEAM?

Yes! All riders under the age of 18 must have a waiver signed by their parents. This will happen automatically if a parent registers a minor online. Print waivers will be available on site for parents who register their children the day of the event. If you need a digital copy of the waiver form in advance of the event, please email jtolman@commongroundct.org. Any rider under the age of 18 who does not have a signed parent waiver will not be able to ride. Riders must be 14 years or older to participate in the 20- and 60-mile rides. This is a challenging ride, and all riders should be physically prepared. Families/groups with riders under the age of 14 must ride together and must have adult supervision for the children. Rock to Rock ride guides will not be able to supervise young riders.

I'M NOT A CYCLIST OR I'M NOT ABLE TO RIDE ON APRIL 30. HOW CAN I HELP?

There are two ways that you can support the CMHC team and CMHC Cycles program besides riding on our team:

1. Support the CMHC Cycles Team or one of its riders. Go to: www.rocktorock.org
2. Volunteer with Rock to Rock. There are lots of ways to help, before and during the ride! More information is on the website at www.rocktorock.org

I WOULD LIKE MORE INFORMATION ABOUT ROCK TO ROCK.

Visit the website at: www.rocktorock.org

I'D LIKE HELP REGISTERING FOR THE TEAM OR MAKING A DONATION.

Contact Norma Gibson at norma.gibson@yale.edu (preferred) or at 203-974-7082.