



The Red Peloton Charitable events and supported causes

- Coaching of Local Junior Development team www.teamswift.org age range of approx. 7-18 yrs old.
- Volunteering as course marshal, registration officials, and race directors, for a local Tuesday night race series from May through August.
- Volunteering as course marshal, registration officials, and race directors, for a local NCNCA – sanctioned races (Feb 17th, Feb 18th, April 5th, June 8th)
- Voluntary services from the team photographer to the local Tuesday night race series where athletes can request and obtain free photos from these races.
- Mentoring/coaching services to new inexperienced racers at the above race series
- Holding several local Blood donation drives each season with the Blood Bank of the Redwoods. <http://www.bbr.org/> (March 8th and Nov 10th)
- Donating funds to Team Swift throughout the season, leading Team Swift “all Team rides” One on one coaching and instruction with the Team Swift juniors as appointed by Laura Charmeda, Team Swift Director.
- Leading the ABC trash rides twice per year. Where the local riders identify trash dumpsite on our local back roads using GPS units donated by REI. We then send these sites to the counties of Napa, Marin, Solana, and Sonoma for their waste management services to pick up which they do within 1-2 weeks www.abcrides.blogspot.com, http://www.redpeloton.com/Community_Involvement.html
- Bike Rodeos: Events held seasonally at local elementary schools. We set up a repair booth and look over each child’s bicycle, tune it if need be, and then have them ride a skills course whereby on completion, they receive a free helmet compliments of a federal grant. (for more information visit) www.redpeloton.com/Community_Involvement.html
- Participation in the Human Race events with all proceed going to

Project Rwanda <http://www.volunteernow.org/events.html> and www.redpeloton.com/Community_Involvement.html

- The team acted as voluntary work staff in Santa Rosa when the Tour of California bike race came through. We helped staff 4 booths for local business for 8-10 hours that day.

<http://www.amgentourofcalifornia.com>

- Hosting complimentary, bike fitting seminars for the local public to better hone their position and form for Triathlons and time trials.

- Hosting Saturday morning rides from local bike shop where local residents can come out to join along with the racers on fun, conversational rides http://www.redpeloton.com/Event_Calendar.html

- Various team members volunteer their time to the ParkPoint Health Clubs throughout Sonoma County, by leading ‘spin classes’ and assisting in other various health related

activities, http://www.redpeloton.com/Latest_News_January_Archives.html

The team is instrumental in communicating with club members on nutrition and exercise and encourages consistent and monitored workouts. The team tries to be a role model to members in the hopes of helping them achieve a higher quality of life through exercise. Several team members are signed up for the up and coming “fight against domestic violence by riding to “Break the cycle”” an event co-sponsored by ParkPoint for the

YWCA <http://ywcasonomacounty.kintera.org/faf/home/default.asp?ievent=268203>. Team members will ride either a 20k, 50k or 100k bike ride in the name of Parkpoint including offer professional photography for the event by the team photographer.

- We have been in contact with the Big Brothers/Big Sister organization in Sonoma County in hopes that we can coordinate efforts to have some ‘bike rodeos’ with their organization and include the local Boys and Girls Clubs. This coordination of efforts will be organized later in the year after the racing season nears its end. Veronika and Christal from BBBS will organize any events that will enrich the lives of the ‘little’s’ as they are referred to. Christal Alexander

at www.sonomacountybbbs.org

- The team has donated helmets to the Big Brothers Big Sisters organization

- Helped create the TNT Committee. The group tasked with (and succeeded in) saving the local Tuesday Night races in Sonoma County

- Volunteer and Produce the Tuesday Night Twilight Criterium races □ course marshal, set-up, take down, and registration.
- Volunteer and direct Geysers Peak Smack Down race □ course marshal, set-up, take down, and registration.
- Organize and host women specific cycling skills clinics.
- Organize and host nutrition clinic at NorCal Bike Sport
- Organize and host "Riding In Cold Weather Clinic" at NorCal Bike Sport
- Sponsored riders to participate in the Team Swift Cycle with Champions to help the development of junior cyclist
- Hosted a 2009 Christmas Holiday Food and Toy Drive for the Redwood Gospel Mission - <http://www.srmission.org/>
- Hosted a 2009 Christmas Holiday Toy Drive for the Firefighters' Toys for Tots program
- Lead a community level Tour De Parkpoint: 3 rides 1 per month in March-May 2010..free to Parkpoint Healthclub members
- hosted a Community - level Bike Skills Clinic free for all Parkpoint Healthclub members
- Organized and lead all Course Marshals (50 +) for the Event, Levi's Gran Fondo <http://www.levisgranfondo.com/>
- Created Format, questions and co-hosted "Conversations with Chris Carmichael" a free community event with Lance Armstrong's Coach.
- Committed Funds towards sending a Junior Woman over to Europe to pursue her dreams of racing with the Pros. This succeeded in helping her secure a Pro contract once she returned home to the USA!