



Trips for Kids Denver

Mountain Biking for Healthy, Confident Kids!

Mission Statement: Trips for Kids Denver provides mountain bike outings and environmental education to disadvantaged, urban youth who would not otherwise be exposed to such activities. Our outings create a positive, fun outdoor experience for children, while teaching valuable lessons about healthy life-choices, environmental awareness, and creating positive self-esteem.

Youth Mountain Biking Program

Trips for Kids Denver (TFKD) is dedicated to giving underserved, urban youth the opportunity to experience and learn about the natural beauty of Colorado from the seat of a mountain bike. We strive to give children the chance to see a different side of Colorado, to expand their understanding of what they can achieve, and to make personal connections with the natural world. We are an organization of cyclists, educators, and community leaders who believe we can make an unquestionable difference in the lives of children by opening their minds to new possibilities, and arming them with greater self-esteem.

TFKD partners with numerous youth agencies in the Denver Metro area (Boys & Girls Clubs, Tennyson Center, Urban Peak, Girls Inc, I Have a Dream, Denver Family Crisis Center, and many others) to provide fun-filled, daylong mountain bike outings for small groups of children aged 10 and up. The trips are led by our experienced Ride Leaders who, along with several adult volunteers, teach the children basic mountain biking skills and provide positive encouragement throughout the challenging day on the trail. The beautiful foothills and mountain parks we explore provide the perfect setting for the youngsters to experience first-hand and learn about the natural areas of Colorado.

2009 Accomplishments

- ✓ **Organized 105 safe, fun, educational mountain bike outings**
- ✓ **Provided over 700 young people with a confidence and fitness building outdoor experience**
- ✓ **44% of participants were vulnerable youngsters in residential programs for abused, neglected and troubled youth**
- ✓ **Completed three regional multi-day, overnight cycling adventures**

2010 Goals

- ✓ **Safety First! No major injuries again this season**
- ✓ **Give over 1,000 kids the opportunity to experience the joy of mountain biking**

Contact Trips for Kids Denver:

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