



## **FOR IMMEDIATE RELEASE**

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### **Trips for Kids Among the Best in 2006**

San Rafael, CA -- What's to love this year? Trips for Kids! Outside Magazine ranked this national non-profit 26<sup>th</sup> in "The Outside 100 – the Year's Most important People, Ideas, Trends, and Gear." Trips for Kids (TFK) takes disadvantaged youth outdoors on mountain bike rides.

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Headquartered in the San Francisco Bay Area, there are now 48 Trips for Kids chapters coast to coast in the United States and Canada with more in the planning stage. Each TFK chapter is planting seeds for healthy bodies and a healthy planet. With global warming, getting kids on bikes has never been cooler.

Trips for Kids' innovative programs empower youth. On the trail, kids learn confidence and how to dig deep for strength as they climb to the top of a hill. As fifteen year old Khae says, "*I learned that I'm stronger than I thought.*"

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In their earn-a-bike workshops, inner-city youth have a safe place to be after school with positive mentors and adult guidance. Here kids have an opportunity to build a bike they can ride home. These trophy bikes symbolize their accomplishments. The kids take pride in these bikes and have learned how to maintain and take care of them.

Trips for Kids is making plans for a gala Twentieth Anniversary Party in 2007 to celebrate taking more than 33,000 kids on mountain bike adventures.

Check their web site for the chapter nearest you. If there's not one, consider starting one. TFK National staff is ready to assist you. Visit [www.tripsforkids.org](http://www.tripsforkids.org), email [national@tripsforkids.org](mailto:national@tripsforkids.org), or call (415) 459-4217.

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