



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 living a healthy lifestyle, promoting environmental awareness, and fostering self-esteem.

Youth Mountain Biking Program

Trips for Kids Denver (TFKD) is dedicated to giving disadvantaged, 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, Griffith Center, I Have a Dream, Denver Kids, and many others) to provide fun-filled, daylong mountain bike outings for small groups of children aged 10 and up. The trips are lead 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.

2006 Accomplishments

- ✓ **Organized 75 safe, fun, educational rides**
- ✓ **72% increase in youth participant days: 301 in 2005 to 520 in 2006**
- ✓ **40% of riders from residential homes for abused, troubled or homeless youth**

2007 Goals

- ✓ **Safety First! No major injuries again this season**
- ✓ **Complete 75 rides with over 550 children**
- ✓ **50% of youth participants from residential programs**
- ✓ **Launch an off-season program to keep kids healthy and active during the winter**

Contact Trips for Kids Denver:

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