

**CHANGING LIVES  
THROUGH CYCLING**



## About CCF

Our dream is getting every kid on a bike. "Then once they start moving," says Founder and Olympian, Connie Paraskevin, "their lives are changed forever." CCF offers quality cycling programs to kids of all backgrounds and ability from beginners to national competitors plus special events that bring communities together through cycling. CCF provides youth a foundation for physical activity and the chance of a lifetime to be coached and nurtured with a focus on the Olympic values of excellence, friendship, respect and doing your best. At whatever life dreams you follow.

## Why Sport Matters

One in 3 children ages 10-17 is overweight or obese. Only 4% of elementary schools and 8% of middle schools can now provide daily PE while the government health recommendation is 60 minutes a day. CCF aims to be a part of the solution to these statistics. We empower kids to experience the fun of exercise, the power of cycling, and the satisfaction of setting and reaching goals so they feel on top of their game. It's all about inspiring a championship life.



## CCF Mission

CCF is a non-profit 501(c)(3) organization with a mission to bring kids and families of all backgrounds together through cycling; providing opportunity for education, competition, and development while promoting the Olympic values.





## CCF Core Programs

### Youth Cycling Program

Founded in 2005, when CCF partnered with the LA84 Foundation and The Home Depot Center to develop youth cycling at the Velo Sports Center in Carson, CA. Since inception, the program has provided access to a variety of cycling programs to more than 5,000 children. This year-round program has been fundamental in opening up the sport of cycling to youth of all backgrounds and abilities.

### The Racing Club

For kids choosing the competitive path and wanting to make a higher level of commitment to cycling. Racers compete in all types of cycling events including track, road, and mountain bike. CCF athletes have earned national titles and represented Team USA in international competition at the Junior world cycling championship.



## Ways to Help

CCF invites you to help fulfill its mission to inspire and change lives through cycling. You can support CCF programs by making a donation, wearing a CCF cycling jersey, attending a CCF event, or becoming a volunteer. Whatever your interest or level of involvement, your contribution makes a difference.

### P-3 Cycle of Success

A program designed to inspire and help K-12 students get moving and physically active! Students move together through bike activities teaching invaluable life lessons, such as cooperation, communication, goals setting and being accountable for actions. Program features include school assemblies, on-bike lessons, field days.

### Medalist Mentoring

Brings role models together with young people to teach safe cycling skills and integrate messages important to young athletes, such as the importance of education, nutrition, and competing with honesty and integrity.





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