

# WHEELS FOR MEALS RIDE 2010

We are pleased to announce our 2nd Annual Wheels for Meals Ride! Join us **Saturday, October 9, 2010** and ride to benefit Alameda County Meals on Wheels. This fun ride starts and ends at Shadow Cliffs Regional Park in Pleasanton and is fully supported with fun rest stops staffed by friendly volunteers, good humor, first aid, amateur ham radio and SAG support, T-shirts, post-ride BBQ, route maps and encouragement from staff and fellow riders.



Our 15 mile is a leisurely ramble through the vineyards and bike paths of the Livermore Valley. This is a great option for families with kids, or those who haven't been on a bike for awhile. A beautiful way to spend a healthy few hours! Then spend the rest of the day enjoying all that Shadow Cliffs Regional Park has to offer: swimming, sports fields, and paddle boats!

Our 35 mile ride encircles the entire city of Livermore and beyond, through vineyards and rolling hills and ranch land. Perfect for those who want a medium length ride with a moderate amount of climbing.

The 70 mile route is a challenging ride for experienced cyclists. You will start in the vineyards and then ride up and over Patterson Pass, giving a bird's eye view and gets you an up close and personal look at the windmills! This route is perfect for those cyclists who enjoy punishing climbing and fast descents - a great ride to finish the season.

Last year, we had nearly 400 riders on the three routes. This healthy and fun activity spreads awareness about the increasing challenges of the elderly to make ends meet. This year, we have added an optional fundraising component where participants can solicit pledges from family and friends.

Register to ride or volunteer at [www.wheelsformealsride.com](http://www.wheelsformealsride.com). We hope to see you October 9!

## New Board President Takes Helm



As CEO of Vital Link Emergency Response Systems, Art Hoffman has been a tireless advocate for senior health and independence for decades. We have been fortunate to have Art on the ACMOW board for many years, most recently as Vice President and Five Star Dinner Chair. His energy and ideas have brought new success to the event, even in these challenging economic times. We now welcome Art as Board President.

"We've got a big job to do, and I'm pleased to play an important role in feeding seniors everyday across the county," Art says. "I love the independence we are able to provide to local older adults. Allowing them to stay in their home and have a friendly visitor every day has a major impact on their lives."

Art replaces Mike Skubic, who stepped down as Board President after 5 years of dedicated service. Thank you, Mike!

## Five Facts You May *Not* Know about Senior Hunger

1. One out of nine older adults say they have gone to bed hungry.
2. Over half of our clients live alone, increasing isolation as well as the likelihood of food insecurity.
3. Over three-quarters of clients served are over 75 years of age.
4. Over half of our clients live at poverty level.
5. A daily meal and check-in from a friendly driver can help keep seniors out of the hospital and living independently in their homes, where they want to be.

**Thank you** for supporting Meals on Wheels today. You make a real difference in the lives of local homebound seniors.

