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Local cyclists participate in Cycle for Hope event during pandemic

By Jennifer Wake



Bob Frick at an earlier event. Photo provided

opportunities to (safely) connect with our cycling community, and access to our official ride app - RaceJoy - for Cycle of Hope official courses, progress tracking, results submission, and your very own virtual cheer squad to keep you riding!"

There are eight designed rides in the East Bay, and four in Silicon Valley - or on courses created by riders anywhere they like - of 11, 32, 62 and 100 miles each, plus children's rides of shorter distances. Frick and his longtime friend, Len Holmes, will be participating Oct. 1-25, with a total of 16 possible days to ride, assuming the terrible smoke and "dirty air" goes away. Frick says he is sensitive to "dirty air."

Frick says he may ride his own route, which he has done many times in training to Suisun on the river - about 35 miles one way. "I'll leave from my house and ride to Martinez, over the Benicia Bridge, and then roughly parallel to Highway 80, back across Highway 80 to Suisun and the River/Marina."

The purpose of the fundraiser is "to build and preserve homes for low/moderate income families," said Frick. "Home ownership can provide an opportunity for LMI families to transform their lives - pride of ownership, build equity, stability of home ownership, self reliance, and a total better living environment." He added that "housing is a critical issue, and having an impact on the housing crisis can be as simple as riding a bike for a cause."

For information about the fundraising event, visit www.HabitatCycleOfHope.org. Also, contact Bob Frick at kesrobrick@comcast.net to obtain a price discount for riding, and he will donate \$100 to Habitat.

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