



**For Immediate Release: June 3, 2008**

**Contact: Tammie Dodge, Activate Omaha Program Manager, 934-5923;**

**Phil Rooney, Douglas County Health Department Resource Specialist, 444-6427**

## **Youth Start Summer on a Roll**

Children and bikes go together like summer and sunshine, but it's not something every child can take for granted. Now there are more opportunities, thanks to the Keystone Gateway to Active Living, a combined effort of Activate Omaha, The Douglas County Health Department and the University of Nebraska at Omaha.

Dozens of young girls and boys will be able to explore the Keystone Trail this summer on bikes purchased by Activate Omaha with state funding. Peak Performance will store the fleet of 20 bikes for summer program participants at Girls Inc. and Campfire USA.

Tammie Dodge, Activate Omaha's Project Manager, said this is the second year for the program and the youth who rode last year having been asking about it for weeks.

"We know they love it," Dodge said. "Many of the young people who took part last year had never been on a bicycle, and many others didn't have a safe place to ride or even know the Keystone Trail existed."

Dodge will lead this year's rides as the girls and boys learn more about Omaha's trail system and gain some much-needed physical activity while making new friends.

In addition to learning about cycling and using bicycles as a means of recreation and transportation, they'll also get further understanding about the importance of maintaining a healthy body weight, staying active and the value of trail systems.

Trek Bicycle Store staffers have provided leaders with basic bike maintenance, trail etiquette, bike and group ride safety, and help fit them for a helmet and bicycle. Participants will use a map to ride their bikes on the Keystone Trail to a predetermined spot where they will have an educational experience with nutritious snack choices and healthy eating.

Rides will be on Tuesdays and Wednesdays with occasional Friday rides starting the first week of June and roll through August. Some participants will learn to lead their own group rides.

Anyone interested in having their child take part is welcome to call Tammy Dodge with Activate Omaha at 934-5923 so you can connect to one of the participating organizations.

**[www.douglascountyhealth.com](http://www.douglascountyhealth.com)**

**[www.activateomaha.org](http://www.activateomaha.org)**