



A Cycling Tour Benefiting Safehouse Progressive Alliance for Nonviolence (SPAN)

Join us on Sunday, **August 16, 2009** for this exciting new cycling event. SPAN the Rockies features three fully supported rides, including *the only Double Metric Century in Colorado*. This exhilarating tour will climb from Boulder to Ward and along Peak to Peak Highway to Estes Park before returning to Boulder via Lyons, covering 125 miles and 9000+ feet of climbing. We also offer a 130K (85 miles) route that skips the trek to Estes Park and features 5500 feet of climbing. Or, you can skip the climbing altogether and ride the 75K (45 miles) tour of the foothills. Start and finish at Elevations Credit Union in Boulder, and enjoy a post-ride meal and refreshments.

Riders are encouraged to raise pledges to support SPAN. The top individual and team fundraisers will receive special recognition and prizes. All proceeds will support SPAN's new Shelter & Resource Center, a 27-bed facility that increases our sheltering capacity by 60%, enabling us to shelter 450 individuals each year.

For more information or to register online visit: www.safehousealliance.org
Email: spantherockies@safehousealliance.org

About Safehouse Progressive Alliance for Nonviolence (SPAN):

SPAN is a human rights organization committed to ending violence against women, youth and children through support, advocacy, education and community organizing. Originally named Boulder County Safehouse, SPAN began providing services in 1979 in a shelter facility that could house only 12 residents. A staff of 30 now provides comprehensive, culturally-relevant services for victims of domestic violence and promotes nonviolence and social justice through violence prevention education, specialized community training and technical assistance programs, and anti-violence/anti-oppression coalition building with individuals, agencies, and institutions.

SPAN Programs include: 24-hour Crisis/Information Hotline; Emergency Shelter & Resource Center; Outreach Counseling Services for adults, youth and children; Legal Advocacy Program; Transitional Services Program, including access to post-shelter housing; and, School-based and Community Education Program focused on early intervention and violence prevention.

Did you know:

- One in four women in the United States will experience violence by a current or former spouse or boyfriend at some point in her life. Typically, violence within an intimate relationship escalates in frequency and severity over time.
- On average more than three women a day are murdered by their husbands or boyfriends in the United States. In just the first six months of 2009, seven people were killed as a result of domestic violence murder-suicides in Boulder and Broomfield counties.
- One in five youth age 11 to 14 say their friends are victims of dating violence and nearly half who are in relationships know friends who are verbally abused.
- The economic recession has created even more obstacles for survivors seeking to leave an abusive partner. SPAN has seen a 20% increase in requests for shelter since 2007. Prior to moving to our larger facility in mid-2008, SPAN turned away 250-300 calls for shelter each year because there simply was no room.
- The cost of intimate partner abuse in the United States totals more than \$8.3 billion each year for direct medical and mental health care services and lost productivity from paid work and household chores.