

## **Group Health Pedals Into Cycling Season With Two Grants**

FEBRUARY 10, 2006 -- SEATTLE, WA (BRAIN)—To kick off the 2006 cycling season, Group Health Community Foundation, the charitable arm of Group Health Cooperative, has awarded two grants to expand youth bicycle programs in schools. Cascade Bicycle Club Foundation has received \$75,990 to expand its Basics of Bicycling program in east King County and Bike Works of Seattle has received \$10,000 to offer bike safety rodeos, rides, and other activities to encourage an active lifestyle among youth in south King County.

"These grants show that community groups in King County are taking on the obesity epidemic in ways that promote physical activity as a fun, lifelong skill for youth," said Laura Rehrmann, Group Health Community Foundation president and chief executive officer. "The foundation's grants give kids the skills for safe bicycling and an enjoyable way to exercise."

To demonstrate its commitment to get more people on their bikes and promote healthy lifestyles, Group Health also announced their sponsorship of 25 cycling events in Washington this year.

For more information, log on to [www.ghc.org](http://www.ghc.org).