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## **BOYS & GIRLS CLUBS OF CENTRAL ALABAMA – BROOKSIDE UNIT**

### **KIDS LEARN TO MOUNTAIN BIKE RIDE AT OAK MOUNTAIN STATE PARK**

**BIRMINGHAM, AL - (March 14, 2014)** - Youth from the Boys & Girls Clubs of Central Alabama – Brookside Unit learned how to ride mountain bikes during a Trips for Kids Birmingham outing at Oak Mountain State Park. March 8, 2014 was a beautiful day. Thirteen kids and staff from the Brookside Boys & Girls Club arrived at 9 am to a big field with bikes and helmets laid out waiting.

A professional staff of volunteer mountain bike riders from the greater Birmingham area gave the kids lessons of how to ride, then the kids rode the lake trail at the park. The kids got one on one instruction during the visit. Volunteers selected and adjusted the bikes and helmets for each child and gave personal attention to safety.

Carmelo Gurley a 10 year old boy from Brookside said, “Wow, it was so fun and a little scary when we rode down that step hill. I thought for a second I was going to fall into the lake. I have never done anything like this before, it was so much fun! I can’t wait to come back!” A healthy snack was given to the kids before the ride and lunch was served after the ride. No cost to the Boys & Girls Club or the kids.

There are 80 Trips for Kids chapters across the United States and the Birmingham chapter is the only one in Alabama, Mississippi and Georgia. Trips for Kids Birmingham is a non-profit organization that provides mountain bike outings and environmental education for kids who would not otherwise have these opportunities. Trips for Kids Birmingham teaches lessons in personal responsibility, achievement and environmental awareness through the simple act of having fun enabling them to realize their full potential.

*About Boys & Girls Clubs of Central Alabama* Boys & Girls Clubs of Central Alabama (BGCCA) exist to provide boys and girls ages six to 18 with a place to learn, grow, and succeed. The oldest Boys & Girls Club in the Southeast, BGCCA has been serving the children in the Birmingham and surrounding communities for 113 years. The Club currently has 9 clubs in 4 counties providing a safe, positive environment promoting Education, Character and Leadership Training, and Healthy Lifestyle Habits. [www.BeGreatBirmingham.org](http://www.BeGreatBirmingham.org)

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