

## How are teens selected to go on a trip?

The teens must be a member of a specific type of participating organization, such as a mentoring or after school program. Then the staff of that participating organization selects teens that meet the criteria of BCM. This criteria includes the teens being: between the ages of 14 and 18; desirous of attending the trip; deserving of such an opportunity by showing responsibility and respect for themselves and others; financially unable to participate in similar activities on their own; free from health problems that would complicate their participation in rigorous outdoor activities; emotionally, behaviorally and psychologically stable enough not to pose a threat to themselves or others while on the trip.

## BCM's Curriculum for a Positive Experience: T.E.A.M.

This curriculum is intended to provide a framework for the Big City Mountaineers experience, by supporting the natural emotional journey that teens typically go through during these eight days. The T.E.A.M. (Trust, Endure, Achieve, Meaning) acronym targets the phases that the teens will likely experience. BCM rituals like "Quotes of the Day", journaling, daily feedback, daily summit award, reflection sessions, curriculum activities, and peaking a summit are all incorporated into the trip, which truly defines the overall experience in a way that will leave a lasting impression on both youth and adults.

## Program Evaluation!

BCM was able to broaden the scope of how youth can stay involved with BCM, by employing teens in California, Colorado, and Illinois in the roles of interns, program coordinators, and peer leaders.

The third year of using the 40 Developmental Assets measurement process once again validated BCM's program impact, showing significant gains in the teen's *Commitment to Learning, Positive Values, Social Competencies, and Positive Identity*. What the teen participants are saying, "This was the best part of my life so far. Thanks." "Because of your trip, I have developed an appreciation for nature. I would like to volunteer with an organization such as BCM to help other youth like me."



"Your trip made me improve my character and broadened my perspectives in a positive way. I was able to make my mother proud of me." said a proud BCM teen participant.

Cindy and Mike Klebe  
1950 Valley Acre Drive  
Muscatine, IA 52761

SFS Pedal with a Purpose thru  
Muscatine & Louisa

POC: Cindy Klebe, SFS Volunteer  
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SFS  
Pedal with a Purpose  
thru  
Muscatine & Louisa

April 5th, 2008

Ride to



and

Big City Mountaineers

Help at-risk urban  
teens

"Explore the Possibilities"  
in a positive outdoor experience!



UNEXPECTED CONNECTIONS

SFS Pedal with a  
Purpose thru Muscatine  
& Louisa

POC: Cindy Klebe, Summit for Someone Volunteer  
Email: [CindyRTKlebe@msn.com](mailto:CindyRTKlebe@msn.com)  
Phone: 563-506-5901

## What is Summit For Someone?

Summit for Someone is a fundraising program sponsored by Backpacker Magazine. It is designed to raise funds for Big City Mountaineers (BCM). To participate in Summit for Someone (SFS) you pledge a certain amount, raise it, and then climb a mountain; hence, you Summit for Someone. This is what I'm doing. Visit [www.summitforsomeone.org](http://www.summitforsomeone.org) for more information.



## Who is Big City Mountaineers?

Big City Mountaineers (BCM), a 501 (c) (3) non-profit, is a recreational mentoring program for at-risk teens. The mission of BCM is to provide urban teenage youth in need of positive adult mentoring with a challenging and safe wilderness experience led by qualified adult volunteer guides. Visit [www.bigcitymountaineers.org](http://www.bigcitymountaineers.org) for more information.

## Will you Pedal with a Purpose?

This is where you come in. You see, I pledged to raise nearly \$3000 for the Summit For Someone (SFS) program. When I do, I'll be summiting Mt. Hood for Someone! I've organized a bicycle fundraiser ride through Muscatine and Louisa Counties on April 5th, 2008. The entire registration fee goes towards my pledge, which provides funding to BCM to send five, at-risk urban teenagers on a positive, weeklong backpacking trip.



## About the Ride

Join us for an early Spring bicycle ride through the scenic back roads of Muscatine and Louisa Counties. We'll begin at the Pearl City Station on the Riverfront and take a refreshment break at Muscatine County's McKeown Bridge River Access. Next we'll ride through Conesville following the Hoover Nature Trail for 3.7 miles and then through Columbus Junction to Louisa County's Chinkapin Bluffs Recreation Area, where we'll have lunch. There will be 2 miles of gravel to ride on to Chinkapin to X37. Lunch will mark the 28 mile point. After lunch, we'll ride to Wapello, where you can take a break at one of the local businesses. Our last refreshment stop will be at Louisa County's Flaming Prairie Park. This 60 mile social fun ride loop will end back at the Pearl City Station.

**Date:** April 5, 2008

**Time:** 8:00 AM to last refreshment stop open until 4 pm.

**Ride Starting and Ending Location:** Pearl City Station on the Muscatine Riverfront

## What your registration donation includes:

- 🚲 Largest dollar amount Donation wins a BCM Backpack and a surprise gift.
- 🚲 \$50 donations including registration for the ride will be entered in a drawing to receive a Camelbak water bottle (3 winners drawn)
- 🚲 Clifbars and SFS (Summit for Someone) stickers for all who register for the ride
- 🚲 Have a Free Lunch at halfway point and get entered into a drawing to win a BCM Backpack.
- 🚲 Chance to ride with friends
- 🚲 Good feeling of helping others

## Can't ride, but want to donate your time or money or help by trying something new?

- ☺ Volunteer to serve at a refreshment stand.
- ☺ Help serve lunch at Chinkapin Bluffs.
- ☺ Work at Fundraising Table at bike ride start.
- ☺ Donate money directly using this form.
- ☺ Purchase one day rock climbing & rappelling opportunities with me as your guide (\$30 per person or packages of 6 people for \$160).
- ☺ Enter a drawing for a rock climbing & rappelling opportunity for 2 people (one winner drawn), entry cost is \$10 per ticket or 6 tickets for \$50.

## SFS Pedal with a Purpose thru Muscatine & Louisa

| Sign up for:  | # people or tickets | Donation/Registration                | Subtotals |
|---|---------------------|--------------------------------------|-----------|
| Bicycle Ride Participant  | _____               | \$25.00                              | _____     |
| Rock Climbing/Rappelling for a day, \$30 per person or \$160 for 6 people | _____               | \$30/person or \$160 for 6 people    | _____     |
| Enter drawing to win a Rock Climbing/Rappelling for a day opportunity     | _____               | \$10.00/ticket or 6 tickets for \$50 | _____     |
| Just want to make a DONATION, write in \$ amount                          | _____               |                                      | _____     |

**Donation Total:** \_\_\_\_\_

Yes, I would like to Volunteer \_\_\_ Please complete below.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email Address for Ride Updates and Info.: \_\_\_\_\_

Method of Payment:  Check  Cash

**Please send this completed registration form and donation amount to the address below.**

**SFS Pedal with a Purpose thru Muscatine & Louisa**

**POC: Cindy Klebe, SFS Volunteer**

**1950 Valley Acre Drive**

**Muscatine, IA 52761**

**If paying by check, please make check payable to Big City Mountaineers and write "SFS-Klebe" in the subject line.**

**Questions may be directed to  
CindyRTKlebe@msn.com or 563-506-5901.**