



# THE RECOVERY RIDE

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**FOR IMMEDIATE RELEASE:**

## **Cyclists Are Riding For A Sober Cause** "The Recovery Ride" Hits The Road April 19, 2020

San Diego, CA – September 18, 2019 - The Recovery Ride, a one-of-a-kind charity event in San Diego, will hit the road on Sunday, April 19, 2020 with over 450 riders and volunteers all pedaling to support two important causes.

"The Recovery Ride is the only charity bike ride in San Diego aimed at supporting the efforts of men and women working to get and stay sober and recover from HIV/AIDS," says ride Co-Director Jere Halligan. "But that's not the only thing that makes us unique."

"Because we are all volunteers and there's no paid staff," says Rob Rubright, the Ride's other Co-Director, "we are able to ensure every dollar raised goes directly to our beneficiaries and stays right here in San Diego."

This year's event will benefit two organizations that make a deep impact in the lives of others. Stepping Stone of San Diego is a non-profit residential alcohol and drug recovery agency that offers a variety of treatment and recovery programs for a diverse group of participants, including members of the LGBTQ community, regardless of their ability to pay. The San Diego HIV Funding Collaborative is a program of the San Diego Human Dignity Foundation and provides much needed resources to HIV service providers throughout the County.

The Recovery Ride provides fun options for both experienced and casual riders, with three route lengths (12/25/40+ miles). All three will originate at the Swiss Park event center in Chula Vista and continue along Bayshore Bikeway to the Silver Strand, the former Olympic Training Center and beyond. Ride-out times will be staggered from approximately 8:00 to 9:30 am, and all are anticipated to be back to the finish line between 11:00 am and 1:00 pm.

In cycling terms, a "recovery ride" is a short ride the day after a long, grueling one to help the body "recover." "There's obviously a double entendre there," said Rubright. "We are wanting to share our passion of cycling for a cause while hopefully inspiring others to 'get their hearts in gear.'"

The day before the ride, organizers are planning a "Day Zero" event at the Stepping Stone residential treatment center (3767 Central Avenue in San Diego) to permit riders to pick up registration packets, and introduce them to the great work being done by the organization. The Day Zero event will take place on Saturday, April 18, 2020, from 10:00 am – 1:00 pm. The public is welcome and light snacks will be served.

On the day of the ride, community groups and other organizations have signed on to host a festival and rest stops to welcome and cheer riders and hand out refreshments. In previous years, Cheer San Diego Extreme, The Sisters of Perpetual Indulgence, Delta Lambda Phi and others have signed on to host rest stops in Imperial Beach, Coronado, and Chula Vista. Each rest stop will have its own theme, performances, dance, music, etc.

"The Recovery Ride is a fun event," said Halligan. "We don't take ourselves too seriously. The Recovery Ride combines a ton of fun, a lot of heart, maybe a few tears, with fits of cheering. We won't have a lot of competition and a requirement to wear spandex (although we don't mind if you do!)."

For information, visit [therecoveryride.org](http://therecoveryride.org).

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