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## Team Ride4CAP Joins the STP to Raise Funds to Fight HIV/AIDS

### CAP launches its first major bid to raise funds on bikes

February 7, 2012 – Portland, OR – Today is the first day you can register for Team Ride4CAP and the Seattle to Portland Ride (STP), a 204 mile cycling event that is suited for all riders looking to make a long distance trek. Team Ride4CAP, some 100 riders, will join the Cascade Bicycle Club (CBC) and its 10,000 riders on July 14-15 to make this historic 2-day ride. STP typically sells out within 6 weeks of open registration and those interested in Ride4CAP should register soon. To register to ride with Team Ride4CAP on the STP, go to [www.ride4cap.org](http://www.ride4cap.org).

“I have been trying for years to get CAP to create a biking event,” said David Duncan, former intern at CAP and area Training Lead for AIDS Life Cycle. “I will be joining the STP this year on Team Ride4CAP and helping with the pre-ride clinics.”

As a way to support those making the 204 mile ride, CAP staff member, Benjamin Gerritz leads weekly rides on Sunday mornings. “The first rider clinic was last week,” said Gerritz. “We had a great time! Training rides are perfect for building stamina but they also build community. How cool will it be to have 100 riders, some of whom are HIV positive, riding with the CAP logo on their jerseys in an effort to beat HIV/AIDS. As an HIV positive cyclist, I want to break the stigma of the disease and you can bet I will be talking-up the ride before and during the process.”

CAP is offering Ride4CAP as a way to raise funds within the context of an existing ride. CBC’s STP has been going for years. But the ride has just a nominal registration fee considering it’s a 2-day ride and has few supports along the route. Team Ride4CAP will have supports that include food, lodging, and safety supports from start to finish. The supported ride is made possible by presenting sponsor Nike Inc. plus Central Drug, Alpha Broadcasting’s KINK 101.9 FM, and Muscle Milk.

Interested riders should go to [www.ride4cap.org](http://www.ride4cap.org) for more details on Team Ride4CAP. To learn more about the Seattle to Portland ride and its host, Cascade Bicycle Club, go to <http://shop.cascade.org/content/events/stp>.

Staff, sponsors and riders are all available for interview by contacting the CAP’s staff above.

### ***About Cascade AIDS Project***

Incorporated in 1985, Cascade AIDS Project (CAP) is the oldest and largest AIDS Service Organization in Oregon and Southwest Washington. Our mission is ***to prevent HIV infections, support and empower people affected and infected by HIV/AIDS, and eliminate HIV/AIDS-related stigma.***

With a staff of over 50, and a volunteer corps that includes over 700 individuals providing more than 28,000 hours of service each year, CAP manages a diverse array of programs and an annual budget of \$5.1 million. Fifteen percent of CAP's staff are individuals living with HIV, 25% identify from communities of color, and 30% are bilingual. Our programs serve the broad and diverse set of communities impacted by HIV, from community-specific programs focused on teens, Latinos, the gay community, individuals and families living with HIV, to the thousands of individuals throughout the state who seek education through our AIDS/STD hotline each year. A committed 21-member volunteer Board of Directors provides strategic guidance and oversight to ensure CAP accomplishes its mission and continues to operate with integrity and transparency. [www.cascadeaids.org](http://www.cascadeaids.org).

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