

PRESS CONTACT Sister Maxine Kollasch, IHM Donna Heckler #CyclingWithSisters

Cycling with Sisters takes to the road with a COVID compliant bike ride

FOR IMMEDIATE RELEASE (July 22, 2020) – The <u>Cycling with Sisters</u> initiative is pleased to share its COVID compliant ride is on track in northern Indiana for September 11, 2020. Cycling with Sisters is a series of bike rides in which Catholic Sisters, friends and neighbors share a pilgrimage of cycling, friendship and prayer.

When COVID hit, Cycling With Sisters moved quickly to revise its ride plans and adopted a theme of *Hope and Resilience* for this ride. Keeping in mind CDC recommendations, this inaugural ride will start in Chesterton, IN and end in South Bend, IN where plenty of outdoor space will allow for supporters to welcome the riders. Each Cycling with Sisters ride includes stops along the route for prayer and conversation about the urgent needs of people and the planet. The prayer stops for this inaugural ride will occur at county parks as cyclists travel through the beautiful northern Indiana countryside.

Cycling with Sisters encourages everyone to participate—even if they are not riding the bike themselves. During the ride, there will be manyactivities including live streaming of the prayer stops and live tweeting from the road so that people at a distance can join via internet. Cycling with Sisters is present online throughout the year on major social media platforms as well as its website at www.cyclingwithsisters.org.

Cycling with Sisters is a project of A Nun's Life Ministry and the Communicators for Women Religious (CWR), in partnership with the GHR Foundation.

A Nun's Life Ministry (NL) is an online ministry that helps people discover and grow in their vocation, wherever God is calling them. We are Catholic sisters and nuns who engage with a vibrant online community around faith, vocation, and finding joy in everyday life. We interact with people in 175 countries and all walks of life.

<u>Communicators for Women Religious</u> (CWR) is a professional organization of personnel responsible for communications within Catholic religious congregations of women. CWR provides networking and professional education for its members who communicate and advance the mission and ministries of women religious.

GHR Foundation exists to be of service to people and their limitless potential for good. For more than 50 years, the legacy of Opus Group founders Gerald and Henrietta Rauenhorst (GHR) has steered our optimistic and transformational philanthropic approach. Alongside our partners around the world, GHR re-imagines what's possible when pursuing change across our areas of impact: Education, Global Development, Alzheimer's Prevention and more.