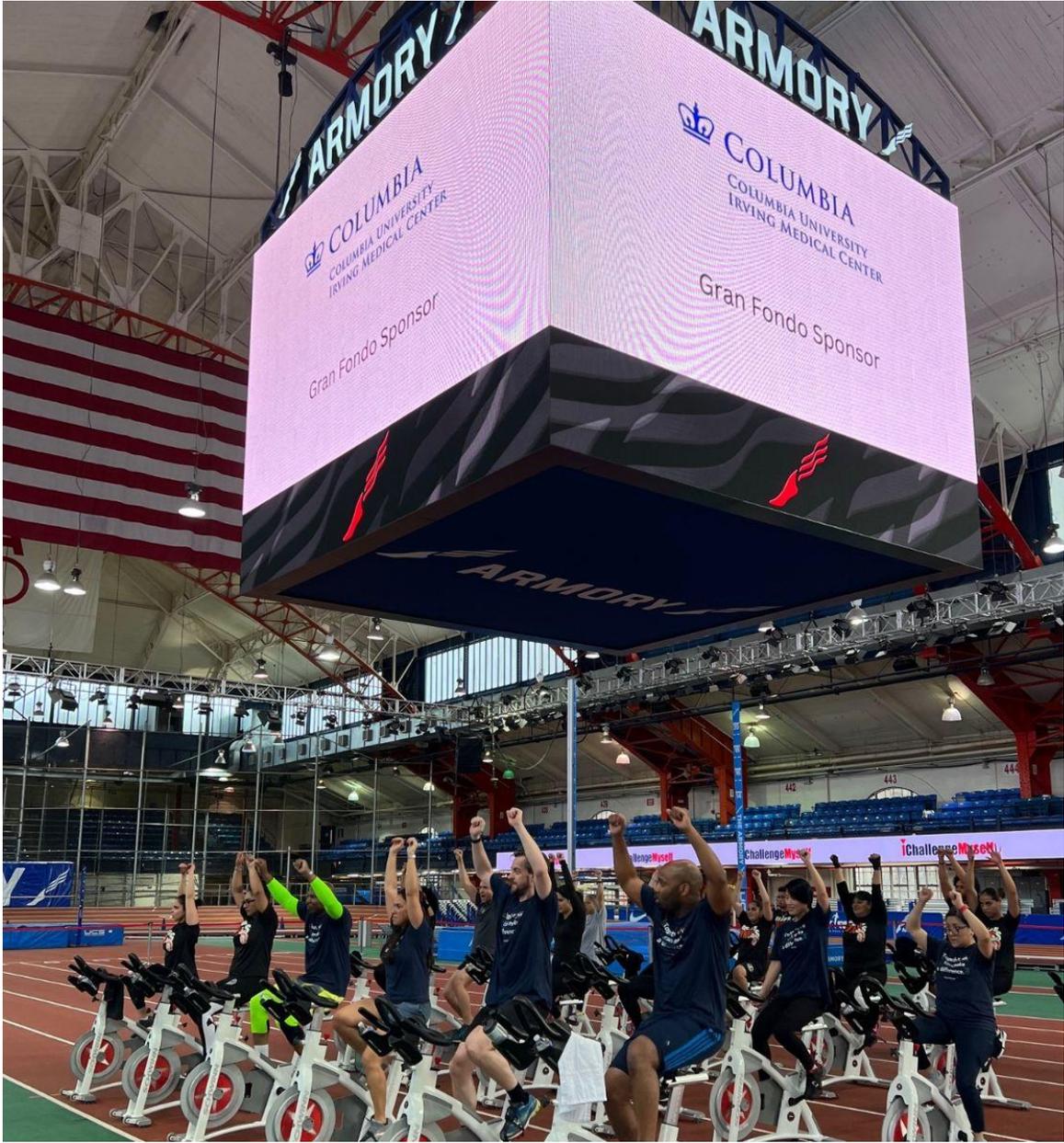# Spring 2023 Newsletter

Spring is here! So along with blooming trees, flowers popping up, and the warmer air, I Challenge Myself cycling students are starting their outdoor rides in preparation for our end of the school year challenge - The Century Ride. Just last week students at University Heights High School completed their first long distance ride. The chilly weather did not deter our Cycling Smarts participants from completing a 15 mile ride along the West Side Highway, including a special stop at the Harriet Tubman monument to discuss its historical significance. Next up, the students will work on their endurance by biking around Randall's Island.

The Century Ride, I Challenge Myself's flagship event, will be held on June 4th this year. The ride starts at Van Cortlandt Park in The Bronx and challenges our young cyclists to ride for 40, 60 or even 100 miles. If you are interesting in riding with students, volunteering, or sponsoring the race, please reach out to us at info@ichallengemyself.org

On March 31, ICM hosted the first annual Cycle for Youth fundraiser at The Armory in The Bronx. ~100 riders came out to participate in student-led spinning sessions to raise funds for ICM programs. We are deeply appreciative of the event sponsors: Columbia University Irving Medical Center, New York Presbyterian Hospital, and the Hispanic Federation. Thank you also to the 150 donors who supported this fun and energetic event! New Executive Director, Quentin Ball, said that not even hilly triathlon biking routes were as punishing as the student spin instructors!

Our Cycling Smarts youth are taking advantage of their Spring Break time off! I Challenge Myself coach Tony Calafiura, among others, are leading students on college tours this holiday break. They visited Hunter College via bike on Monday (see photo) and will visit Yale University on Friday, using CitiBikes once they get there. College visits will continue in the Spring as students get more comfortable with on-street riding.