



**FOR IMMEDIATE RELEASE**

**Feb. 15, 2010**

**MEDIA CONTACT:**

Sandy Leander  
Communications Director  
[leander@duetaz.org](mailto:leander@duetaz.org)  
602-274-5022

**8<sup>th</sup> ANNUAL TOUR de PARADISE**  
**TAKE THE CHALLENGE!**  
**HELP HOMEBOUND AND DISABLED ADULTS**

**(Phoenix, AZ)** - Bicycle enthusiasts throughout the Valley are “taking the challenge” and answering an urgent call for help. **Duet** (formerly Beatitudes Center DOAR) is seeking riders to participate in its **8<sup>th</sup> Annual Tour de Paradise** - a fundraising bicycle ride to help homebound and disabled adults, family caregivers, and grandparents raising grandchildren. Funds raised will help provide critical, free-of-charge services.

On Saturday, April 10, 2010, the Tour de Paradise bike ride will offer three scenic routes through beautiful north Phoenix. Riders choose from 8 mile, 30 mile, and 62 mile – (metric century) rides. **Start times are:** 7 a.m. - 62 Mile (Metric Century), 8:30 a.m. - 30 Mile, 9 a.m. - 8 Mile.

Routes include views of golf courses, the north Valley, and beautiful desert scenery. Riders will start and finish at Moon Valley Park - 7<sup>th</sup> Avenue and West Coral Gables Drive. All riders will receive goodie bags, Tour de Paradise t-shirts, SAG support stops and lunch from Duck and Decanter.

Riders can earn prizes by raising funds. Register and ask others to sponsor your ride at [www.tourdeparadise.org](http://www.tourdeparadise.org).

Why “take the challenge?”

Each year an increasing number of homebound and disabled adults need your help! Older adults and their families often face overwhelming challenges. Disease, physical limitations and a lack of support leave many people homebound and unable to take care of basic needs such as getting groceries. But thanks to volunteers and donors, we are able to provide compassionate help to those in need.

For information on Duet, go to [www.duetaz.org](http://www.duetaz.org).

**WHO:** Hundreds of bicyclists of all abilities will participate in this annual charity bicycle ride in north Phoenix.

- WHAT:** **8<sup>th</sup> Annual Tour de Paradise** - a fundraising bike ride to help homebound and disabled adults, and family caregivers. Choose from three beautiful routes and earn prizes by raising funds.
- WHERE:** **Moon Valley Park, 7<sup>th</sup> Avenue & West Coral Gables Dr.** Moon Valley Park is located south of Greenway Parkway at 7<sup>th</sup> Avenue & Coral Gables Drive. Start and finish are located at the south entrance to the park off of Coral Gables.
- WHEN:** **Saturday, April 10, 2010, beginning at 7:00 a.m.** Activities continue throughout the morning. **Start times:** 7 a.m. ~ 62 Mile (Metric Century), 8 a.m. ~ 30 Mile, 9 a.m. ~ 8 Mile.
- WHY:** **Each year, an increasing number of homebound and disabled adults need your help.** Funds raised in the Tour de Paradise will support Duet, a non-profit, interfaith organization that promotes health and well-being through a wide range of services to homebound adults, caregivers, faith communities grandparents raising grandchildren.
- HOW:** Register at [www.tourdeparadise.org](http://www.tourdeparadise.org), or call Duet at (602) 274-5022. Registration is \$40, or \$50 day of the event. Teams of five or more receive a discount registration of \$35 per rider. Participants receive a goodie bag, Tour de Paradise t-shirt, SAG support stops and lunch.

###