



Senior Women's Team Competing in World's Longest Cycling Race for the Rural Partnership for Colorado Boys & Girls Clubs

February 20, 2008 –This is NOT your typical ladies' road trip...

Four Denver-area women, ranging in age from 50 to 65, will cycle more than 3,000 miles from coast to coast across America as they compete in what's billed as "The World's Toughest Bike Race," this June.

The women competing as "The Colorado Flash" are all accomplished lifelong world-class athletes. They are also mothers, grandmothers, spouses, business owners, and leaders. And as the ladies will tell you, the desire to compete in athletic events doesn't diminish with age.

"This will be my third time in The Race Across AMerica. The women on our team race because we want to show others it's possible to do anything, and we race for those who can't participate in an endurance-type of event like this and wish they could," said 65-year old Celeste Callahan, one of the Colorado Flash team members.

The Race Across AMerica is the longest running ultra-distance bicycle endurance competition in the world. The team division is competed in relay-format with 4 riders alternating. Two riders will trade-off riding in 4-6 hour shifts while the other two team members rest. The clock runs from the start in Oceanside, California and doesn't stop until the team reaches the finish line in Annapolis, Maryland.

The Colorado Flash team goal is to set a new women's senior record and complete the 3,000 mile race in 7 Days, for an average of 17.91 miles per hour as they pedal through *fifteen* states.

The Colorado Flash team members are:

Lark Birdsong, age 57, first time competitor to this race;

Celeste Callahan, age 65, two-time Team Race Across AMerica finisher, including the record-holding Senior Women's Team;

Helena Harman, age 51, first time competitor to this race; and

Carol Whipple, age 50, first time competitor to this race.

The Colorado Flash is racing across America to raise funds and awareness for the Rural Partnership for Colorado Boys & Girls Clubs. This organization's goal is to enable all young people, especially those who need it most, to reach their full potential as productive, caring, responsible citizens. This partnership covers 9 different rural organizations and 14 separate sites, serving more than 5,000 kids ages 6-18 in rural Colorado. Approximately \$1.7 million in donations was raised by competitors in the Race Across AMerica 2007 event.

For more information about The Colorado Flash, please visit <http://www.coloradoflash2008.com/>. For more information about the Rural Partnership for Colorado Boys & Girls Clubs, please e-mail Julie Mordecai at mordecai@fone.net. For more information about The Race Across AMerica, please visit <http://www.raceacrossamerica.org/>. Please contact Samantha Richardson at slrichardson@gwest.net or 720.979.8921 to arrange for team interviews, photos, or more information.

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