

**SUBMITTAL TO THE BOARD OF SUPERVISORS
COUNTY OF RIVERSIDE, STATE OF CALIFORNIA**



FROM: Supervisor Roy Wilson

SUBMITTAL DATE: March 4, 2003

SUBJECT: Request for waiver of fees for Lake Cahuilla County Park.

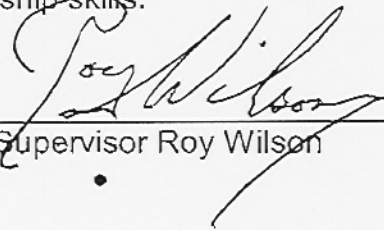
RECOMMENDED MOTION: That the Board of Supervisors join me in directing our Parks Department to waive day use fees for the CV Roadies Bicycle Club at Lake Cahuilla County Park.

BACKGROUND:

The CV Roadies consists of thirty-six sixth graders from different schools in the Coachella Valley Unified School District. The purpose of the club is to promote healthy life styles, physical exercise, leadership development and bicycle safety. The program is free to the participants.

In recognition of the population demographics that exist in the Eastern Coachella Valley, the number of Hispanics with a high rate of diabetes Santa Rosa del Valle, a non-profit health care service provider, has responded by targeting youth for educational and recreational services in an area that lacks organized programs.

CV Roadies was made possible with the help of a grant from the Anderson Children's Foundation. It offers an alternative for children to participate in a program that will teach them the benefit of exercise, healthy living and leadership skills.



Supervisor Roy Wilson

Department Recommendation: Consent Policy
Per Executive Office: Consent Policy

Prev. Agn. Ref.

Dist.
4

AGENDA NO.

3.1



Santa Rosa del Valle, Inc.
Health Care for Families

Schedule of Events

“C.V. Roadies”

Will offer a bicycle program to Coachella Valley Unified School District sixth grade students.

Date/Time	Event	Presented by:
01/25/03 09:00 a.m.- 12:00 p.m.	Bicycle Safety/ Bicycle Rodeo Bicycle Ride	Riverside County Sheriff's Department
02/08/03 09:00 a.m.- 12:00 p.m.	Basic Bicycle Maintenance/ “Rules of the Road” Bicycle Ride	Cyclery of U.S.A
02/15/03 09:00 a.m.- 12:00 p.m.	Bicycle Ride to C.V.H.S. Motivational Speakers “Healthy Lifestyles”	C.V.H.S. Leadership Academy/ Partnership Academy
03/08/03 09:00 a.m.- 12:00 p.m.	Nutrition Bicycle Ride	UC Cooperative- Liz Armljo, Nutritionist
03/22/03 09:00 a.m.- 12:00 p.m.	Bicycle Ride to Coachella Fire Dept. / Basic First Aid	Riverside County Fire Department
04/05/03 09:00 a.m.- 12:00 p.m.	Bike Ride to Lake Cahuilla PInC Graduation	Senator Denise Moreno Ducheny



FEB 20 2003

February 14, 2003

Leticia De Lara
Legislative Assistant
Fourth District, Supervisors
46-200 Oasis Street, Ste. 318
Indio, CA 92201

Re: Lake Cahuilla Entrance Fee

Dear Ms. De Lara:

Please be advised that on April 5, 2003 the CV Roadies Bicycle Club will be bike riding to Lake Cahuilla from the Desert Alliance for Community Empowerment building in Coachella. As you know, Santa Rosa del Valle, Inc. was instrumental in the development of this bicycle club.

Currently, the CV Roadies consists of thirty-six sixth grade students from different schools in the Coachella Valley Unified School District. The purpose of the club is to promote healthy life styles, physical exercise, leadership development and bicycle safety. The project meets on six different Saturdays and provides presentations on a variety of topics which include bicycle safety, maintenance, nutrition, first-aid and health. The club hosts bike rides either before or after the presentations. The April 5th session will be our last meeting for this school year at which the bicycles will be awarded to those students who have completed the six course program.

As a result, SRdV is requesting that the County of Riverside waive the Lake Cahuilla entrance and reservations fee for the participating children and adult volunteers on that date. Attached for your review is the class schedule and a newspaper article written by the Desert Sun about the C.V. Roadies.

Thank you in advance for your attention to this matter and assistance with this project.

Sincerely,

Jose Romero
Project Coordinator

COMMUNITIES EDITOR Brian J. Mednicka PHONE 778-4823 FAX 778-4654 E-MAIL Brian.Mednicka@thedesertsun.com

COMMUNITIES

Kids' bike program geared for fitness

Group teaches safety, promotes lifestyle changes

BY LAURA WASKIN
THE DESERT SUN

COACHELLA — Concerned about the rise in diabetes and a sedentary lifestyle among children, Coachella-based Santa Rosa, del Valle Inc. is offering a fun and active solution: bike riding.

Since Oct. 19, the nonprofit organization's new C.V. Roadies program has encouraged children to make lifestyle changes by providing a free-wheeling alternative to television, computers and other more expensive or interdependent sports.

"We're trying to instill in our community that bicycling is good, clean exercise," said Fred De-

hario, executive director of Santa Rosa Del Valle Inc. "There's also not much expense involved in a bicycle's upkeep. So our whole premise is to show how bicycling can be a healthy alternative to other sports and make a difference in a child's exercise habits."

Santa Rosa del Valle was formed in 1996 to provide community health services in Riverside County. The group currently operates two mobile medical clinics in the east valley for schools and community centers and offers free diabetes, cholesterol and other screenings.

Last month, with the help of a grant from the Anderson Children's Foundation, Santa Rosa decided to take a more proactive role in preventative health care by implementing a series of bicycle education and safety classes aimed at youngsters. Each grad-

uating child is presented with a new bicycle at the end of the six-week period. Jocelyn de la Cruz, one of 36 sixth-graders from the Coachella Valley Unified School District currently enrolled in program, said C.V. Roadies has provided her with some big ideas for the future.

"I've learned a lot from the speakers about safety and staying healthy," said de la Cruz, who lives in Thermal. "I know how important exercise is, and it's a lot of fun when you go out riding with the other kids. I'd like to be a doctor when I grow up and help

other people, too." Students were selected by area teachers based on need and good citizenship. The group meets each Saturday morning at Santa Rosa's headquarters in the Desert Alliance for Community Empowerment Zone, where a lively combination of learning activities and bike rides are scheduled. The program also stresses bicycle safety. Helmets and locks are provided for each youngster.

The free program is led by Dehario and José Romero, Santa Rosa's outreach and community education worker. Coachella resident Rosie Martinez said she has seen a real change in her grandson, Raul Machuca, since he became a C.V. Roadie in October.

"Raul seems so much more energetic and has lost weight," Martinez said. "He's really proud he has learned the bicycle safety

code, too. And although Raul had gone bike riding before he enrolled in the class, he really favors it now and always looks forward to Saturdays."

There are regular guest speakers from local spots like the Palm Springs Cyclery, where children receive tips on changing brakes, tires and seats.

Bicycle riding field trips are also an important part of the curriculum. At a recent visit to the Coachella Fire Department, children toured the facility and attended a first-aid class. This Saturday, the group will ride to Lake Cahulla for a bicycle rodeo put on by the Riverside County Sheriff's Department.

"We're gradually increasing our mileage each week," Romero said. "We started off with a 3-mile trip and now we'll go close to 10 miles this weekend. We're hoping some of the kids might even be able to

take part in the next Tour de Palm Springs. The best thing is seeing the enthusiasm of the kids. Riding a bike makes them happy, and they want to ride more and more."

For their final session, students will participate in the City of Coachella's Christmas Parade on Dec. 14. The next series of classes begins in February.

Martinez's grandson Raul Machuca, 11, said he's made a lot of new friends through C.V. Roadies.

"We always have a lot of fun riding the bikes together," said Machuca, a student at Mecca Elementary School. "I've also learned about exercise and how to keep active. I know how important that is now."

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