



At **San Diego VeloYouth** one of the lessons learned is that you get back what you give out. There is a famous Chinese proverb about happiness that says “If you want to be happy for an hour, take a nap. If you want to be happy for a day, go fishing. If you want to be happy for a year, inherit a fortune. If you want to be happy for a lifetime, help someone else.” Spreading kindness offers a multitude of benefits for the giver and the receiver. The positive culture of helpfulness and kindness within the VeloYouth program for at-risk kids permeates the atmosphere that ultimately changes lives. This amazing program exists due to the generosity of our supporters who know their gift never stops giving. Take this opportunity to be happy for a lifetime by kindly offering your gift to SDVY.

San Diego VeloYouth is the only values-based cycling program in San Diego County that serves at-risk kids and **we need your support**. By infusing goal-setting, cycling and daily achievement, the program proves that “STARS Create Possibilities” where **Self-Respect, Teamwork, Achievement and Responsibility are the keys to Success.**

Together we can fuel positive change. With your support, we will raise \$120,000 this year so that we can continue our mission and ignite a spark of hope in our kids and change in our world.



You can help support the goal... *teaching values one lap at a time.*

Thank you from all of us at San Diego VeloYouth,

Tanya Landry
Vice-President & Co-Founder

“I learned not to let fear hold me back from opportunities...”

San Diego VeloYouth is a program from Quality of Life Connections, a 501c3 non-profit corporation. Your gift is tax-deductible.

Donation Levels...

- | | |
|---|-----------------------------------|
| \$1,000 Sponsors a Program | \$100 Purchases a Helmet & Jersey |
| \$ 500 Sponsors a Youth | \$ 50 Purchases a Helmet |
| \$ 250 Sponsors a Community Service Event | \$ 25 Purchases a SDVY T-Shirt |
| | Other: _____ |

Pay by: _____ Check Enclosed (Payable to Quality of Life Connections)
 _____ Donate online at www.veloyouth.org/donate
 _____ Credit Card (Note: Credit card payments are processed through PayPal. We will call you for additional information to complete this transaction.)

Name: _____ Tel #: _____