

Freedom and Connection Through Riding

Have you felt an overwhelming feeling of freedom, joy, and connection while riding? Us too! Mountain biking can elicit these powerful emotions and many more. As Sacred Cycle brings programming for female-identified survivors of sexual abuse and assault to **Eagle Valley in 2021**, please join us in giving the gift of healing through cycling.

Sacred Cycle's focus on the individualized success of our participants is what fuels the organization's programming success. Sacred Cycle has recognized the therapeutic qualities of riding. We continue to develop an amazingly effective program designed to help survivors and victims of sexual trauma heal, persevere and become empowered.

"[Sacred Cycle] is about fun and engagement with a community that happens to enjoy mountain biking, but most importantly, being supportive of one another. We all believe the outdoors heals, especially on bikes, and amazing things happen when you ride together." ~ Alan L., Roaring Fork Valley Community Ride Coordinator



How will we keep this momentum rolling into the new year?

With the generous support of our community. That's you! Our vision is to expand programming to 15 participants in 2021. We're looking for behind the scenes volunteers, clinical service providers, mountain bike coaches, and more.



SACRED CYCLE

A Positive Healing Cycle for Survivors

Get Involved:

- Volunteer Today
- Enroll to be a Service Provider
- Be a brand or business partner

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