

3/6/2008

## “Bike for Life”

### Inspirational Young Woman to Cycle 3500km to help provide food for Melbourne’s homeless and disadvantaged communities

Recent news reports highlighting the devastating effects of rising living costs on Melbourne’s most marginalised and vulnerable communities, inspired 23 yr old Bec Colangelo to take action.

An Outdoor education student with a passion for sports, Bec is about to embark on ‘Bike for Life’, an epic sponsored bike ride across Australia. Cycling from Perth to Melbourne, in under than 30 days, she hopes to raise \$50,000 for Melbourne not-for-profit organisation SecondBite.

SecondBite is a dynamic, young, not-for-profit organisation committed to sourcing quality, surplus fresh food that would otherwise go to waste and re-distributing it to agencies and people in need.

*“I chose to ride for SecondBite as I believe that no one should go hungry, and with the amount of food that is wasted in Australia, there is no need. I’m hoping this event will help raise awareness about the food security issues facing many Australians today”*

*-Bec Colangelo*

Last year **312,312\*\*** Victorian families ran out of food and **23,713\*** people were registered as homeless. In stark contrast **3.28 million tonnes** of fresh food ended up as landfill. The good news is that in 2007, SecondBite prevented **132 tonnes** of fresh food going to landfill, enough food to provide **264,000** hearty 500g meals. In 2008, SecondBite are well on their way to achieving their goal of collecting **200 tonnes**, with support from people like Bec they should exceed it.

The event will be a true test of endurance and stamina; Bec to aims to cycle an average of 100km per day with the longest day’s ride expected to clock in at 210km. The SecondBite team hopes that Victoria will get behind Bec as she undertakes her impressive challenge to “Bike for Life”!

<b>What:</b>	<b>Bike for Life</b>
<b>Start:</b>	<b>20<sup>th</sup> June, Perth, WA</b>
<b>Concludes:</b>	<b>20<sup>th</sup> July, Melbourne, VIC</b>
<b>Fundraising Target:</b>	<b>\$50,000</b>

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(\*2001 census) (\*\*[www.communityindicators.net.au](http://www.communityindicators.net.au))



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