

# Help us help the kids!

### What We Do

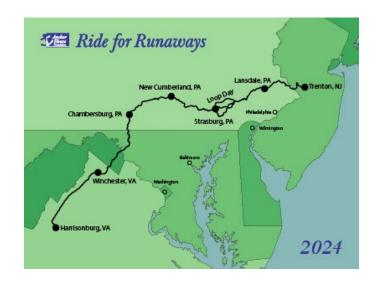
Every summer for the past 46 years, 200+ fundraisers will meet a challenge to raise awareness and money to support **Anchor House**, a safe haven in Trenton, NJ for abused, runaway and homeless youth and young adults.

## **Our Challenges**

Our 46<sup>th</sup> annual **Classic Ride** is a 500-mile bike ride over 7 consecutive days July 13 - 20 on roads through the countryside. It starts in Harrisonburg, VA and ends in Trenton, NJ. (About 71 miles/day)

Our 5<sup>th</sup> annual **Flex Ride** is a 500-mile bike ride over 6 weeks June 8 – July 20 on a route of the rider's choice. (About 83 miles/week)

Our 5<sup>th</sup> annual **Flex Walk/Run** is 100 miles over 6 weeks June 8 – July 20 on a route of the walker's choice. (About 16 miles/week)



#### **Anchor House**

Anchor House services are offered to young people ages 12-24. These services include:

- Crisis Intervention
- Emergency Shelter
- Transitional Living Programs
- Supportive Housing Programs
- Street Outreach
- School Outreach
- Life Skills
- Case management
- Counseling
- Mental Health Services
- Substance Prevention Education
- Parent support Groups
- Community Groups

To learn more, visit AnchorHouseNJ.org

### Will you help us?

Please donate on AnchorHouseRide.org



or mail a donation to: Anchor House Foundation 482 Centre St. Trenton, NJ 08611