



## **Governor's Cup 2010: YMCA Hosts Bike Event**

*Blue Cross and Blue Shield of Montana Shares Fundraising Opportunity*

**HELENA, MT, Tuesday, May 14, 2010** – For nearly four decades, the Governor's Cup has been Helena's premier running event and is the primary fundraiser for the Caring Foundation of Montana. In 2008, the race committee added a family bike ride the day after the running event to expand fitness opportunities for everyone through the Governor's Cup weekend. This year, the family bike event is being managed by the Helena Family YMCA and all proceeds benefit Y programs.

"The YMCA is a valuable partner in keeping our community healthy," said Sherry Cladouhos, chief executive officer of BCBSMT and chair of the Caring Foundation Board of Directors. "The YMCA manages the largest youth program in the city and has a rich history of improving the health of our kids, families, and community."

David Smith, CEO of the Helena Family YMCA said, "What a fun opportunity for us to participate in Governor's Cup festivities. A family bike ride fits perfectly with our mission and is another great opportunity for the community to have a good time doing a healthy activity."

The Caring Foundation of Montana, a 501 (c) (3) organization, is exclusively dedicated to providing Montana children with access to health care benefits. The Helena Family YMCA is a non-profit organization dedicated to enriching the spirit, mind, and body of persons of all ages and economic levels.

The first bike course wound its way through the south hills in the Grizzly and Oro Fino Gulch areas. The level of difficulty was higher than expected for younger riders and the course was changed to take advantage of the safer bike and trail systems in Helena. This year's course follows the same route as last year and can be completed by almost anyone.

The June 13 bike ride has four starting times. The first wave leaves at 8 a.m. and every 30 minutes after until 9 a.m. Riders can download a registration form online at the YMCA website [www.helenaymca.com](http://www.helenaymca.com) and mail it or drop it off at 1200 North Last Chance Gulch.

With several thousand participants anticipated, Governor's Cup 2010 is taking place in Helena, Montana, on June 11, 12, and 13, with a wellness fair and Expo on Friday, a 10K and 5K and a mile fun run on Saturday, and culminating with the bike ride on Sunday. Early online registration is strongly encouraged and is possible at the new Governor's Cup 2010 website, [www.govcupmt.com](http://www.govcupmt.com).

If you are, or your company is, able to sponsor the Governor's Cup or to contribute to the Caring Foundation of Montana, please go to [www.caringfoundationmt.org](http://www.caringfoundationmt.org).

### **About the Helena Family YMCA**

The Helena Family YMCA was first chartered in 1889. The oldest YMCA in Montana, the Helena Family YMCA has a proud heritage of developing new and cutting edge programs. The Helena Family YMCA is a non-profit organization dedicated to building self-esteem and enriching the spirit, mind, and body for persons of all ages and economic levels.

For more information about the Helena Family YMCA, please visit [www.helenaymca.com](http://www.helenaymca.com) or call 442-YMCA (9622).

### **About the Caring Foundation of Montana**

The Caring Foundation of Montana, a 501 (c) (3) organization, is exclusively dedicated to providing Montana children with access to health care benefits. Founded by BCBSMT in 1992, the Foundation has provided a gateway to essential health care services for thousands of uninsured Montana children. The Governor's Cup in Helena, the Caring Classic in Helena, and other fundraising events and initiatives provide the basis for the Caring Foundation of Montana's resources.

For more information about the Caring Foundation or to make a contribution, please visit [www.caringfoundationmt.com](http://www.caringfoundationmt.com) or call 800-447-7828.

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