

*The Gay and Lesbian Center of Greater Long Beach  
Presents Changing Gears Long Beach...*



## **NEWS RELEASE**

### **FOR IMMEDIATE RELEASE**

### **The Center Long Beach presents Changing Gears Long Beach**

**Long Beach, California, May 2, 2009** - [The Gay and Lesbian Center of Greater Long Beach](http://www.centerlb.org) is proud to announce the 1<sup>st</sup> Annual Changing Gears Long Beach Bike Ride. This one day bike ride winds down the southern California coast, taking place on May 2, 2009. Riders can choose to do a 75 mile or 40 mile loop, starting and ending in the beautiful Shoreline Village.

The ride starts in the Shoreline Village parking lot at 7am winding down the coast and looping through Irvine. Registration for the ride is either a \$65 fee, or participants can raise a minimum of \$125 and not have to pay a fee out of pocket. The more funds that are raised, the more riders will acquire with regards to goods. In order to register, fundraise or donate go to [www.active.com/donate/changinggearslb](http://www.active.com/donate/changinggearslb).

Each rider's contribution will help The Center Long Beach to support local efforts to fight the HIV/AIDS pandemic through outreach, information, prevention programs and health education workshops. In order to find out more about the ride, people can go to the Center's website at <http://www.centerlb.org/programs/events.html#changing>.

The Changing Gears Long Beach Bike Ride is an opportunity for members of the community to get involved with The Center Long Beach and to meet other community members with similar interests. Volunteers are encouraged to call or visit The Center to sign up for this committee or assist with logistics. Stay tuned to The Center's website at [www.centerlb.org](http://www.centerlb.org) for more details.

#### **About The Center Long Beach**

The Gay and Lesbian Center of Long Beach is located at 2017 E. Fourth Street in Long Beach. The Center was officially incorporated in 1980 as One in Long Beach, Inc. and has been providing a variety of health, social, advocacy, legal, and service programs to the LGBT community in the Long Beach area for three decades. The Center serves approximately 21,000 lesbian, gay, bisexual and transgender clients and constituents annually through 23 different programs and services.

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