

# Conkey Cruisers Inc.

2016-2017

## Month-to-Month Activities Report

Month	Activity	Pillar	Health Impact Zone
September'16	<ul style="list-style-type: none"> <li>• 1<sup>st</sup> Annual Celebrity Tricycle Race featuring Silver Medal Olympian Nelson Vails</li> <li>• GoNelly Documentary &amp; Popcorn Reception at Greater Rochester Airport</li> <li>• E-Bike Luncheon</li> </ul>	Fitness Fun Food Finance Faith Friendship	Obesity Cardiovascular Health Diabetes Prevention Social and Mental Health
October'16	<ul style="list-style-type: none"> <li>• Rochester Educational Opportunity Center Community Leaders Breakfast</li> <li>• African American Giving Reception</li> <li>• Community Harvest Festival</li> </ul>	Fitness Fun Food Finance Faith Friendship	Obesity Cardiovascular Health Diabetes Prevention Social and Mental Health
November'16	<ul style="list-style-type: none"> <li>• 2016 Finger Lakes Social Entrepreneurship Institute-Ithaca</li> <li>• <b>Reshaping Rochester Awards</b> Betty Strassenburgh Award for Activism Winner: Theresa Bowick for her leadership as an advocate for personal health, fitness and wellness throughout her northeast Rochester neighborhood and especially for her work with Conkey Cruisers, a grass roots neighborhood bicycling program</li> </ul>	Fitness Fun Food Finance Faith Friendship	Obesity Cardiovascular Health Diabetes Prevention Social and Mental Health
December'16	<ul style="list-style-type: none"> <li>• Spin Time With Chase Coleman-Autism Awareness Cycling Event</li> <li>• WDKX Step Jam breakfast and lunch Food distribution</li> <li>• Winter Wellness Celebration In Collaboration with 6k Basketball</li> <li>• <b>Free Winter Coats &amp; Books giveaways</b></li> </ul>	Fitness Fun Food Finance Faith Friendship	Obesity Cardiovascular Health Diabetes Prevention Social and Mental Health

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January'17	<ul style="list-style-type: none"> <li>• Zeta Phi Beta Award Ceremony Community Health Award</li> <li>• Presbytery of Genesee Valley Health Promotions Presentation</li> <li>• Tom Frey-Freyday Celebration</li> </ul>	Fitness Fitness Fun Food Faith Friendship	Obesity Cardiovascular Health Diabetes Social and Mental Health
February'17	<ul style="list-style-type: none"> <li>• Aqua Zumba Party</li> <li>• Completed Coaches Training for Special Olympics Bicycling Team</li> <li>• Active Transportation Conference Clearwater, Florida</li> </ul>	Fitness Fun Food Faith Friendship	Obesity Cardiovascular Health Diabetes Social and Mental Health
March'17	<ul style="list-style-type: none"> <li>• Blender Bikes Debut-Made Smoothies at Home and Garden Show-Rochester Convention Center</li> <li>• Anti-Obesity Outreach Collard Green Curves-Stage play Presentation REOC</li> </ul>	Fitness Fun Food	Obesity Cardiovascular Health Diabetes Social and Mental Health
April'17	<ul style="list-style-type: none"> <li>• <b>Conkey Cruisers Inc. received IRS determination as a 501 (c)(3) not for profit charity</b></li> <li>• Common Ground Health HIA-Bicycling and Chronic Illness</li> </ul>	Fitness Fun Finance Food	Obesity Cardiovascular Health Diabetes
May'17	<ul style="list-style-type: none"> <li>• AHA Heart Ball</li> <li>• C&amp;C Catering Nurses Ball-Key Note Address</li> <li>• Ameri-Corps Community Health Presentation and lunch</li> <li>• Rochester Educational Opportunity Center Collard Green Curves Presentation and Dinner</li> </ul>	Fitness Fun Food Finance Friendship	Obesity Cardiovascular Health Diabetes Prevention Social and Mental Health

[www.conkeycruisers.org](http://www.conkeycruisers.org)

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June'17	<ul style="list-style-type: none"> <li>• Northeast Family Fitness 5k</li> <li>• Delta Sigma Theta –Pad Project</li> <li>• Feminine Hygiene Kits distributed</li> <li>• New Board Chairman-Stanley Purdie</li> <li>• Submitted RFP-Slow Ride Rochester-awarded 1<sup>st</sup> Municipality Contract</li> <li>• Channel 13-Interactive Studio Tour with Ginny Ryan</li> </ul>	Fitness Fun Food Faith Finance Friendship	Obesity Cardiovascular Health Diabetes Social and Mental Health
July'17 August'17	<ul style="list-style-type: none"> <li>• Six-Week Summer Bicycling-to-Better Health Program</li> <li>• Quentin Gause Football Camp</li> <li>• Rochester Music Festival</li> <li>• TNT Networking Event</li> <li>• Save Our Women-Health and Wellness Presentations with Oprah's Greenleaf Actor Julian Britano</li> <li>• Rochester Slow Ride Series Pilot over 400 Cyclist Participated</li> <li>• Conkey Cruisers Educational Challenge</li> <li>• Statue of Liberty Tour New York City</li> </ul>	Fitness Fun Food Finance Faith Friendship	Obesity Cardiovascular Health Diabetes Intimate Partner Violence Prevention Social and Mental Health <b>Weather Challenges</b>
September'17	<ul style="list-style-type: none"> <li>• Project Play Summit-Washington DC</li> <li>• Collard Green Curves-Geva Premier-obesity “edu-tainment” outreach presented to 540 Individuals</li> </ul>	Fitness Fun Food Finance Faith Friendship	Obesity Cardiovascular Health Diabetes Intimate Partner Violence Prevention Social and Mental Health

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October'17	<ul style="list-style-type: none"> <li>• Celebrity Tricycle Race</li> <li>• Rise Up Latinos-Obesity Outreach</li> <li>• Harvest Festival</li> <li>• Breast Cancer Educational Dinner- Collaboration with Cancer Services of Monroe County. Seven year impact- over 500 women participated in up close and personal educational dinners, over 5,000 women received free mammograms</li> <li>• Safe Moms=Safe Baby Conference</li> </ul>	Fitness Fun Faith Friendship	Obesity Cardiovascular Health Diabetes Intimate Partner Violence Prevention Social and Mental Health
November'17	<ul style="list-style-type: none"> <li>• Collard Green Curves-Obesity Outreach Encore Performance East High School. Mid-day Scholars Performance and free community Performance</li> <li>• Collard Green Curves Workshop Curriculum presented to scholars leading up to the performances</li> <li>• <b>Veterans Recognition</b></li> <li>• Registration and Training for Rochester Tour-de-Cure 2018</li> </ul>	Fitness Fun Food Finance Faith Friendship	Obesity Cardiovascular Health Diabetes Intimate Partner Violence Prevention
December'17	<b>Planned Volunteer Meetings &amp; Trainings</b> <ul style="list-style-type: none"> <li>• Special Olympics Coaches Training</li> <li>• CPR</li> <li>• First Aid</li> <li>• Narcan Training</li> </ul>	Fitness	Obesity Cardiovascular Health Diabetes Intimate Partner Violence Prevention

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