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**Compeer Participants to Help Get the Genesee Waterways Center
in Shape for Empire State Games**

July 20th Compeer Skillbuilders event to also feature bike safety clinic

ROCHESTER, N.Y., July 18, 2006 — Adults and children served by Compeer will have an opportunity to learn the skills of gardening and bike safety – and to put their skills into action – at an upcoming Compeer Skillbuilders event.

On Thursday, July 20, from 5:30 to 8 p.m. at the Genesee Waterways Center (149 Elmwood Ave.):

- Compeer adults will help spruce up the Genesee Waterways Center in preparation for the Empire State Games, by planting flowers at the Compeer Community Garden at the Genesee Waterways Center. The waterways center will host canoeing, kayaking and rowing events during the Empire State Games (July 26 -30).
- Children and young people served by Compeer's Mentoring Children of Promise program will learn about bicycle safety and maintenance. Compeer's bike-safety clinic is supported by the Rochester Police Department and the Rochester Bicycle Club

The Compeer Community Garden at the Genesee Waterways Center is a three-year project made possible with funding from the John F. Wegman Fund, Ronald McDonald House Charities, William G. McGowan Charitable Fund, Citigroup Foundation and Senator Joseph A. Robach. Ongoing garden maintenance will be handled by Compeer adults and youths on a bi-weekly basis through the end of September.

The garden is a collaborative effort among the Genesee Waterways Center, the city of Rochester Parks, Recreation and Human Services Department, Finger Lakes Community College, Rochester Landscape Technicians, Inc. and the Cornell Cooperative Extension Master Gardener Program.

“It is not often that gardening and bicycling team up with one another, but this event demonstrates the value of Compeer's programs and the enormous power of community collaboration,” said Dana Frame, executive director, Compeer Rochester. “We are delighted that more of our clients will have the opportunity to learn valuable life skills – and that Compeer is able to play a small part in showing off Rochester for the Empire State Games. This is all possible because of the generosity of our funders and of the efforts of our community partners.”

Frame noted that the Skillbuilders event is also intended to encourage people to utilize the amenities in Genesee Valley Park, including area trails and the Genesee Waterways Center.