



For Immediate Release

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VISION QUEST COACHING HOSTS GARAGE SALE AND BIKE DONATION TO HELP UNDERPRIVLEDGED COUNTRIES

Third Annual Spring Cleaning Event Comes to Highland Park April 18

Chicago, IL (April 10, 2009)—Vision Quest Coaching is pleased to announce a exciting events happening at its Highland Park location on April 18. Located at 1923 Skokie Valley Road in Highland Park, adjacent to the Trek bicycle store, Vision Quest will be hosting its third annual Garage Sale in conjunction with the Trek store's Drag, Push or Pull that benefits Working Bikes Cooperative.

Vision Quest, founded by former U.S. Postal Team cyclist Robbie Ventura, will operate the sale from its new 6,000 square foot Highland Park location. Cyclists and triathletes will be able to save on new gear for the upcoming season, donate any old bikes, sell any items they want to sell at the event and do some spring cleaning at home before checking out the deals. In addition to the shopping, visitors will have the opportunity to learn about bicycle safety and attend clinics. The VQ Garage Sale runs from 10 a.m. to 3 p.m. in the parking lot adjacent to the club's facility and the Trek store at 1923 Skokie Valley Road in Highland Park. VQ members and the general public can shop or unload their gently used gear and display it in front of a large audience. Some gear for sale includes: PowerTaps, road and triathlon bikes, cycling shoes, wetsuits, trainers, bicycle components, and race wheels.

In addition to VQ's Garage Sale, the Trek store will be holding Drag, Push or Pull, which encourages bikers to unload and donate old bicycles to Working Bikes Cooperative. Working Bikes Cooperative is a Chicago-based nonprofit that repairs bikes for sale and charity and delivers bicycles to under-served countries. Donated bikes will help improve the lives of people who need transportation to get to work or school. As long as participants can drag, push or pull old bikes to the store, Trek will give at least \$50 toward a new bike purchase in honor of their donation. The Trek store will also be offering merchandise sales throughout the weekend.

For more information about the event, contact Vision Quest Coaching at www.visionquestcoaching.com. To learn more about Working Bikes Cooperative, where the bikes will be donated, visit workingbikes.org.



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About Vision Quest Coaching

Vision Quest Coaching is an endurance coaching company dedicated to goals of its members. It was founded by Robbie Ventura, a former U.S. Postal Team cyclist, and offers three locations in Illinois. The company offers state-of-the-art facilities utilizing equipment and coaching programs to target and deliver the highest level of efficiency during a workout. VQ delivers the majority of its training through group workouts that are designed by its coaches. In this group dynamic, members receive personal attention as well as guidance and feedback from a VQ coach. Learn more at visionquestcoaching.com.