



## SPOKE 2005 MEDIA SHEET

### Summary

Ultra marathon cyclist Arvid Loewen is cycling across Canada in a special tandem bike where he will transport a rotating group of three African orphans in a non-pedaling seat from White Rock BC leaving May 28 and arriving in Halifax NS at the end of June. That's over 7000km in less than a month! The Spoke2005 team is raising support for the Mully Children's Family orphanage in Kenya. MCF rescues street children and HIV/AIDS orphans from the slums and gives them a new start to life.

### Arvid Loewen

#### Ultra Marathon Cyclist

How did you come up with the idea of using a tandem bicycle to transport African orphans?  
What is ultra-marathon cycling?  
What do you hope to achieve with Spoke2005?

### Ndondo Mulli

#### Daughter to orphanage Founder Charles Mulli

What was it like to go from a wealthy lifestyle to a sibling of more than 800 street children?  
What is Mully Children's Family?  
What challenges does the Mully Children's Family orphanage face?  
What are the differences between Kenya and Canada?  
How do you like Canada?

### 3 African children: Paul Gachoka, Mumina Ndumi, Lydia Akinkyi

What is the purpose of your project?  
How is Canada different than Kenya?  
What was it like to grow up on the street?  
What is it like to live at the MCF orphanage?  
Why is it important that people give money to MCF?  
What do you want to be when you get older?

**Info:** [www.spoke2005.com](http://www.spoke2005.com)  
[www.mullychildrensfamily.org](http://www.mullychildrensfamily.org)

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