

For Immediate Release

## Human Powered Blender Whips up Smoothies for Charity Cambridge Farmers' Market Special Event

Cambridge, Ontario. July 13, 2011... The exciting mix at the Cambridge Farmers' Market, 40 Dickson Street, this Saturday July 16<sup>th</sup> will include a special human powered blender drink that will be offered to raise funds for the Canadian Diabetes Foundation.



Craig (left) and Krista Hulshof will join the market's local vendors this weekend to showcase the blender bike and raise funds for their 120 km bicycle race from Vancouver to Whistler, British Columbia as part of their 'Unplugged Drink for Diabetes' campaign. The 120 km trek in September is expected to take nearly six hours during which the couple, along with 4000 other participants from around the country, will climb elevations of 2,400 metres.

"The Cambridge Farmers' Market is a big part of our lifestyle; we visit each weekend and felt there was a great fit to combine healthy shakes and our quest for charity with the market experience," says Craig Hulshof. The Facebook event is called 'Unplugged Drink for Diabetes' and can be found at: <https://www.facebook.com/event.php?eid=159356010804385>

Craig Hulshof has been managing diabetes for most of his life. The 27-year-old Cambridge resident and his wife are looking to give back to the diabetes foundation by participating in the race in BC - and raising funds by offering strawberry rhubarb smoothies or strawberry lemonade drinks for a donation to their campaign. Community members are also encouraged to hop on and make their own drink.

"There's a connection to healthy eating, healthy lifestyle and the fresh array of produce and products offered at the farmers' market," says Alix Aitken, Market Manager. "We are pleased to support this worthy cause as we continue to offer new and interesting things at the market." Aitken notes that the summer market is now available on Wednesdays as well as the traditional Saturday market.

Another special thing for the family this Saturday is the safety tips that Constable Mike Dooust from the Waterloo Regional Police Service will provide. He'll be on hand to talk with children and parents about bike safety on our streets, a very timely subject with summer break upon us.

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Contact:

Alix Aitken

Market Manager

Cambridge Farmers' Market

[aitkena@cambridge.ca](mailto:aitkena@cambridge.ca)

(519) 740-4680 ext 4252

Krista and Craig Hulshof

[krista.duynisveld@gmail.com](mailto:krista.duynisveld@gmail.com)

(519) 400-2861

The City of Cambridge is one of the fastest growing areas in the country. It is strategically located astride highway 401 in southwestern Ontario, part of Canada's Technology Triangle. In 2010, the population reached over 130,000 people. With a multicultural mix and a strong foundation of support services, Cambridge has a diverse economic base with leading industries in advanced manufacturing, automotive, high technology, pharmaceutical, business and financial services and hospitality/retail. The Corporation of the City of Cambridge is an employer with a progressive work environment that offers the opportunity to provide service to the community through creativity and innovation, and with opportunities for career growth and advancement.

You meet the nicest people in Cambridge. It's a place that understands all about coming together. There is so much more to Cambridge than the beautiful lands created at the convergence of two rivers or its logistically perfect location in the heart of Ontario's economic corridor. Cambridge is the coming together of people from diverse, close-knit and proud communities. The people of Cambridge 'do the right thing' by respecting history, family values, a sound work ethic, the arts, environment and advancement. A young city, Cambridge is a master of balancing the excitement and promise of the new with the historical significance and stability of the old. A place where coming together is just the start. Uniting together is what sets Cambridge apart. Undiscovered-Cambridge families and entrepreneurs get more for less, and sacrifice nothing.

The Corporation of the City of Cambridge is an employer with a work environment that offers the opportunity to provide service to the community through creativity and innovation, and with potential for career growth and advancement. For more information on the area or the corporation visit [www.cambridge.ca](http://www.cambridge.ca). The City of Cambridge press room is located at <http://www.cambridge.ca/pressroom>. To opt out of the news release distribution, please send an email to Linda Fegan [feganl@cambridge.ca](mailto:feganl@cambridge.ca).