



Message from Dr. Santhosh Paulus, c4c President/Founder

People often ask how Cycling for Change (c4c) got started. One way to answer this question is to tell them where three key elements intersected and inspired the birth of c4c. These three elements are New Year's Day, New Hampshire, and Noah's Ark.

It all began on a New Year's Eve when my children, nieces, and nephews gathered to share their one-year, five-year, and lifetime goals. Among my own lifetime goals, I expressed a deep desire to be in a financial position where I could sponsor 100 children monthly through an established humanitarian organization. At that time, we were only a group of five individuals with shared dreams.

A turning point occurred during a music festival in New Hampshire in the summer of 2012 when an anti-human trafficking organization from Boston shared their impactful work and the shocking statistics regarding the average age of children who were trafficked. As I looked at my four daughters, standing in front of my wife and me, with the oldest falling within the age group of those children, it struck a chord deep within me.

Around that same time, I shared the timeless story of Noah and his audacious dream to build an Ark, which would save humanity from peril. Noah was considered crazy by many, and they laughed at his vision. This inspired me to ask a group of tween boys what their own grand, larger-than-life dreams or "Arks" might be, and I encouraged them to share in the next session.

That night, I returned home, pondered the same question, and it hit me with great clarity: What was my Ark, and would I be brave enough to speak it aloud? These three elements—New Year's Eve, New Hampshire, and Noah's Ark—seemed to collide in a perfect storm when I shared my Ark with my wife and children, and then later with my class. My Ark was to bicycle across the United States to raise funds for survivors of human trafficking.

After a year and a half of meticulous planning, rigorous training, and heartfelt fundraising, Cycling for Change (c4c) embarked on its inaugural journey in 2015. Our team of cyclists pedaled from Washington State to Long Island, covering 3,400 miles in just 34 days.

Now, we stand on the cusp of a new adventure. The 2025 Cycling for Change Cross Country HOPE tour will be taking on the challenge once again, this time journeying from LA through DC and back to New York, having talks at community centers and hospitals along the route. Annually, we engage in a variety of activities, including walking, running, golfing, and cycling, all with the same overarching goal: to break the cycle of human trafficking and to offer hope to those who are marginalized and vulnerable in our society.

As a member of the c4c Team, you are an ambassador of hope. You play an integral role in our mission to raise awareness and funds for organizations that are at the forefront of battling human trafficking. Remember, hope changes everything!

Cycling for Change (c4c), Inc. is a 501c3 nonprofit organization committed to these ideals. Together, we are making a significant impact, one pedal stroke at a time.

Thank you for joining us on this meaningful journey.
