

Neighbors

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Cyclist, 7, beats sister's record in 102-mile bike race

BY ALEX GALLAGHER
Progress Staff Writer

After Carina Dinu's older sister Ariana, 11, set the record for the fastest time to complete the Tour de Tucson last year in 8 hours and 56 minutes, she made it a goal to break it.

Not only did Carina, 7, accomplish that feat, but she also set a record for being the youngest rider to ever compete in the grueling course.

Carina, who finished the 102-mile race in 8 hours and 15 minutes, attributed her accomplishment to rigorous training alongside her sister and biking long journeys – such as one she took with her parents and sister as they biked to Flagstaff from Scottsdale this summer.

"I practice biking indoors and on the weekends. I'd go outside and bike with my dad," Carina said. "When it was summer, I'd wake up early and go biking. I even rode with my family to Flagstaff."

Although her training prepared her for the lengthy race, Carina said that her biggest motivation was breaking her older sister's record.

"I knew I was going to break my sister's record," said Carina, a second grader at Great Hearts Archway Scottsdale.

Ariana also said she felt confident that her sister would break her record.

"I'm very proud of her and I had no doubt in my mind that she could complete the 100-mile Tour de Tucson," Ariana said. "It felt fantastic that my sister broke my own record."

Ariana also said she gave Carina a piece of advice that she believes served as an additional motivator.

"I just told her to keep going and keep thinking ahead," Ariana said. "The finish line is your target: go for it."

With her sister's record broken, Carina plans to exercise her love of running and swimming by competing in triathlons with her sister.

Since the two constantly race each other – with Carina sometimes edging her sister in sprints – the sisters plan to compete in more bike races, including the Tour de Scottsdale next year.

They also dream of competing in the Tour de France.

"If we ever do the Tour de France

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A year after her older sister set a record for the youngest competitor in the Tour de Tucson, 7-year-old Carina Dinu shattered her sister's record and beat her time. (Special to the Progress)

100+ Women Who Care exceed \$1M goal

BY KIM TARNOPOLSKI
Progress Guest Writer

One hundred dollars at a time is how 100+ Women Who Care Valley of the Sun exceeded their goal of donating \$1 million to local nonprofits.

Eight years ago, Kim Tarnopolski, Jacqueline Destremps, Stephanie Millner, and Jenn Kaye launched a people-centered form of philanthropy called a giving circle in Ahwatukee and Scottsdale.

A giving circle brings a group of people with shared values together to collectively discuss and decide where to make a pooled gift.

Giving circles support with their dollars, but also build awareness and educate members about the great work being done by local charities.

Individuals multiply their impact and knowledge, have fun, and connect with their local community.

"Over the last eight years, we've facilitated 91 giving circles in the Valley. That is 91 times our members were given the opportunity to donate \$100 to a deserving nonprofit," said Stephanie Millner, chief charity officer. "When you add all those donations together, it quickly multiplies to tens of thousands of dollars each year."

In November, the chapter's Scottsdale group delivered \$18,125 to the Foothills Food Bank and Resource Center.

This local nonprofit has been working to end food poverty for more than 30 years.

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Celebrating the donation by 100+ Women Who Care Valley of the Sun to the Foothills Food Bank and Resource Center are, from left, Michelle Reyes, Terry Dowd, Jacqueline Destremps, Libby Murphy and Janice Shimokubo. (Special to the Progress)



Carina Dinu, 7, set a record for the youngest competitor to compete in the Tour de Tucson earlier this year, finishing the race in a record eight hours and 15 minutes. (Courtesy of Tucson.com)

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together, we're going to be a team together and I want my sister and I to take it on and to win, Ariana said.

In the interim, the sisters plan to con-

tinue competing and taking the world by storm.

We're a team and we're just warming up, Ariana said. We're going to take the world by storm, so watch out world for the Dinu sisters! 🐾

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It is focused on helping community members overcome their circumstances by providing immediate support through food and supplies and by aiding them in reaching a goal of independence and a return to self-sufficiency.

The organization provides those in need with weekly and monthly food baskets that include fresh fruit and vegetables, bakery items, beef, pork, chicken, canned goods, basic household supplies, personal hygiene items, and pet food.

Six refrigerated vans pick up grocery rescues from 27 stores like Whole Foods, Sprouts, and Trader Joe's, seven days a week.

On a weekly basis, the vans pick up between 3,000 and 7,000 pounds of food, mainly perishable items. Stores that cannot sell fruits, vegetables and grains because of a minor bruise will donate those items to

the food bank. It's a blessing to their clients.

The food bank relies on private donations to buy nonperishable items.

The Foothills Food Bank is truly grateful for the generous donations and support received from 100+ Women Who Care. These trying economic times have created an increased burden for those living on a fixed income, said Leigh Zydonik, executive director of Foothills Food Bank.

This gift will be used to expand the Senior Market Day Program and enhance our senior meal boxes with healthy food items. Together we can make a positive impact in the quality of life of our neighbors.

To learn more about Foothills Food Bank and Resource Center visit foothillsfoodbank.com.

To learn more, register, and attend 100+ Women Who Care's next giving circle in Scottsdale on Feb. 1, visit 100wwcvalleyofthesun.org. 🐾

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