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2015 COMEA House 5K Turkey Trot & Gobble Wobble

Saturday, Nov. 7, 2015

9 a.m. Gobble Wobble · 9:30 a.m. Turkey Trot
COME A Homeless Shelter
1504 Stinson Ave. Cheyenne, WY



For race information and to register online, go to:



comearace.org

Or contact:

Tim Kingston (307) 638-8885 -- kingston@rockymtnlaw.com

This is the major annual fund-raiser for COMEA House, the homeless shelter in Cheyenne.

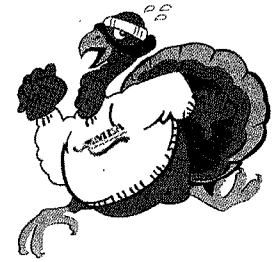
Race sponsorships and registration fees from the Turkey Trot and the Gobble Wobble kids' fun run are an important source of funding to keep our our doors open. They help COMEA provide beds, meals, showers, case management and referrals to the single men and women and the families who seek emergency shelter with us.

Registration is \$25 for adults, \$10 for youth under 18 and \$45 per family. Medals and prizes are awarded to men and women in four age categories for the Turkey Trot 5K. The Gobble Wobble is for children under 12, and each "Wobbler" gets a gift bag.

Find more information about COMEA House homeless shelter at www.comeashelter.org.

The Turkey Trot is one of COMEA's major efforts to raise money to continue serving the thousands of homeless men and women in our community. Grants from the federal, state and local local governments go a long way, but we rely on the generosity of organizations, churches and individuals -- and on our fund-raisers -- to keep our doors open and sustain our services to individuals as they work on becoming independent.

Thank You for your support!



Our History

The name **COMEA** comes from **Cooperative Ministry for Emergency Assistance**, a group of downtown Cheyenne churches who wanted to coordinate their efforts to help transients.

In September of 1982, COMEA formed an Advisory Council and made plans for a small emergency shelter. On Dec. 2, 1982, the COMEA House opened its doors with a few tables and chairs, a shower and space for people to lay out their bedding on the floor. They stayed one night. In 1983, COMEA added bunkbeds and privacy screens, served hot soup and extended the ability to stay, so clients could get back on track.

In 1992, COMEA acquired the emergency shelter at 1504 Stinson Ave. and then constructed a Transitional Living Program facility to the west with 12 efficiency apartments, the kitchen and cafeteria and lounge.

In its first 10 years, COMEA sheltered nearly 20,000 men and women. In 2010 alone the COMEA House provided more than 18,000 beds and more than 21,000 meals. Thirty-five families with young children have found a temporary home with supportive services at COMEA House this past year and that number continues to grow.

Today, COMEA residents meet with a case-manager to develop a plan to get back on track. Together, they identify barriers and challenges and community resources to help. People who stay with us get a hot breakfast and nutritious dinner, clothing and necessary hygiene items. Employment classes and AA meetings are also available at COMEA.

Find more information at www.comeashelter.org

COMEA Projects

Plumbing

Through a grant from the Community Development Block Grant program (CDBG), COMEA built a new laundry facility on the main floor of the shelter. That has enabled COMEA and residents to keep up with laundry needs. However, it also created an urgent need to re-plumb the emergency shelter to take care of new and long-term waste water needs.

Women's Bathroom

One of the most urgent projects is replacement of the bathroom and shower used by residents in the women's dorm. We hope to reconstruct the facility to fix moisture and ventilation issues that seemed always to result in mold problems.

Bedbugs

COMEA is still dealing with the financial impact of an infestation of bedbugs in 2013: the extermination, replacement of fixtures damaged by the extermination, replacement of bedding and ongoing efforts to keep the shelter free of the pests.

Ongoing Needs

We provide shelter, meals and case management for thousands of men and women, and our needs continue every year in all seasons:

- Toilet paper and paper towels
- Cleaning supplies
- Light bulbs
- Milk, eggs, butter and other perishable food (or grocery gift cards)

Ask about other items 632-3174, director@comeashelter.org