Capital District Central Office E-Z Riders List

The CDCO routinely gets calls from people visiting from out of town. They may be unfamiliar with the area and are looking for rides to local meetings. We also get calls from people new to A.A. who are in the same boat. A.A. members who want to help carry their group's message of recovery are encouraged to sign up as E-Z Riders. By bringing visitors or new folks to your meeting, you will be helping them, your group, and yourself- it's a WinWinWin! (As always, all volunteer contact info is strictly confidential- CDCO does not provide volunteer names or numbers to anyone, but will contact the volunteer with the requestor's contact info.)

Group Name_____ Meeting Day/Time_____

NAME	Phone Number	Comments

Please feel free to contact CDCO at 518.463.0906 with any comments or questions you may have about E-Z Rider lists. We answer the phone 24/7/365