

ALS Spin-A-Thon

Saturday, February 10, 2007

MULTI-SPORT CAMPAIGN TO END LOU GEHRIG'S DISEASE

Location: New Canaan YMCA Studio B, and Spin Studio
Check in at lobby registration table

Parking: on South Ave. opposite side of street to YMCA

Date: 2/10/07 **Time: 1-3PM**



In October of 2005, Jon Blais (Blazeman) became the first person with ALS (Lou Gherig's disease) to finish an Ironman. He completed the 140.6 mile event (2.4 mile swim, 112 mile bike, 26.2 mile run) in 16.5 hours to honor all past and present PALS (people with ALS). As Blazeman "Kona Rolled" across the finish line in Hawaii, he challenged endurance athletes to help find a cure for ALS. Spin-A-Thon events are being held all over the world on February 10, 2007. Please join us at the New Canaan YMCA and spin in support of Blazeman and all PALS.

Advance reservations required to participate.

(on site registration only if space available)

- Please call or email contact listed below.
 - Reservations available for 1/2 hour, 1 hour or 2 hour increments.
 - 20 spots available per hour for Spin Studio Bikes
- OR
- 20 spots in Studio B per hour (must bring your own bike and trainer)
 - Minimum donation required of \$10 per 1/2 hour.
 - Checks made out to the Blazeman Foundation.
 - Pledge sheets and more information available online at www.spinforals.com .
 - Please bring donations and pledge collections to the event.
 - *Total donations, up to \$10,000, will be matched by an anonymous donor*

FOR RESERVATIONS CONTACT:

Bridget Philipp, 203-966-4528, x126; bphilipp@newcanaanymca.org



New Canaan YMCA, 564 South Ave., New Canaan, CT, 06840
203-966-4528, www.newcanaanymca.org