



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CYCLE FOR A CAUSE

2018 SPIN-A-THON!



Benefitting YMCA Youth Programs

Join us! We're bringing back the Spin-A-Thon this year with five hours of jam-packed energy, adventurous rides, games, prizes, and even Karaoke spin! Funds raised will provide financial assistance and quality enrichment programs to low-income individuals and families.

Train for your next century ride, increase your cardio capacity, and join your fellow Y members and spin instructors in raising money so more families can access Y programs.

When?

Sat., Mar. 24th from 8am to 1pm

Where?

The spin room at the YMCA

How do I register?

- \$30 fee required to reserve your bike (payable at the Spin-A-Thon event)
- Email Rachel for a link to reserve your time on the bike and to acquire pledge cards
- Sign up for one (or more) half-hour cycling sessions
- Ask friends and family to pledge a flat donation, or a donation per half hour cycled.
- Suggested fundraising minimum: \$100
- All are welcome! (You don't have to be a member or spinner to participate)



To reserve your bike contact Rachel Marcus, Health & Wellness Director
by March 15th. Email: rmarcus@scfymca.org