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Metrowest Sportsmen and Women Team up to Fight ALS

Positive Spin for ALS™ will fund services and research for Local patients fighting Lou Gehrig's Disease

Metrowest, March 5, 2003 ---- Several Metrowest sportsmen and women have teamed up to coordinate this year's **Positive Spin for ALS™**, an annual cycling event and fund raiser to be held Sunday, May 18th at the Longfellow Club on Route 20 in Wayland, MA.

The Positive Spin for ALS™ consists of four concurrent bike rides – 10, 25, 50 and 100-miles in length, each named in honor of a local person stricken with amyotrophic lateral sclerosis, (ALS), a progressively crippling and eventually fatal neuromuscular disease.

Money raised through the Positive Spin funds support services for more than 200 local patients and families living with ALS, and national research projects that will one day unlock the mystery of the disease, better known as Lou Gehrig's disease.

"This is an event that allows cyclists, from recreational riders to hard-core athletes, the chance to get out and do something fun and at the same time help make the quality of life a whole lot better for those who fight this relentless disease," said Paul Tamburello, co-chair of the Positive Spin.

Last year's 8th annual Positive Spin attracted 300 riders and raised more than \$121,000 for the ALS Association, MA Chapter. The organizers believe that this year both counts will increase.

The core group of volunteer coordinators includes:

Paul Tamburello, a Brookline elementary school teacher, of **Watertown**;
Steve Austin, owner and manager of the new Easy Motions health club in Natick, as well as **Jessica Hodge** and **Barbara Soerheide**, all of **Framingham**;
Myke Farricker, co-owner of the local Longfellow Sports Clubs, of **Natick**;
Debbie Duncombe, of **Waltham**; and **Dan and Judy Clawson** of **Sudbury**, all three active cyclists with the Appalachian Mountain Club (AMC), round out the committee.

About the Positive Spin for ALS™

The Positive Spin for ALS™ is an annual cycling event and fund raiser consisting of four concurrent bike rides designed for riders of any ability. The routes are 10, 25, 50 and 100-miles in length, and each is named in honor of a local person stricken with amyotrophic lateral sclerosis, (ALS).

At advanced stages, care for an ALS patient can cost up to \$200,000 per year. Money raised through this event finances programs such as a durable equipment loan program and respite care, for 200 local patients and their families through the ALS Association, MA Chapter. The money also supports national research to find effective treatments and ultimately a cure for ALS. For more information about the ride, visit www.positivespinforals.org.

About The ALS Association, Massachusetts Chapter

The ALS Association is the only national not-for-profit health agency dedicated solely to the fight against amyotrophic lateral sclerosis, or ALS . The ALS Association covers all the bases - research, patient and community services, public education, and advocacy - in providing help and hope to those facing the disease. The mission of The ALS Association (ALSA) is to find a cure for and improve living with ALS. The MA Chapter of the organization currently serves over 200 ALS patients. For more information, please visit www.als-ma.org.

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