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BICYCLE RIDERS TO HELP SUPPORT ALS PROGRAMS

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The Positive Spin for ALS bike ride, founded by Watertown resident Paul Tamburello and now supported by the Longfellow Club of Wayland, will be held May 18.

Four bike routes - of 10, 25, 50, and 100 miles - are offered, with each route named for a local resident or family that has had to deal with amyotrophic lateral sclerosis. ALS, commonly known as Lou Gehrig's disease, is a degenerative and eventually fatal neuromuscular disease. Money raised will support services for more than 200 local patients and families as well as national research projects.

All rides begin at the Longfellow Club on Route 20. Registration fees before May 12 are \$50 for an individual and \$65 for a family. There are minimum age restrictions for each route, and fees change after May 12. For information, call 781-326-8884 or consult www.positivespinforals.org. Last year's ride attracted 300 participants and raised more than \$120,000. Volunteers are needed for various duties before, during, and after the ride, and there will be a post-ride lunch and music at the club.