

Contact: Chris Joy
Trinity Communications
617.292.7456 / 617.803.3921
cjoy@trinitynet.com

Longfellow Clubs To Host Spinning Classes to Benefit ALS Association

Wayland, MA, March 27, 2003 --- The Longfellow Clubs in Wayland and Natick announced today the schedule of charity spinning classes that will be held next month to raise money and awareness toward the Positive Spin for ALS™, an annual cycling event and fund raiser on Sunday, May 18th.

The Positive Spin for ALS™ and spinning classes raise money for local patient support services provided by the MA Chapter of the ALS Association and national research projects that will one day unlock the mystery of amyotrophic lateral sclerosis, (ALS). ALS is the progressively crippling and eventually fatal neuromuscular disease, better known as Lou Gehrig's disease.

Spinners of all abilities can participate in a class for a donation of \$10. A \$25 donation offers the spinning class and a raffle ticket to win a Keiser Power Pacing Bike as well. The top of the line spinning bike was donated by Keiser Corporation, an internationally recognized manufacturer of air powered exercise equipment.

Class Schedule

Tuesday, April 8, 7:00 - 8:00 p.m. at The Longfellow Sports Club, Natick, MA.
Contact: Paula Hart. 508-653-4633.

Saturday, April 12, 8:30 - 9:30 a.m. at The Longfellow Club, Route 20, Wayland, MA.
Contact: Teresa Newton-Moineau. 508-358-7355.

For more information about the classes, or if you would like to schedule a spinning class at your health club to raise money and awareness toward the Positive Spin for ALS™ ride, please contact Myke Farricker at Myke@longfellowsportsclub.com.

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

About the Longfellow Clubs

The Longfellow Clubs were originally indoor tennis-only clubs built in Natick in 1969 and in Wayland in 1972. Laury Hammel founded a business in 1972 that was committed to excellence in tennis, good health, and fun. In 1980 Laury moved his business with new partner Myke Farricker to Wayland, purchased Longfellow in 1980 and expanded to include the Natick facilities in 1985. In 1999, The Longfellow Clubs partnered with a new state of the art multipurpose facility called The Adirondack Club in Franklin. This club offers the same facilities and traditional values that Longfellow has built itself on since 1972. Longfellow is in the business of supporting people in achieving their health and fitness goals. In addition, the business of Longfellow was founded with a specific philosophy and purpose. To learn more about the Longfellow Clubs, please visit www.longfellowclubs.com.

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