

THE WAYLAND TOWN CRIER

April 24, 2003

Positive Spin for ALS Ride to be May 18

Do you like to ride a bike for fun or fitness? Want to use that pedal power to help save lives? Whether you are an avid athlete or bike just for fun, you can join hundreds of riders for a great cause in the Positive Spin for ALS™ on Sunday, May 18th.

The Positive Spin for ALS™ consists of four concurrent bike rides that start at the Longfellow Club on Route 20 in Wayland, MA. The routes are 10, 25, 50 and 100 miles in length, and each is named in honor of a local person or family 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.

Riders can register online at www.positivespinforals.org, by phone at 781-326-8884, or by mail. Checks should be made out to Positive Spin for ALS, and mailed to Positive Spin for ALS, ALS Association of MA, 75 McNeil Way, Suite 201, Dedham, MA 02026.

The registration fee is the same for any length ride. Online registration at www.positivespinforals.org is \$50 for an individual, \$65 for a family before May 12.

To account for administrative costs, snail mail registrations postmarked on or before May 12 are \$60 for an individual or \$85 for a family. Registrations postmarked after May 12, up to the day of the event are \$75 for an individual or \$95 for a family.

Last year's Positive Spin attracted 300 riders and raised more than \$121,000 for the ALS Association, MA Chapter. This year, the hope is to have an even larger event.

At the conclusion of the ride, participants are invited to enjoy a hearty lunch and music back at the Longfellow Club.

Volunteers are needed for various tasks before, during, and after the ride. For more information on volunteer job listings, visit www.positivespinforals.org/Volunteer.html.

A Positive Spin Spinning class will be held on Saturday, April 26, 8:30 - 9:30 a.m. at The Longfellow Club, Route 20, Wayland, MA. Contact Teresa Newton-Moineau for more information at (508) 358-7355.

For riders who want to start road training for the ride, the Longfellow Club organizes Sunday morning rides, open to the public, leaving from and returning to the club. The rides range from 15-50 miles, depending on the route chosen by riders that day, and all levels of riders are welcome. For more information, contact Myke Farricker via email at myke@longfellowsportsclub.com.

