

## Volunteers needed

If you are interested in helping with this event please complete and return the portion below, or contact Amy Henry at the YMCA by calling 365-4060 or e-mail at amy.henry@peninsulaymca.org

Yes, I am interested in volunteering, contact me at:

.....

Name \_\_\_\_\_

Phone \_\_\_\_\_

E-mail Address \_\_\_\_\_

I would like to help with:

\_\_\_Registration \_\_\_Rest Stops

\_\_\_Lunch \_\_\_Other

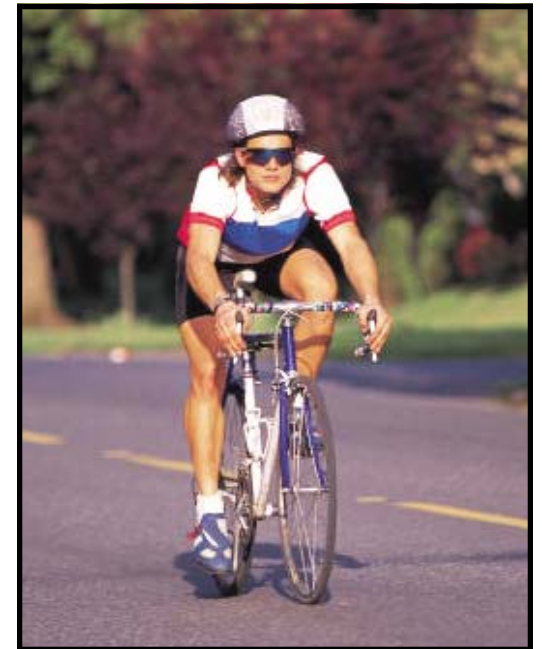
## YMCA Mission

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.



**SATURDAY,  
NOVEMBER 1, 2008  
8:30 A.M.**

*Strong Communities  
Bike-a-thon*



  
YMCA  
We build strong kids,  
strong families, strong communities.

# Registration

Name \_\_\_\_\_

\_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

.....

## Ride Routes to choose from:

*please circle one*

- 9:00 a.m. 50 mile ride
- 9:30 a.m. 26 mile ride
- 10:00 a.m. 9 mile family ride

.....

## For fundraisers:

Shirt/Sweatshirt/Jersey size

*please circle one*

- S
- M
- L
- XL
- XXL

.....

## Registration includes:

Water bottle, lunch, rest stops with water and snacks and sag support.

Registration begins at 8:30 a.m.



## Help us name our Bike Ride

Please submit your suggestion with your registration, or the day of the event .You could win a YMCA gift pack if your entry is selected!

My suggestion for naming this event

is \_\_\_\_\_

Proceeds benefit the YMCA **Strong Communities** scholarship program.

Enjoy a scenic country bike ride through Smithfield while helping the Luter Family YMCA build strong kids, strong families, strong communities.

A helmet is required for all riders.

Minimum age to ride is 10 years old. Participants between age 10 and 15 must be accompanied by a parent.

## Event #      Fee:

#16105      \$25 individual

#16106      \$50 family

#16107      \$75 team of up to four adults

## Fundraising Gift Rewards:

Raise \$50 receive a t-shirt

Raise \$100 receive a sweatshirt

Raise \$250 receive a cycling jersey

*Saturday,*  
*November 1, 2008*  
*8:30 a.m.*