



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RIDE TO RAISE

**2018
Bike-A-Thon**
to benefit our Annual Campaign



**Sunday, March 18th
8:00 am - Noon**

Members & Non-Members
Are welcome to participate!

EAST AREA FAMILY YMCA
200 Town Drive., Fayetteville, NY 13066
315.637.2025

FOOD FOR THOUGHT



Questions, Concerns, Information
Come meet our Registered Dietician,
Traci McIntosh

Have Questions? Contact:

Patty Ryan

315.637.2025 ext. 223

pryan@syracuseymca.org

Monika McKee

315.637.2025 ext. 225

mmckee@syracuseymca.org

WE CAN DO SO MUCH MORE BECAUSE OF YOU.

\$26

Provides water safety instruction for one child through our Urban Swim program.

\$204

Ensures a child in need will develop confidence, self-esteem and character at Camp Iroquois.

\$333

Ensures a person in need will avoid diabetes by participating in the YMCA's Diabetes Prevention Program.

\$675

Provides a month of daycare in a safe, nurturing environment, helping a family in need stay strong.

OPEN A DOOR AND CHANGE A LIFE

Financial Assistance keeps the Y available for those that need us most. We count on the generosity of our members and community to help people of all ages and from all walks of life to be more healthy, confident, connected and secure. When you give to the Y, your gift will have a meaningful, enduring impact right in your own neighborhood.

BIKE-A-THON GUIDELINE

- Raise money for every 1/2 hour you ride
- We have 32 bikes, please register early
- Registration closes at 8pm on Monday, March 12, 2018.
- All donations must be turned in by 7:30am on Sunday, March 18, at the latest.
- Prizes every hour!
- PLEASE BRING: sneakers or cycling shoes, fitness clothing, your pledge sheet, donations, a SMILE, and dry clothes to change into after ride.
- All donations are tax deductible. The canceled check serves as a receipt.
- Checks should be made payable to the East Area Family YMCA
- Drinks and healthy snacks will be provided!
- Donation/Sponsor sheets are available at Membership desk

YES! I want to participate!

2018 Bike-A-Thon

Saturday, March 18 (18SP1)

8:00 am - Noon

Members & Non-Members
Are welcome to participate!

Cost per bike: Members & Non-Members

\$15 / 30 min

\$25 / 60 min

\$35/ 90 min

\$75/ 4 hours

Return this portion to the East Area Y front desk upon completion.

Name: _____

Address: _____

Phone: _____

Email: _____

Please choose your riding time slot:

- 8:00-8:30am Code:0411Ride01
- 8:30-9:00am Code: 0411Ride02
- 9:00-9:30am Code: 0411Ride03
- 9:30-10:00am Code: 0411Ride04
- 10:00-10:30am Code: 0411Ride05
- 10:30-11:00am Code: 0411Ride06
- 11:00-11:30am Code: 0411Ride07
- 11:30am-12:00pm Code:0411Ride08
- Endurance cyclist (ride all 4 hours)

Can't make the ride? No problem!

Sleep In For The Cause: To support the cause, just stop by Member Services and make a contribution.

Contact: Patty Ryan or Monika McKee

\$15 \$25 \$35 Other