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ATTLEBORO YMCA

SPIN-A-THON 2012

RIDER GUIDE

THANK YOU. We're so excited that you'll be taking part in this year's Spin-a-Thon. As a Spin-a-Thon Rider, you're making a positive impact on our community by supporting the Attleboro Y's Best Friends Campaign. Plus, you'll get a great workout and have a blast with your teammates in the process!

Spin-a-Thon Event Saturday, March 10, 2012
12:00 noon–6:00 p.m.
Attleboro YMCA Downtown Branch
Ride times begin on the hour.
Two riders from each team will participate at a time.

What exactly does a Spin-a-Thon Rider do?

- Prior to the event, ask friends and family to sponsor your ride. As a group, your team of 12 riders is challenged to raise \$1,200.
- Make sure you officially register for the Spin-a-Thon **by Friday, February 17th**. (After that, we can't guarantee a spot or the correct T-shirt size.) Follow the registration instructions below.
- Communicate with your captain about ride times and your fundraising progress.
- Hop on one of your team's bikes for an hour and get a great workout—all amid a celebratory atmosphere and great community spirit

How to register:

To ensure that this year's event runs smoothly, we're requiring that each Rider register for the Spin-a-Thon on Firstgiving.com. FirstGiving is an excellent fundraising tool, but even if you don't plan to use the site for fundraising purposes, it allows the Y to communicate more easily with all our Riders and collect all the necessary information we need, including the all-important T-shirt sizes.

1. Go to www.firstgiving.com/attleboroymca/spin-a-thon-2012. Click on the big green "Register" button.
2. Register as a Rider.
3. Select your team's name from the drop-down menu to join. Don't have a team yet? No problem! Skip this step for now, and we can help match you with a team looking for Riders.
4. Complete your registration and set up your fundraising page. Feel free to add your own pictures and personal story about why you're a part of the Spin-a-Thon and why you support the Y's Best Friends Campaign.
5. Invite your friends to sign up and join in the fun!

Questions? Contact Meghan Hamilton at mhamilton@attleboroymca.org or (508) 409-0733.

2012 BEST FRIENDS CAMPAIGN