

RIDE for ALS

Ride with Instructor Karen Goble

Feb. 8th 9:30-10:30am

The Ride Center

**Join us in making a difference to
help raise funds for ALS.**

Make a donation and Ride with Us!

Cycling Intensity plus resistance training!

Sign up at the front desk and
to make donations.

Raffle entry for all participants. In the spirit of
Augie's Quest please wear Red, Black, and
White to show your support!



*Augie's Quest, MDA's research initiative,
is an aggressive, cure-driven effort
singularly focused on finding treatments
and cure for amyotrophic lateral sclerosis
(ALS, or Lou Gehrig's disease).
To learn more about Augie's Quest, visit
www.augiesquest.com.*



**3 Easy Ways to
make donations at Front Desk**

- Cash
- Put it on your Member Account
- Checks payable to MDA/Augie's Quest