

CHALLENGING AND FUN

The *Positive Spin for ALS Bike Tour* provides an experience that tests your strength, character and challenges you to have more fun that you can imagine. Join us in Fort Worth for our 3rd year!

WHAT IS ALS?

Also known as Lou Gehrig's disease, ALS is characterized by a degeneration of motor cells in the brain and spinal cord, leading to muscle weakness. As the disease progresses, individuals lose their ability to walk, talk, swallow and eventually breathe. In most cases the mind remains intact and unaffected throughout the course of ALS.

Every 90 minutes someone in the United States is diagnosed with ALS, and every 90 minutes, someone in the United States dies from ALS.

ABOUT ALS ASSOCIATION

The ALS Association North Texas Chapter is the only national non-profit organization dedicated to improving life for ALS patients and caregivers and to help support reserach to find a cure.

We are committed to providing quality patient services and programs to those in our area affected by this disease. Funds raised from the *Positive Spin for ALS Bike Tour* will help provide educational support groups, maintain an equipment loan closet, provide ongoing bereavement support for those who have lost a loved one, provide respite reimbursement and much more.



BIKE WITH A VIEW

A fully supported two day, 160-mile road tour for all cyclists, the *Positive Spin for ALS Bike Tour* promises to be one of the greatest cycling events of 2006. There are rest stops every 12-miles, with energizing snacks, nutritious sports drinks that will fortify you for the next leg and we provide SAG vehicles and mechanics to pick you up or fix your flats!

Day one begins on Saturday, June 3, 2006 at Bicycles Inc. in Fort Worth. Enjoy beautiful countryside as you head west to Stephenville, where a fabulous lunch will await all the cyclists. Professional massage therapists will be on hand to pamper your muscles, as our super volunteers prepare dinner and an awards ceremony. Overnight accommodations will be provided to all who ride.

Day two begins early Sunday morning with a huge breakfast! As you head out on Highway 377, the route takes you through challenging terrain and beautiful scenery. Fort Worth is your final destination of the day, where once again massages and lunch await!

***This year we are offering a shorter route that will end on day one in Granbury (approximately 40-miles) and on day two the shorter route ends in Nemo (40-miles). ***

TOUR WITH A TEAM

Ask friends, family and co-workers to ride with you as a team. Having them by your side will make the tour more fun and memorable. For more information on forming a team, please contact Stephanie Melson at 972.714.0088



WHAT'S NEXT?

STEP 1: REGISTER TODAY

Fill out the registration form and turn it in with your non-refundable registration fee of \$25 by April 2, 2006. Registration increases to \$35 after April 3rd, so be sure and register early. You can also register online at www.alsnorthtexas.org and pay the registration fee with a secure credit card transaction. Your sponsors can also donate to you online!

STEP 2: RAISE CONTRIBUTIONS

Start collecting today! The purpose of this Bike Tour is to raise money to further our efforts of helping improve the lives of those living with ALS. All riders must donate a minimum of \$150, which will support client services and programs in the North Texas Chapter territory. If you need fundraising ideas and support, please call the Chapter office. We can provide you with all the tools necessary to be a successful fundraiser. Most participants raise an average of \$500!

STEP 3: RIDE RAIN OR SHINE

STEP 4: PACKET PICK-UP

Packet pick-up will be held from May 27-June 2 at Bicycles Inc. in Fort Worth. Be sure to bring your completed contribution envelope and contributions.

Bicycles Inc.
5125 Granbury Rd., Fort Worth, TX 76133
817.292.2911

STEP 5: COLLECT CONTRIBUTIONS

Each registered cyclist will receive an official *Positive Spin for ALS Bike Tour* t-shirt. Great prizes are available for those who raise a minimum of \$500. In order to be eligible for prizes, all donations need to be turned in by July 10, 2006.

REGISTRATION

To register, complete this form and mail/fax today.

(PLEASE PRINT)

Mr. Mrs. Ms. First: _____

Last: _____

Address: _____

City: _____ St: _____

Zip: _____

Home Phone: _____

Work Phone: _____

Email: _____

Date of Birth: (mm/dd/yy) _____ Sex: M F

Employer: _____

Employer Address: _____

City: _____ St: _____

Zip: _____

My company has a matching gifts program.

My personal fundraising goal is:

\$500 + \$750 +

\$1,500 + \$2,500 +

\$3,500 + \$5,000 +

T-Shirt Size: M L XL XXL

I will be riding on a team. Y N

Team Name _____

Captain Name _____

Company Name _____

Team Type: Friends & Family Corporate

Club/Organization School Place of Worship

Non-Refundable Registration Fee Information:

Until 4/3/06 \$25.00

4/4/06 to 5/1/06 \$30.00

5/2/06 to 6/2/06 \$35.00

6/3/06 \$40.00

Payment type: Check Enclosed Credit Card

___ MC ___ Visa ___ AMEX Amount \$ _____

Name on Card: _____

Card #: _____

Exp. Date: _____ Securtiy Number: _____

I, the undersigned, understand that a non-refundable registration fee and a minimum donation of \$150 is required to participate in this event.

Signature of participant

Date

REGISTER A FRIEND

To register, complete this form and mail/fax today.
(PLEASE PRINT)

Mr. Mrs. Ms. First: _____

Last: _____

Address: _____

City: _____ St: _____

Zip: _____

Home Phone: _____

Work Phone: _____

Email: _____

Date of Birth: (mm/dd/yy) _____ Sex: M F

Employer: _____

Employer Address: _____

City: _____ St: _____

Zip: _____

My company has a matching gifts program.

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Signature of participant _____ Date _____



A SPECIAL THANKS TO ALL OF OUR SPONSORS



CONTACT INFORMATION
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 Irving, TX

The Als Association North Texas Chapter
 1231 Greenway Dr., Suite 385
 Irving, TX 75038



for ALS

2006

Presented By
The Holloway Family Foundation

June 3 & 4



Register online at
www.alsnorthtexas.org