



LIVESTRONG®  
AT THE YMCA

**WHO  
DO YOU  
THINK OF?**



## **Cancer Awareness Ride**

**CENTRAL YMCA**

**Saturday, October 21**

Come and ride in celebration of those who have fought and won, and those who have left a legacy for us to continue.

\$10 per hour donation to ride

\$30 donation for a large pink ribbon with a name of your choice on the wall of the spinning room

\$7 for a short sleeve t-shirt

All money goes to maintaining the LIVESTRONG® at the YMCA program.

**HOPEFUL  
FAITH  
power  
JOY  
Pink  
I love you**  
CURED  
live  
Inspired

Name \_\_\_\_\_ Phone \_\_\_\_\_

Shirt Size \_\_\_\_\_

\_\_\_ 8:00 a.m. \_\_\_ 9:00 a.m. \_\_\_ 10:00 a.m.