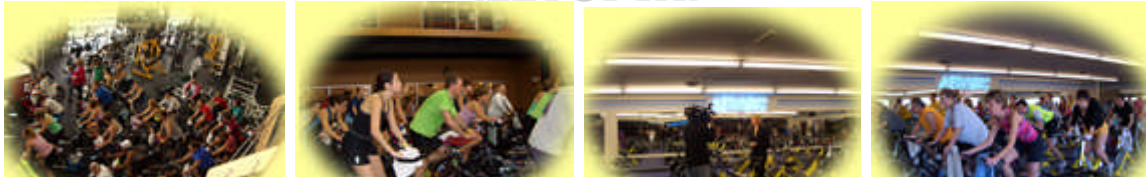


Lancaster Events To Support People In Need (LETSPIN)



LETSPIN

A BRIEF HISTORY:

How an idea grew from small grass-roots one time event to a local happening --

Several years back (2004), a handful of certified spin instructors hatched the idea to raise money for local causes, while doing their exercise class called "Spinning®" (or "Indoor Cycling" or "Group Cycling" as it is sometimes called). The event would provide cyclists with a chance to do some serious indoor training, while at the same time raising money for a worthwhile cause. They came up with the idea of an event they called a Spin®-A-Thon. This group has adopted the name "Lancaster Events To Support People in Need" or "LETSPIN" for short. The group, and it's annual event - the Spin®-A-Thon, have grown and evolved since that initial event back in 2004. The LETSPIN start planning this annual event in October and hold the event the following March of each year. This is the only function of this group at this point.

WHAT'S SPINNING®?

For those not familiar with this type of exercise, Spinning® classes consist of riding special stationary bikes through a series of riding drills while following the directions of a certified instructor. Music is played throughout the class as another motivation aid. Spinning® is a highly aerobic exercise program with 3 major components: a warm up phase, heart driving aerobic phase, and a cool down period at the end of the class. Classes generally are 45 to 60 minutes in length. The instructor's role is to lead members through the various phases of the class, and ensure members maintain safe and proper form throughout the various routines. There is much variety in teaching styles and music selection. Classes can range from relatively easy geared for beginners, to quite intense for the competitive

outdoor cyclists. Attendees can also vary the intensity of their workouts by adjusting their pedaling resistance and/or their pedaling speed, depending on their individual fitness level and training goals.

WHAT IS A SPIN®-A-THON??

The easiest way to think of a Spin®-A-Thon is a series of back-to-back Spinning® classes. The participants pay a registration fee and raise individual pledges as part of the fund-raising efforts for the benefit of that year's cause. Riders sign up to indicate how many hours they intend to ride: anywhere from one class to eight classes on the day of the event. The host gym or location provides space for: the Spinning® bikes (loaned to the event by participating gyms), a registration desk, a refreshments area for snacks and liquid replacement for the riders (donated by local merchants), a changing area for participants to change their gym clothes, and a parking area for participants to park. Local gyms support the event by loaning Spinning® bikes, publicizing the event, providing instructors to lead the different classes, and volunteers to help with the event.

In addition to the local gyms, community support for the event in the past has included local bike shops, church organizations and various businesses. All event expenses are paid for by sponsors, so that all participant contributions go directly to the charity supported. Event T-shirts are given to all participants. Some of the contributors sponsor the T-shirts. These, as well as other major contributors and sponsors are recognized on the T-shirts and on the event web site.

Last year's event was held at Clipper Magazine Stadium in Lancaster, to raise money for Daniel's Den - a playground being built to accommodate those with disabilities. The event was a huge success - over \$13,000 was raised for the playground. In its history, the event has raised anywhere from \$2500 - \$13,000 -- for local families or charities.

Local cyclists and runners look forward to this annual event, which is usually held in late winter, to tone up for the spring cycling, triathlon, running season.

More information about this year's event, contact information, and a history and pictures of previous year's events can be found at our event web site at: www.spin-a-thon.net.