

- EVENT FEATURES -

Train with a Champion

Never been on a spin cycle before? Cycling Champion **Dave Haase** is your personal coach, offering tips and training in the Super Spin Training Zone. Try your new skills on a compu-trainer, the biker's Wii. The virtual biking simulator brings the thrills of zipping around turns, pushing your way uphill, then careening down at speeds you set to a stationary bike.

Peddle with the Pros

- 9 a.m. **Spin to Win Trivia with "Dr. O. Watt Sprocket."** Win prizes by answering trivia questions.
- 10 a.m. **Terrorize with Tim the Terrible!** Tim Laird will lead this hour providing a terrific routine.
- 11 a.m. **Power Hour with Heather Haviland -** Sets you spinning on a course guaranteed to make you move!
- Noon **Rip It Up with Ric and The Red Hawks -** an hour infused with energy, experience and expertise!

Race - Expert Challenge

Got the grit to race? Jump on the Compu trainer and ride! Race Ripon's finest on a bike hooked to a computer that simulates a top-notch point-to-point race and records your time. Be the best time and win!

Tailor your Own Participation

Bike at your own skill level - start at the beginning with a coach or ride with the pros!

Bike on your timeline - stay for an hour, stay for the day!

Bike on your choice of bikes - bring your own or use ours! Kinetic trainers are also available.

Bike with your own "team" - Get with a group! Team with family, friends schoolmates, co-workers and gear up for a great time!

Pay Flat Participation Fee or Collect Pledges and Earn Prizes

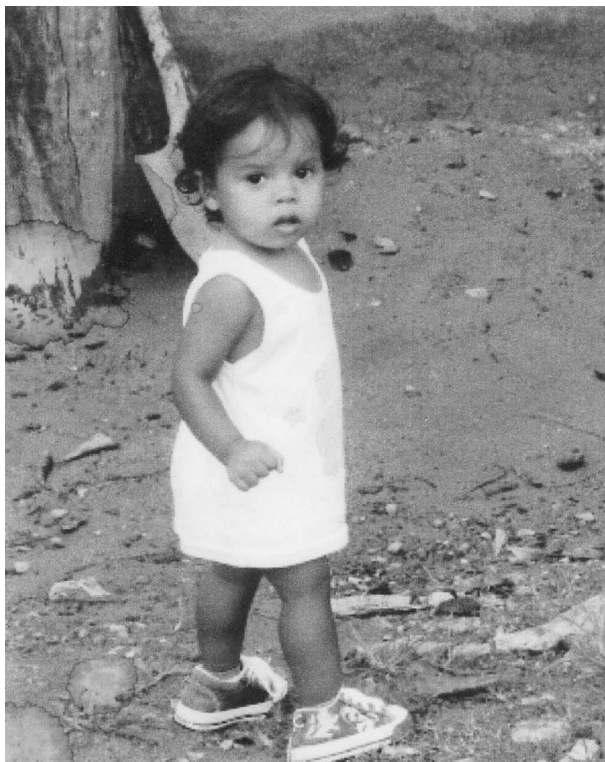
High Energy Snacks Served All Day



Event proceeds benefit

United Hearts for Health

... a caring partnership that links the medical and dental communities of Fond du Lac, Wisconsin and Rosita, Nicaragua



www.unitedheartsforhealth.org
www.fdlunitedheartsforhealth.org

SIXTH ANNUAL RIDE FOR ROSITA
Super Spin Saturday
The fundraiser that puts a new spin on cycling!
 SATURDAY JANUARY 23, 2010 9:00 A.M. to 1:00 P.M.
 THEISEN MIDDLE SCHOOL • FDL
Ages 6 and up BIKE AN HOUR, BIKE ALL DAY!
Geared for all skill and endurance levels
Nation's Top Cyclists Offer Something for Everyone!

Join the nation's finest cyclists and role models!

Ride with **HEATHER HAVILAND**
 Professional Tri Athlete, endurance coach, personal trainer, six-time All-American, three-time USA Team Member & five-time Ironman Finisher.
Heather motivates you to move!



Race the Ripon **RED HAWKS**
 Lead by Coach Ric Damm, Midwest's Premiere Collegiate Cycling Program

Train with Fond du Lac's Finest **DAVE HAASE**
 top finisher in the RAAM, America's "Tour de France"

ONE SCHOOL WINS A FDL YMCA NIGHT and a Record Entertainment Dance!

EVERYONE WINS
A Two-Week Fond du Lac YMCA Membership!

Pay a Flat Fee: \$5 per person/per hour **OR** Collect Pledges to Win Prizes!

- PLEDGE PRIZES -

Wii PACKAGE
\$500 FESTINA WATCH - Official US Cycling Team Watch

ONE PARTICIPANT WILL WIN
A \$500 ATTITUDE SPORTS SHOPPING SPREE!

United Hearts for Health
www.fdlunitedheartsforhealth.org or 921-6021

Event proceeds bring better health to Fond du Lac's sister city - Rosita, Nicaragua

