

REGISTRATION PROCESS

Step One:

Grab 3-5 friends to join your team so you have a total of 4-6 on your team.

Step Two:

Complete the registration form on the reverse side. Be sure to include your Team Name.

Step Three:

Turn in your registration form(s) and tax-deductible registration fee to Member Services.

Step Four:

Be here ready to cycle at 9 am on April 9.

Step Five:

Have fun and thanks for supporting our Pedaling for Parkinson's!



The Y.™ For a better us.™

Every day, the YMCA gives our community the support it needs to learn, grow, and thrive. From advocacy to food security, disease prevention to athletics, football to dance classes, everything we do helps strengthen our neighborhood and the people who live here.

But keeping our neighborhoods great is a full-time job. Every day, our community faces new challenges that create a greater need for the work we do. And we need your help to do it. Your gift can help our community and everyone in it shine.

Below are just a few of the many programs that the Annual Campaign helps support for the community:

- ACT
- Child Care & Camps
- Diabetes Prevention
- LIVESTRONG®
- My Achievers
- Pedaling for Parkinson's
- Swimming Lessons
- Youth and Government
- Youth Sports

For a better you.

For a better community.

The Y.™ For a better us.™

MILL CREEK FAMILY YMCA

13723 Puget Park Drive

Everett WA 98208

P 425 337 0123 ymca-snoco.org/millcreek



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GO THE EXTRA MILE!

Pedaling for Parkinson's
Pedalathon
MILL CREEK FAMILY YMCA



HELP OTHERS LIVE BETTER

Pedaling a bicycle has changed the lives for many people diagnosed with Parkinson's disease. Research conducted at the Cleveland Clinic showed an average of 35% reduction of symptoms by the simple act of pedaling a bicycle at a rapid pace, optimally 80-90 revolutions per minute. Pedaling for Parkinson's is a program that puts this research into action.

Please join us for a pedalathon to help raise money to support this program. Proceeds raised from this event support the Mill Creek YMCA Annual Campaign and designated to our Pedaling for Parkinson's program.

When: Saturday, April 9
9 am-5 pm

Where: Mill Creek YMCA
Multi Purpose Room

Cost: \$100 per team (4-6 person teams) minimum donation

Additional Information:

- Registration fee must be paid in full to reserve a bike
- Optional additional pledge sheet for mileage
- Team member names must be submitted before event
- No more than 6 persons per team

PEDALATON FEATURES

- One bike per team
- Teams of 4-6 members
- Maximum 20 teams
- Riders miles are logged by a volunteer before dismounting the bike and switching riders
- Team with the most miles at 5 pm will be announced the winner
- Team members may come and go throughout the day but one person must remain at all times on the bike
- Each rider must ride for a minimum of 30 minutes at a time

"I was diagnosed in Spring 2010. Every year I go fly fishing to the same campground. I believed after my diagnosis that it would be my last trip. I was put on some medication 2011 and this helped me wade but didn't help me walk easily. In 2012, before my next trip, I joined the Pedaling for Parkinson's class at the Mill Creek Y. I was able to walk a little better but still had problems of rocky surfaces. In 2013 I went fishing again and it was my best trip ever! I fished and waded much better. I was three years older but upon reflection I was extremely happy. I firmly believe the pedaling class did a lot to give e a more normal fishing experience. I am a measurable study: Pedaling has given me recovery of movement to almost normal!"

-Current Pedaling for
Parkinson's Participant

REGISTRATION FORM

Team Captain:

Team Name:

Address:

Phone:

Email:

Payment total: \$ _____

Tax-deductible donation

Cash Check Credit Card

Card Number

Exp.

Statement of Release: I hereby release the YMCA of Snohomish County, Snohomish County officers, elected official, agents and employees and/or any other sponsors or individuals from responsibility for any injuries or damages I may suffer as a result of my participation in this event. I hereby certify that my training and health are adequate for me to participate safely in this event.

Signature

Date