



join the fun of spinforkids

The Spin for Kids mission is to provide supportive programs, services and equipment to children with special needs within our community and region.

Who Benefits?

Families with children who have special needs often face lifelong medical bills and expenses. Children grow and change very quickly, and the equipment they need must change with them. Insurance does not always cover these costs; this is where Spin for Kids comes in. Money raised by Spin for Kids is disbursed to qualifying families to help them obtain the equipment, therapy and services they need.

Who We Are

Altru's Outpatient Pediatric Therapy Services utilizes a team approach for the treatment of neurological, orthopedic and genetic disorders, as well as problems associated with premature birth and developmental delays. Our goal is to assist each child to live the fullest life possible by enhancing function and fostering independence through innovative therapeutic programming. For more information about Altru's Pediatric Therapy Services, call 701.780.2477.

Team check-in - 7 a.m.
Race: 8:30 a.m. - 12:00 p.m.
Awards following race

Awards

- » Spin for Kids t-shirt for all riders
- » Individual and team awards for the most pledges and greatest number of miles in each division
- » Team Spirit Award



altru.org/spinforkids



What is Spin for Kids?

Spin for Kids is an indoor race on stationary bikes. Each team consists of eight riders that ride for 20 minutes each. There is a five minute break between each rider to record mileage and change riders.

All skill levels are welcome!

Spin for Kids riders register to compete in one of three divisions. Teams will compete only with other teams within their division:

Division I: Elite

If you are a very experienced or highly competitive team, this is the place for you. You will be competing with similar teams and will be able to say you are the "Best of the Best" if you come out on top.

Division II: Amateur

This division is still somewhat competitive, but for less experienced riders or those not interested in keeping pace with the "elite" riders.

Division III: Kids' Division

If you can reach the pedals and get the OK from your parents/guardian, you can ride! In order to be in the Kids' Division six out of eight riders on the team must be 14 years of age or younger. Each Kids' Team must appoint an adult Team Captain.

Team Requirements

- » Each team must consist of eight riders
- » Each team MUST appoint a Team Captain
- » **Each team member is required to raise a minimum of \$75 in pledges to support the race mission**



How do I become involved?

RIDE

Team Registration has ended

DONATE

There are several ways to help raise money for Spin for Kids:

- » Ride and raise pledges
- » Donate to Spin for Kids directly through the Altru Health Foundation at 701.780.5600 or www.altru.org/spinforkids
- » Donate to a rider directly through their FirstGiving page



SPONSOR

Contact Randy at Altru Health Foundation at 701.780.5600 regarding Spin for Kids sponsorship opportunities.