

NAUGATUCK YMCA

SPIN-A-THON 2017

CAPTAIN GUIDE



THANK YOU! We are thrilled that you've decided to take on the role of Captain for the 2017 Spin®-a-Thon!

Whether you are a first time or a repeat Team Captain, we want to make the process as easy for you, and your team, as possible. Here is this year's guide about our event.

Spin®-a-Thon Event: Saturday, September 30th, 2017
(During the Naugatuck Downtown Fall Festival)
3:00pm-7:00pm
Naugatuck Town Green

*Bikes need to be ridden the whole time.
We suggest changing riders every hour.

Kids Spin®: 3:00pm-7pm

Spin® for donations on our training bike.

What exactly does a Spin®-a-Thon Captain do?

- Recruit a team of 4 or more riders.
- Make sure everyone on the team is registered by September 22nd.
- Serve as a liaison between your team and the Naugatuck YMCA.
- Communicate with your team about any Spin®-a-Thon updates.
- Schedule your team's ride schedule.
- Help & support your team as they collect pledges and fundraise towards the team collective goal of \$1,000.
- Ask friends & family to sponsor your ride.
- Share your donation page & event details with everyone on your social media pages. <https://www.crowdrise.com/NaugatuckYMCAspinathon2017>
- Hop on one of your team's bikes for an hour and get a fantastic workout —all amid a celebratory atmosphere & great community spirit.

How to register yourself in your team:

Each team & participant needs to register as a Rider on your team's fundraiser page.

In addition to serving as our registration site, Crowdrise is an excellent online fundraising tool, making it easy for you and your teammates to share your Spin®-a-Thon plans with your family and friends.

1. Go to our event page at <https://www.crowdrise.com/NaugatuckYMCAspinathon2017>
2. Click on the grey "Set up your own fundraiser" tab on the right and follow the prompts.

Spin®-a-Thon web page: For the most up to date information about the day's events and activities, go to <http://www.naugatuckymca.org/support-groups-2/livestrong-at-the-ymca/>

Questions? Contact Karen Lineweber at 203-729-9622

IMPACT OF THE SPIN®-A-THON

By supporting the Y with your time, energy, and pledges, you help ensure a brighter future for the Naugatuck YMCA's Livestrong program.

In 2016, the Spin-a-Thon raised more than \$10,000 to kickoff a successful first annual Livestrong program at the YMCA. The funds raised through this campaign had a lasting impact on so many.

- 8 participants received free training in a group environment dedicated to meeting the needs of cancer survivors.
- Cancer survivors regained new strength of body and spirit through the Livestrong at the YMCA program.
- The Y was able to expand its reach into our community, serving those in need of specialized programming.
- By supporting the Y with your time, energy & pledges you help ensure a brighter future for the participants of Livestrong at the YMCA.

Please attend one of these two information sessions:

- Sat August 12th 5pm at our booth at the Summer Festival in downtown Naugatuck.
- Wed Aug 16th 6pm in the Naugatuck YMCA Spin Room.