**Crush Cancer, benefiting Cycle for Survival, is May 3, 2020!**

**Join [Insert Team Name] to Crush Cancer!**

**Ride with us in this high-energy spin bike event (no experience required) and help raise funds for life saving rare cancer research. We are looking for at least [Insert number] cyclists**

**to ride 30 minute to 1 hour intervals on**

**Sunday, May 3, 2020 from 1 – 5 PM**

**Friends and Family are welcome to join the ride too!**

**Say YES to putting an end to Cancer and honoring those affected by this terrible disease. [If honoring a specific coworker/friend/family member – personalize] 100% of all team money raised directly funds Memorial Sloan Kettering Cancer Center and its pioneering research.**

**To join [Insert Team Name] follow these easy steps:**

**Step 1:           Click here [Insert Team Page Link/URL found in participant center]**

**Step 2:           Select ‘Join this Event’**

**Step 3:           Enter team password [Insert Team Password]**

**Step 4:           Set a personal fundraising goal (any amount acceptable)**

**\*$1000 fundraising goal per bike / $125 to $250 goal per rider is encouraged\***

**Step 5:           Enter personal details**

**Step 6:           Click to sign waiver**

**Step 7:           Click to complete registration**

**If you are unable to ride, please consider donating to our team.**

**We need riders, sponsors, and volunteers!**

**Check out** [www.letscrushcancer.org](http://www.letscrushcancer.org) **for more info.**

**For questions contact [Team Captain Name] at [Insert Email] or [Insert Phone].**

**Note:   The event is held at Onelife Fitness on Virginia Beach Blvd, all cycle bikes are provided, and no riding experience required!**