

Cycle for Good: A Fundraising Event Pedaling Towards Community Strength

[Cobourg, ON, April 29, 2024] – Get ready to pedal with a purpose and make a meaningful impact on May 4, 2024, as YMCA Northumberland presents Cycle For Good. This indoor cycling fundraising event runs from 9:00 a.m. to 12:00 p.m. and is divided into four entertaining 30-minute rides with a cinematic slant. From Disney to the 80s and Saturday Night Fever to Star Wars, you can embrace the spirit of giving while enjoying a heart-pumping workout at the YMCA Northumberland, Cobourg Location.

"We are thrilled to host Cycle For Good, an event that moves us forward towards our commitment of strengthening communities," said Eunice Kirkpatrick, CEO of YMCA Northumberland. "By coming together to pedal for a purpose, participants will not only enjoy a fun-filled morning but also contribute to meaningful change in our community."

Cycle For Good invites individuals of all cycling abilities to join a team, don some crazy clothes, and hop on a stationary bike for a cause. By participating, cyclists elevate their heart rates and elevate the community by raising vital funds for the YMCA Strong Communities Campaign. The goal for the event is to raise \$5,000.

These funds support programs and provide financial assistance to empower and uplift individuals and families in the local area. Every push of the pedal brings the community closer to its fundraising goal and helps make a tangible difference in the lives of those who need it most.

Whether participants are seasoned cyclists or new to the saddle, everyone is encouraged to join a ride, enjoy the music and enjoy the fun. Attendees can also treat themselves to a delicious drink from the fundraising smoothie bar, thanks to generous support from Herc's Nutrition, Cobourg.

Cycle For Good promises to be a memorable morning of fitness, fun and philanthropy. Space is limited so registration is encouraged in advance for just \$10 per person, and membership is not required. For more details and to register, visit <https://ymcanrt.org/cycle-for-good/>

For more information, please contact:

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ABOUT YMCA NORTHUMBERLAND

As a charity, YMCA Northumberland provides vital community services that have a positive impact on pressing social issues—from chronic disease to unemployment, social isolation, poverty, inequality and more. The Strong Community Campaign helps countless children, teens, adults, and seniors in the community. YMCA Canada is one of the longest standing and largest charities nationally, with a presence in Canada since 1851 and now serving more than 2.1 million people annually across 1,700 program locations.