

# Pedaling for a Purpose

Combining a love for biking & raising money for some great charities  
The Vermont 100/200 Ride - Sat. June 23, 2018

## What's This All About???

On Saturday, June 23, 2018, a small group of dedicated cyclists will be meeting at 5AM at the US/Canadian border on Route 100 in Vermont. The goal will be to ride over 200 miles on Route 100 to the Massachusetts border in one day. Thus the ride is called, the VT 100/200. The ride is unsupported (meaning you are on your own for everything from food to repairs). This ride is one of the hardest rides in America.

## Our Idea:

Assemble a team of four riders and one "support and gear" (SAG) person to complete the ride. Each team member chooses a charity and we collectively fundraise. Divide the money evenly between the charities.

## Our Goal: Complete the ride – Raise at least \$5000.00

Not an easy task- 215 miles with over 14,000ft of climbing. Bicycling Magazine included this ride in an article titled "Hell on Wheels: The 10 Toughest One-Day Rides in North America."

## Our Team:

**Brian Goshow, Adam Martin, Mike Covais, Mike Rowe, Rebecca Golding\***

\*Rebecca Golding has offered to SAG (support and gear) for us. Without her, we would not be able to pull this off.

## Our Charities:



[www.bethanybirches.org](http://www.bethanybirches.org)

Located in the heart of the Green Mountains in Vermont, BBC provides a unique faith-based camp experience for kids from 5 to 17 years old.



[www.alsa.org](http://www.alsa.org)

As the preeminent ALS organization, The Association leads the way in research, care services, public education and public policy—giving help and hope to those facing ALS.



[www.indcreek.org](http://www.indcreek.org)

ICF provides opportunities for people with intellectual and developmental disabilities to live in and enrich the community throughout their lives.



[www.nedisabledsports.org](http://www.nedisabledsports.org)

New England Disabled Sports' (NEDS) professionally trained staff and volunteer coaches strive to ensure that every person, regardless of ability, has an equal opportunity to participate in sports and recreation.



[www.thearc.org](http://www.thearc.org)

The Arc is a national community-based organization advocating for and serving people with intellectual and developmental disabilities and their families.

## We Need Your Help!!!

**Would you consider sponsoring us? Maybe \$0.25, \$0.50, or \$1 per mile?**

**All of the donations (100%) will be given directly to the five charities!!!!**

Fill in this section and mail it back to us with your donation (or give it directly to one of the team members).

Name: \_\_\_\_\_ Email: \_\_\_\_\_

**Donation:** (deadline- Thur. June 21, 2018) \$50 (\$0.25/mile) \_\_\_ \$100(\$0.50/mile) \_\_\_ \$200(\$1/mile) \_\_\_

Other \$ \_\_\_\_\_ Cash \_\_\_ Check \_\_\_ (Checks payable to "Brian Goshow" with "VT 200" in the memo line)

Mail donations to: Brian Goshow 476 N Main St., Souderton, PA 18964