

SPIN 'in the OC

**Be a part of Team SPIN !
Get on your feet...**

**On May 2nd, 2010—run or walk
the OC Marathon, Half-Marathon,
or 5K Race and help People In
Need in Orange County get back
on their feet!**

14 wks of TRAINING begins...

Sun, Jan 24th at 8:00am

**ORANGE COAST COLLEGE TRACK
(different location each wk)
2701 Fairview Road
Costa Mesa, CA 92626
(949) 212-3232 Elissa's cell**

Come and find out how
YOU can be a part of
Team SPIN...

- Get in shape
- Meet new friends
- Have fun
- Help in **Serving People
In Need** right here in
Orange County!

For more information contact:

**Elissa Goodwin—Team SPIN Captain
ElissaG@spinoc.org
(714) 751-1101 x21**

**Kim Frazier—Director of Volunteers
KimF@spinoc.org
(714) 751-1101 x19**

TEAM SPIN

**Be a part of Team SPIN
and receive:**

- 14 weeks of training
- Training T-shirt
- Race Day T-shirt
- Personal Fundraising Page
- Inspirational Dinner
- Paid registration to the OC Marathon, Half-Marathon, or 5K Race.
- Prizes for top fundraisers
- **The joy of knowing you are helping People In Need in the OC!!!**

Sponsor Team SPIN

To sponsor Team SPIN and receive name/logo printed on materials, and Training & Race day T-shirts, please contact Kim Frazier at (714) 751-1101 x19.



SPIN
SERVING PEOPLE IN NEED

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