

**Join us for the 3rd Annual AMP Ride benefitting the ALS Association,  
MS Society, Parkinson's Association and Tanner Foundation!**



**Saturday, May 16 from 10am-2pm @ NEW LOCATION  
\*Vestavia City Center Courtyard\***

**The fun of stationary biking held outdoors**

**This relay style event features 4 team members  
each riding one 45-minute session**

**Each session will feature a professional instructor, great music and lots of  
energy with all levels of riders welcome!**

**Register as a team or individual. Registration is \$50 and includes a  
beverage ticket, t-shirt, towel and goody bag!**

**Riders must raise \$125 each to participate. Each rider may choose their  
charity of choice.**

**Ride to make a difference for those living with ALS, MS, and Parkinson's!**

***Go to [ampfundraisers.com](http://ampfundraisers.com) for updates and registration links.***

**Questions: Contact Charley Long, [cldlong4lake@gmail.com](mailto:cldlong4lake@gmail.com) or text  
205-370-2781.**