

SpinOdyssey 2010 continues fight against breast cancer

BY BONNIE ADLER

SpinOdyssey 2010, a remarkable six-hour indoor cycling and fitness fundraiser, celebrates its 11th anniversary funding breast cancer research on Sunday, March 7 at Intensity, formerly known as Fitness and Tennis Club, at 490 Westport Avenue in Norwalk.

Local Spinning instructors, fitness enthusiasts, and breast cancer survivors invite the community to participate in what is now no less than a "fitness odyssey" to benefit American Cancer Society Breast Cancer Research. This year, SpinOdyssey will attract participants in Spinning, Yoga, Zumba (aerobic Latin dancing for those who need a definition!) and tennis. The six-hour event is the longest-running and biggest Spinning fundraiser in the country which is all

volunteer-run and for which 100 percent of the pledges are donated to breast cancer research scientists.

Hundreds of riders ranging from novice Spinning participants to expert cyclists are expected to take part in this day of fun and fitness. There will be options to participate in hourly Zumba, tennis and Yoga workouts.

According to 2010 Chairperson Patty Kondub of Westport, "We have expanded SpinOdyssey's offerings beyond riding a stationary bike, so that more people can be involved and raise money. Besides Zumba and Yoga, the other tennis courts will have tennis players participating in our fourth "TennisOdyssey."

Zumba will be hugely popular this year, taught by Emm, a well-known and very popular

east-coast instructor.

The tough economy caused in a drop in fundraising totals, but SpinOdyssey was nevertheless able to raise a quarter of a million dollars in 2009. In addition, \$31,000 was raised and donated to the Whittingham Cancer Center at Norwalk Hospital.

SpinOdyssey is a highly popular and well attended event, with numerous sponsors, both corporate and individual, from the local community

A highlight of the day is "The

According to 2010 Chairperson Patty Kondub of Westport, "We have expanded SpinOdyssey's offerings beyond riding a stationary bike, so that more people can be involved and raise money. Besides Zumba and Yoga, the other tennis courts will have tennis players participating in our fourth "TennisOdyssey."

Researcher Corner", where two researchers funded by SpinOdyssey will be on-site to discuss their projects. Representatives from the Whittingham Cancer Center will be on site to discuss their research as well.

SpinOdyssey has raised more than \$2,000,000 for breast cancer research since the first ride of 2000 that brought in \$5,000. Participants collect sponsor pledges in advance of the day, and 100 percent is given to fund breast cancer research through

the American Cancer Society and trials at Whittingham Cancer Center at Norwalk Hospital. All participants representing local companies, health clubs, schools, civic groups and other organizations are eligible for a number of fundraising incentive prizes and other honors awarded throughout this day of food, fun, music and fitness.

For more information about SpinOdyssey 2010, log on to www.spinodyssey.org.