



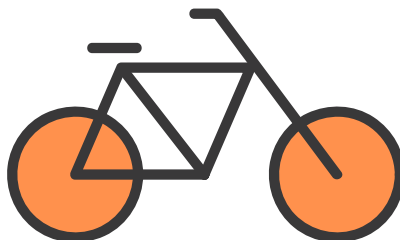
CYCLE WITH PAL!

SUNDAY JANUARY 26 @ 1:00PM

WHETHER YOU'RE KEEPING THAT NEW YEAR'S RESOLUTION TO EXERCISE, OR JUST WANT TO SUPPORT NHS PAL, WE'D LOVE FOR YOU TO JOIN US!

CycleFierce is owned by NHS parent Jen Sebeny who will take us through a 50-minute ride at her award-winning studio in Portsmouth. Riders of all levels are welcome, but must be 4'11". Cycle shoes are NOT required. Bikes are **\$25** (plus a .75¢ processing fee) and first come/first serve. All proceeds go to PAL. Reserve your bike **ONLINE ONLY** at nhspal.com *Please stay after for a toast to all of your hard work!*

SPOTS FILL UP QUICK!
RESERVE YOUR BIKE ONLINE SOON:
WWW.NHSPAL.COM



***THIS IS NOT A SCHOOL SPONSORED EVENT**