



Ride 4 Rett FAQs

When is the event?

The event is November 4th from 12:00 pm – 2:30 pm. The first class will start at 12:30 pm and last for 45 minutes, and the second class will start immediately after at 1:15 pm. We recommend that you arrive at least 15 minutes prior to your assigned class. Stick around after class to enjoy goodies from our sponsors and a chair massage.

Where is the event?

High Ride Cycle's new studio location – 1711 Sheridan Blvd, Denver, CO 80214

The event takes place at the High Ride Cycle gym at 1711 Sheridan Blvd Denver 80214. High Ride Cycle will move in October 2018, so if you find the old address on Google Maps (4433 W 29th Avenue, Suite 204, Denver, CO 80212), please ignore!

What is the event and how will it work?

Ride 4 Rett is a spin class fundraiser through a partnership with High Ride Cycle. High Ride Cycle's experienced and motivated instructors will guide you through an energizing 45-minute workout for all fitness levels. A combination of music, lighting, and energy help create a positive and rewarding experience for each rider. It's a party on a bike!

You can participate in the fundraiser as an individual, a team, or support it with a donation. As a participant, you can set up an online [fundraising page](#) that allows you to share your fundraising goals with your family, friends and colleagues. Each participant is responsible for raising \$250. All funds raised will go to the Rett Clinic at Children's Hospital Colorado. \$1000 allows one kid to attend the Rett Clinic and be seen by 15 Rett specialists.

On the day of the event you will participate in a 45 minute inspiring spin class, enjoy the product donations from our sponsors, and take a rest in a chair massage!

What is the cause of this fundraiser?

You are supporting a great cause! All funds raised will go to the Rett Clinic at Children's Hospital Colorado. \$1000 allows one kid to attend the Rett Clinic at been by up to 15 Rett specialists.

What is a spin class and what can I expect?

At a spin class you sit on a stationary bike and ride under the guidance of an experienced instructor. Spin classes at High Ride Cycle incorporate cardio, weights, and resistance to provide

a full body workout. A combination of music, lighting, and energy help create a positive and rewarding experience for each rider. It's a party on a bike! High Ride Cycle's experienced and motivated instructors will guide you through an energizing 45-minute workout whether you're an expert or a beginner.

I've never participated in a spin class. Will it be too hard for me?

No, the spin class is good for beginners as well. No matter your experience level, shape, size or age, we'll make it fun for you!

I'm a spin class pro, will it be still challenging for me?

You bet it will be! The top-notch spin instructors provide a workout that incorporates cardio, weights and resistance so it is a bit different from other spin classes. It will be an energizing 45-minute workout for sure.

Since the event is at noon, I might get hungry. Do you have food available?

We encourage you to have a meal about 30 minutes prior to the workout, but our sponsors graciously donated snacks: Laura's Lean Beef Jerky, KindBars, and Natalie's Juice will be available for all participants as long as supplies last.

What are ways I can participate in this event?

- You can fundraiser \$250 and join us at one of the spin classes at 12:30 pm and 1:15 pm
- You can organize a team to raise \$1,000 and be recognized as a VIP Team!

Where do I go to register or donate?

We have a great site designed for you or your team to fundraise for the event or simply give a donation. Start [here](#)!

What does it mean to be VIP Team?

To be recognized as a VIP Team you must organized a team of 4 individuals that raise \$1,000 collectively. As a VIP Team you will earn:

- Reserved VIP front row seats with your team members!
- A special VIP bag filled with love!
- Recognition on social media
- VIP chair massage!

How can I spread the word about the event?

Yes, please spread the word to your network! Share our Facebook posts, forward our newsletters, post a flier at your local gym, invite others to join you on a team, and share the [fundraising page](#) with everyone! The Flipcause system where you are setting up your fundraising page allows you to easily share the page with your social media network.

I thought I read that it is a relay if we are a team?

Due to unforeseen circumstances, we had to change the format of this event. Previously announced as a relay, teams can now participate together and cheer each other on.

What are ways I can donate to the event if I do not want to participate in the spin class?

Not interested in participating in the class but want to support the event?

- You can support another team so that they reach their fundraising goal
- You can make a direct donation towards the cause. Go [here](#) to make your donation!