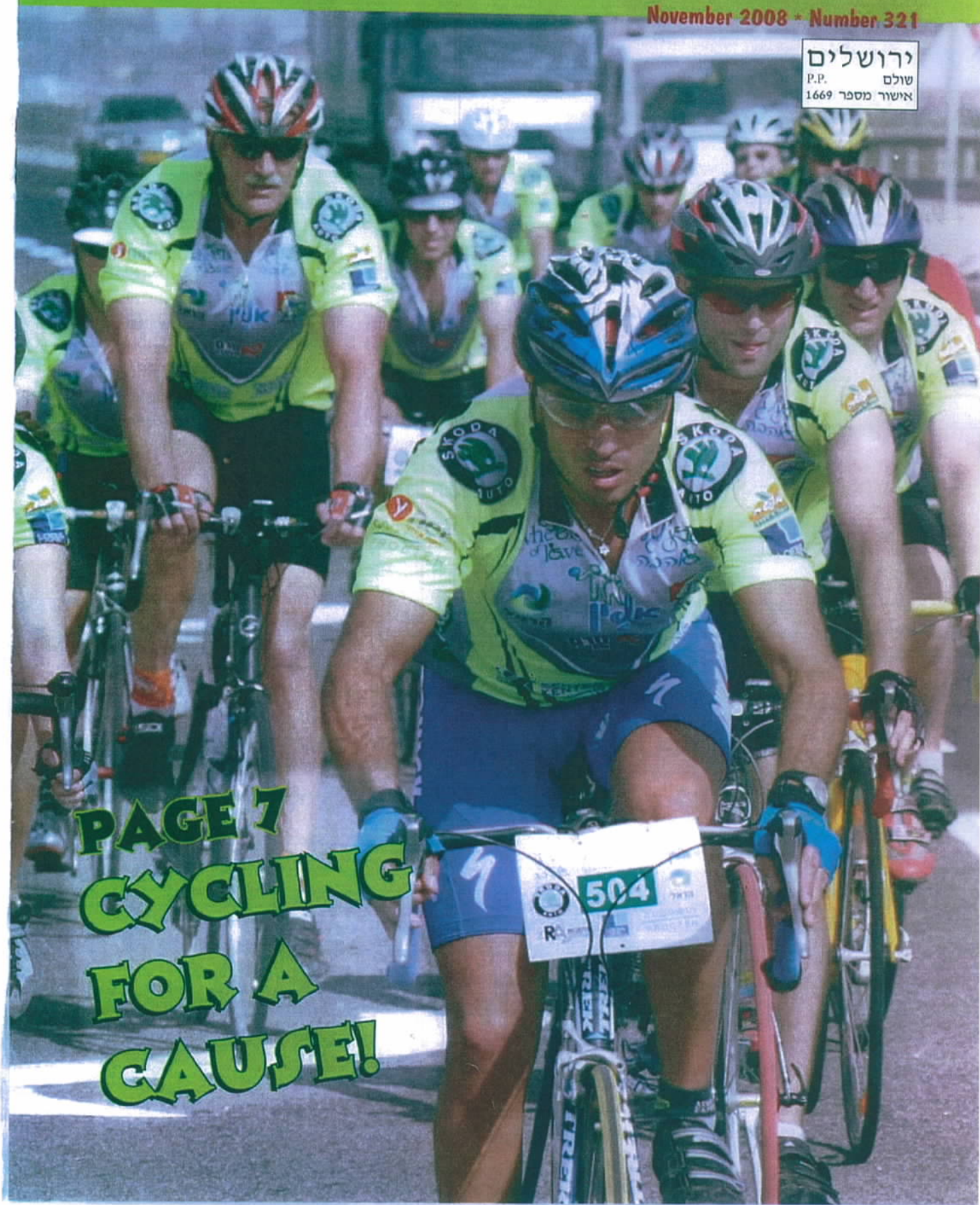


GOOD TIMES

November 2008 * Number 321

ירושלים
שולם
P.P.
אישור מספר 1669



**PAGE 7
CYCLING
FOR A
CAUSE!**

CYCLING FOR A GREAT CAUSE!

3

There are plenty of great reasons for riding a bicycle. It's fun, good exercise, and a great way of getting around. Cycling can also help raise money for a good cause. The Wheels of Love Ride has been raising money for children in Jerusalem's ALYN hospital since 2000.

ALYN, a Pediatric and Adolescence Rehabilitation Center in Jerusalem, is a world leader in rehabilitating children with physical disabilities. Rehabilitation is very costly, and for the past eight years, a remarkable charity ride known as the Wheels of Love has been helping to raise funds to support ALYN's important work.

The first ALYN Wheels of Love Ride was held in 2000; there were only ten participants, but they succeeded in raising \$65,000. The following year, the ride attracted almost five times as many people, and raised considerably more money. The ride has continued in this positive pattern, growing every year, both in terms of rider numbers and funds raised. Last year, 451 riders from 13 different countries participated in the ride and raised more than \$3 million dollars.

More than half of these riders came from abroad to participate in the 5-day event which encompassed four different routes from Tiberias to Jerusalem. An additional 137 riders participated in the 1-day event known as Ride GalgAlyn.

This year marks the 9th Wheels of Love. Held from November 9th to the 13th, it starts in Jerusalem, continues through the Negev and Judean deserts, and finishes back in Jerusalem. The Ride GalgAlyn starts in Jerusalem and ends in one of two locations: Be'er Sheva or Moshav Shekef.

The theme of this year's ride is "In The Footsteps of Heroes," and riders will pass through sites that have witnessed heroics through history. When the ride ends in Jerusalem, riders will meet some of the heroes who will benefit from the ride, the courageous young patients of the ALYN hospital.



TWIST YOUR TONGUE!

Can you read this tongue twister out loud six times quickly?
(Just because it's short, doesn't mean it's easy to say!)

Unique New York.



CYCLING

plenty...many
rehabilitating...recovering
disabilities...problems
costly...expensive
remarkable...special
raising...gathering
considerably...a lot
funds...money
abroad...overseas
encompassed...included

TWIST

unique...special, one of a kind