



Spring 2006

# The Spokesman

"Never doubt that a small group of thoughtful, committed citizens can change change the world; indeed, it's the only thing that ever has."  
~Margaret Mead

## **President's Message:**



Spring greetings on behalf of Pedal-with-Pete!

As I write this, plans are underway in both Kent and in Columbus for the spring and summer rides in the respective locations. Volunteers are gearing up in both areas to do what can be done to insure maximum participation in these important fund raising events. The Palo Alto ride in Iowa comes later in the season, but no doubt ideas are scurrying about in the heads of leaders there. It is our sincere hope that this newsletter spurs analogous hopes in the minds of you 'out there' because without you we are nothing.

You may be pleased to learn that the Board of Directors for Pedal-with-Pete is struggling with ways to increase our exposure and our effectiveness in raising funds. We are proud of our record both in terms of funds raised, but also in recognition of the fact that over 90% of the money that you contribute flows out of our hands directly to support cerebral palsy research. That is a standard that very few non-profit charitable organizations can match.

The effort to expand the locations in which fund raising activities can take place continues. Once again, I invite the person among you who can take the challenge to heart to begin plans for a ride in your area to contact us for help. We have three sites that have planned these for a few years now and have some experience to share.

Thanks once again for your ongoing support.

George W. Gaiser, President, Pedal-with-Pete



*You must be the change you want to see in the world.*

~Mahatma Gandhi

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## 12<sup>th</sup> Annual Bike & Hike Event Coming May 20<sup>th</sup>

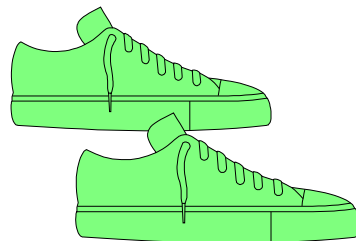
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Pedal-with-Pete is sponsoring the twelfth annual Bike & Hike event on Saturday, May 20<sup>th</sup>, 2006. The purpose of the ride is to raise funds to support cerebral palsy research through the work of Dr. Leland Albright of Children's Hospital of Pittsburgh. With the help of our sponsors, the Pedal-with-Pete foundation has donated over \$300,000 to the Spasticity and Movement Disorders Clinic, led by pediatric neurologist Dr. Albright, at the hospital.

The Bike & Hike event will take place at Fred Fuller park on the west side of Kent, where registration and sign in will begin at 7:30 a.m. Cyclists may ride 15, 40, or 60 miles and a hike route of about 2.5 miles will be available along the Cuyahoga River. A barrier-free walk will also be arranged along the Bike & Hike path. Water and light refreshments will be available at four different rest stops on the longer bike routes. Participants are encouraged to solicit pledges, and prizes will be awarded for the most dollars turned in on ride day. Door prizes will also be awarded. **Registration fee is \$25 for all who PREREGISTER BY MAY 13<sup>th</sup>.** Registration will be \$30 at the door. The fee will be waived for students who turn in \$25 or more in pledges on May 13<sup>th</sup>. A registration flyer will be enclosed within this newsletter. The form and additional information is also available online at [www.pedalwithpete.com](http://www.pedalwithpete.com).

**Grab your helmet, grab your shoes and join us!**



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### *...But, What Exactly IS Cerebral Palsy?*

Cerebral palsy refers to a group of disorders that affect a person's ability to move and to maintain balance and posture. It is due to a nonprogressive brain abnormality, which means that it does not get worse over time, though the exact symptoms can change over a person's lifetime.

People with cerebral palsy have damage to the part of the brain that controls muscle tone. Muscle tone is the amount of resistance to movement in a muscle. It is what lets you keep your body in a certain posture or position.

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