

Jan. 14, 2008

For more information, contact Five Seasons spokesman Matt Baron at 708-860-1380 or [Matt@InsideEdgePR.com](mailto:Matt@InsideEdgePR.com).

**Five Seasons Sports Club Hosts Spin4Survival Event**  
***Bike riders to raise money for cancer research***

To help friends waging their battle from cancer's frontlines, members of the Five Seasons Sports Club have organized a cancer research fundraiser on Sunday, Jan. 27.

The event will go from 1 p.m. to 5 p.m. in the spin room of the club, 1300 Techny Road in Northbrook. Money raised benefits Memorial Sloan-Kettering Cancer Center in New York, a leading cancer research and treatment center serving patients from around the world.

Macy and Kevin Clemons of Northbrook, members of Five Seasons, have helped organize the event in support of their good friends Jennifer Goodman Linn and her husband, David, a Deerfield native.

Three years ago, 36-year old Jennifer was diagnosed with sarcoma, a soft-tissue cancer. She continues to battle it today. Featured in the January issue of Redbook, she credits her workout regimen, especially spinning, with helping her battle cancer. Amazingly, she became a certified spin instructor while undergoing chemotherapy.

As a result, Linn was inspired to found Spin4Survival to raise much needed money in support of cancer research and survivorship initiatives. Last year, the event in New York drew more than 250 participants and raised \$211,000. This year the event is expanding to satellite locations around the world, like the one at the Five Seasons, and the goal has climbed to \$300,000.

Macy Clemons said her goal is to attract 75 one-hour sign-ups and multiple-hour spins are encouraged as well. Participants are asked to pledge to raise at least \$75 per hour of spinning. Five Seasons recently added 15 new spin bikes, and as many as 20 riders can spin at a time.

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The first 50 sign-ups will receive water bottles and event T-shirts. All donations are tax deductible and 100 percent of the proceeds go directly to Memorial Sloan-Kettering Cancer Center.

There are two ways to register: at the front desk of Five Seasons, or by going online at [www.spin4survival.org](http://www.spin4survival.org), clicking on "Register On-line." After logging in, select "Virtual Rider" and then choose the "Five Seasons Chicago" team. If you can't participate, but want to support the cause, you can make a donation on-line in support of the Five Seasons Chicago team.

For more information, please contact Macy Clemons at [macy@basics3.com](mailto:macy@basics3.com) or 312-953-6136

In addition to hosting Spin4Survival, Five Seasons is supporting another club member's fund-raising efforts for Step-Up for Kids, to benefit Children's Memorial Hospital in Chicago.

Jil Deheeger, her husband, Jean-Pierre, and two of their sons are taking part in the fundraiser. The family credits the hospital with saving the life of their son, Marc, last year. The 18-year-old was a senior at New Trier High School when he contracted a virus that eventually attacked his heart. He was diagnosed with myocarditis, a rare heart disorder, but has recovered and is now attending college.

For more information about Step-Up For Kids, please contact the Deheegers at 847-819-0199 or visit [www.childrensmemorial.org/stepup](http://www.childrensmemorial.org/stepup) and follow the registration steps, scrolling down to "Deheeger" once you reach the "sponsor a stepper," and then the "view information" page.