

# The Paramus Post

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**Franci Cohen & Gold's Gym Present**

## **“CYCLING UNDER THE STARS” TO RAISE FUNDS FOR THE HURRICANE SANDY NJ RELIEF FUND**

Damage left behind by Hurricane Sandy's landfall last October 2012 can still be seen along the U.S. East Coast, especially the hard hit beachfront areas in New Jersey, as many communities work to move forward. Dubbed “The Superstorm” and reaching 1,000 miles wide at times, Sandy caused some \$50 billion in damage and more than 150 lives were lost. Long Branch was just one of several other shore communities that were effected by Hurricane Sandy.

### **Spin and Make a Difference**

As the rebuilding continues, fitness trainer and long-time summer resident of Long Branch Franci Cohen and Gold's Gym are hosting a “Cycling Under the Stars” event on August 13th to support the Hurricane Sandy NJ Relief Fund. This unique and fun event's goal is to raise funds for the HSNJRF to further help families and communities rebuild after the storm has gone, and often after the cameras have gone as well. The event is also raising awareness for Tour de Cure, a series of fund-raising cycling events held in forty states nationwide to benefit the American Diabetes Association.

**“As a summer resident of the Jersey shore ever since I was a child, it is quite near and dear to me,” says Franci Cohen, host of Cycling Under the Stars.** “I associate it with only fond memories of fun in the sun with family and friends. After hurricane Sandy struck with a vengeance, I was saddened at how many friends, family, and local businesses were forced to relocate temporarily, as Sandy left them homeless and in dire straits. I hope that this fitness fundraiser will allow me to lift people's spirits, raise some money to offer relief to Jersey shore victims, and show everyone on the shore that we can rebuild, restore, and that we truly are ‘stronger than the storm’!”

“We're thrilled to partner with Gold's Gym and Franci Cohen for “Cycling Under the Stars,” says First Lady Mary Pat Christie, chairwoman of the Hurricane Sandy NJ Relief Fund. “Hurricane Sandy brought unthinkable devastation to New Jersey, especially along our treasured Jersey Shore. We're excited to work with another Gold's Gym partner to highlight the great need as we work to rebuild New Jersey stronger than the storm. We encourage everyone to come down and enjoy the shore as it's open for summer.”

The first one-hour cycling session will begin at 8:00pm, led by Franci Cohen. The second half, starting at 9:00pm will be led by a Gold's Gym spin instructor. All ages and fitness levels are invited to participate.

WHEN: Tuesday, August 13, 2013 (rain or shine)

WHERE: Pier Village Boardwalk

TIME: 8:00pm to 9:00pm

REGISTRATION FEE: \$36.00 per bike

TO REGISTER: [francifuelfitness@yahoo.com](mailto:francifuelfitness@yahoo.com) or [gracewrightson@comcast.net](mailto:gracewrightson@comcast.net)