

Sun. Feb. 26

- 7 am – 12 pm PST
- 8 am – 1 pm MST
- 10 am – 3 pm EST



Get your wheels spinning at

mito2023spin

Energizing Lives!

Bring us your energy and we'll deliver an inspirational experience you'll not soon forget at our coast-to-coast challenge that will keep your mito moving!

- **Register** as an individual or join a team
- **Choose your experience**
 - spin anywhere from 30 to 300 minutes
 - spin in your own home, a local gym or live with us at the MNP Community and Sport Centre in Calgary, Alberta
 - spin with our MitoMotivators and hundreds of others or on a guided Zwift route
- **Earn valuable incentive prizes** by asking friends, family and colleagues to support you **and** MitoCanada
- **Join us Sun. Feb. 26** (7am–12pm PST, 8am–1pm MST, 10am–3pm EST)

Get all the details you need and

REGISTER HERE NOW

mitocanada.org/2023mitospin