



Spin-A-Thon

February 19, 2011

9:00 am-3:00 pm

REGISTRATION FORM

NAME: _____

Address: _____ City: _____ Zip: _____

E-mail: _____ Phone: _____

- ✓ All pledges are tax-deductible
- ✓ 100% of pledges go to the Y's "Partner With Youth" campaign
- ✓ Make checks payable to "Robert D. Fowler YMCA"
- ✓ Pledge amounts are due at the Spin-A-Thon on Saturday, February 19, 2011

Buy a Bike (6 hours) **fill in back page* \$360 x _____ bike(s) = _____

Rent a Bike by the Hour \$ 60 x _____ hour(s) = _____

Time Preference:

Hour (s) 1st choice: _____

Hour (s) 2nd choice: _____

Hour (s) 3rd choice: _____

Don't Ride ~ "Ghost Rider" Donation = _____

\$50 donation and over will receive 2011 Spin-A-Thon towel

Trainer Bike \$ 50 x _____ hour(s) = _____

Bring your own Trainer bike and join in the fun!

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TOTAL AMOUNT DUE BY 2/19/11: _____

I commit to this amount for 2011 Spin-A-Thon

Signature: _____

Would you be willing to volunteer before or after your ride? Yes No



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I Want to Buy a Bike (6 hours total)

Name: _____

Phone: _____ E-Mail: _____

Address: _____ City: _____ Zip: _____

Rider Name	Hour Riding
Rider Name	Hour Riding
Rider Name	Hour Riding
Rider Name	Hour Riding
Rider Name	Hour Riding
Rider Name	Hour Riding
Rider Name	Hour Riding

I commit to a minimum of \$360 donation:

Signature

You can ride for all six hours

OR

Put a team together to share the bike....



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SPIN-A-THON INFORMATION

What is a Spin-A-Thon?

A massive, non-competitive, group cycling event held indoors at the Fowler Family YMCA. Don't let the "THON" scare you ~ if you can ride a bike you can take a spin! It is FUN!

How do I participate?

Buy a bike (committing to raise a minimum of \$360) and then fill the six hourly slots with yourself and/or team members you select. Can't buy a bike....sign up for an hour or more. Not available that day, but still want to join the team....be a Ghost Rider! Either way, we need your support. Sign up today at the Fowler YMCA front desk.

Can anyone spin?

No experience is necessary. As long as your feet can touch the pedals you can participate!

How is the money used?

100% of pledges go to the Fowler Y's "Partner With Youth" campaign. Your Y operates with the philosophy of charging fees to those with the ability to pay and helping those who cannot. In 2010, the Fowler Y provided over \$180,000 in support for under-privileged children and families in our community. For example, donations help children attend summer camp, enable families to join the Y that otherwise could not afford membership, provide low-cost child care for parents in need, facilitate fixed-income seniors in attending strength training and aerobics, and empower special-needs children and adults with adapted aquatics.

It is easy to buy a bike.....collect sponsor pledges?

Get a group of friends together and buy a bike together. Or collect sponsor pledges! Sponsor yourself for \$10 or \$20. Other sponsors will appreciate your commitment and follow your example. Collect pledges from family, friends and co-workers. Ask if your company can match your personal contribution or total pledge amount.

More important information you should know?

- All donations are tax deductible
- All participants will receive "Goodie" bags including a Spin-A-Thon towel
- Families are welcome
- Great food
- Terrific music
- Free childcare
- Silent Auction
- Special "GUEST" instructors will join your Fowler YMCA Cycle Instructors

For more info contact Curtis Winston at 770-362-9168 or at
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irene9055@aol.com