

Abilities Centre 1st Annual

SPIN N' HIIT A-THON

2018

Saturday, June 16th, 2018 12:00pm – 3:00pm



Name: _____ Team Name: _____

Dear Potential Sponsor,

On Saturday, June 16th, I will be participating in the Abilities Centre's 1st Annual Spin n' HIIT-a-thon. This fitness fundraising event is being held in support of post-rehab programming at Abilities Centre, and has an overall fundraising goal of \$2000.00. Our registration fee for the event is \$50.00 for a team of two. We hope that you can help us build on this to reach our personal fundraising goal of _____ through a donation. Your support and generosity towards this event has a great impact on your community and Abilities Centre's mission of quality of life for all ages and abilities through inclusion. If you wish to sponsor our team in support of Abilities Centre, please fill out the following form. Cheques can be made payable to Abilities Centre. All contributions are tax-deductible. Thank you for supporting our participation in this event!

	Name of Sponsor	Address	Pledge Amount	Tax receipt Required	Signature
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2018

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12:00pm – 3:00pm

PARTICIPANTS:

To reach our goal, we hope that each participant can find 10 new sponsors.
Please bring this form on the Spin n' HIIT-a-thon day, Saturday, June 16th, 2018

1ST ANNUAL ABILITIES CENTRE 2018 SPIN & HIIT-A-THON - Saturday, June 16th, 2018

Join us on Saturday, June 16th, 2018 at the Abilities Centre for our first ever Spin N' HIIT-A-Thon, benefitting the Post-Rehab programs.

Abilities Centre's first annual Spin N' HIIT-A-Thon is a fun & fitness related event geared towards those 12 years and up. Combining our spin classes with our HIIT classes, this event will have teams of two set realistic kilometer goals based on their fitness ability and work together to achieve their personal best.

The goal of this event is to raise at least \$2000.00 to help fund the Abilities Centre's Post-Rehab programming. With the combined work of each registered team on collecting donations/pledges, we believe that we can reach and exceed this goal. Thank you very much for your participation!

Participants are encouraged to bring a towel, water, and wear comfortable clothing for this event. Please bring your spin shoes if desired.

RULES & REGULATIONS

- Participants will register online through Eventbrite. You may start collecting pledges as soon as you receive the pledge form, which will be emailed to you upon completion of registration. Pledge sheets need to be returned by Saturday, June 16th.
- Each sponsor making a pledge should write their own name & pledge amount. Participants may collect the pledge in advance, but you must hold on to them until the event date. Please return pledge sheets with all pledges to Abilities Centre by Saturday, June 16th.
(There will be a box on the day of the event to place your forms inside)
- On June 16th, the day of the event, each team member will participate in both activities at the same time on Court 3. The teams will share bike time and HIIT time with a transition phase.
- The time period on each station will be 9 minutes with a 1-minute break for water and change-over stations.
- Each team's bike KM will be checked at each stage and written down, which will be tallied at the end of the event.
- Each team will have to keep track of their own numbers. (volunteers provided)
- Upon completion of the Spin n' HIIT-a-thon, participants will finish on the court with a 30min yoga stretch and relaxation session.
- Team distance will be tallied up at the end of the event during your yoga session.
- Winners will be announced at 3:00pm and prizes will follow for the following;
 - Largest total amount of pledges raised
 - Most KMs per team on the bike
 - Most Motivated Team

We look forward to all our participants having a great time! For questions or concerns, or to volunteer, call Tracy Mahon, Manager, Health & Fitness at 905-665-8500 x 200 or email at tmahon@abilitiescentre.org

Visit: <https://acspinathon.eventbrite.ca> to register

Abilities Centre, 55 Gordon Street, Whitby, ON., L1N 0J2 www.abilitiescentre.org



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ABILITIES CENTRE SPIN N' HIIT – A THON WAIVER

PLEASE READ AND SIGN WAIVER:

I know that participating in physical fitness events is a potentially hazardous activity. I agree not to participate unless I am medically able and properly prepared. I should not participate without my physician's approval. I agree to be open concerning my ability to safely participate. I assume any and all risks associated with Abilities Centre; including but not limited to, falls, contact with other persons or objects. As a condition of joining this Spin n' HIIT – a-thon, for myself, anyone entitled to act on my behalf, waive and release Abilities Centre any associated or related entities, their volunteers, employees or contractors from present and future claims and all liabilities of any kind, known or unknown, arising out of my participation in this program or related activities. I agree that Abilities Centre shall not be liable for any personal injury, death or property loss, and I release Abilities Centre, staff, contractors and volunteers and waive all claims with respect thereto. In the event my registration fees are paid, I agree to be bound by the provisions of this waiver.

I have read this Waiver. I understand and accept its terms.

SIGNATURE: _____ (Parent/Guardian Signature if under 16 but over 12 years)

DATE: _____

I grant permission to Abilities Centre to use or authorize others to use any photographs, motion pictures, or any other record of my participation in this event or related activities without remuneration. Applications for minors shall be accepted only with a parent's signature and should be signed by the minor.

SIGNATURE: _____ (Parent/Guardian Signature if under 16 but over 12 years)

DATE: _____

Visit: <https://acspinathon.eventbrite.ca> to register

