

# SPIN-A-THON

BENEFITING RIDGE MEADOWS HOSPITAL FOUNDATION

## Pedal for the HEALTH of it!

Saturday, April 22, 2017

Bandstand @ Memorial Park

As part of the Earth Day Festivities

9:00am – 3:00pm

### Details:

- 6 hour spin-a-thon, at the Earth Day festivities
- Registration fee of \$120 per team (one form)
- Teams are minimum 6 & maximum 12 members
- Each team member must collect a minimum \$50 in pledges
- Lots of food, camaraderie & fun!
  
- Fun hourly themes to dress up and party!
  - Giddy'Up Cowboy
  - Tacky Tourist
  - Doctor Who?
  - Glam Squad
  - Pirate Party
  - Superhero Spin
  
- Visit our website [www.rmhfoundation.com](http://www.rmhfoundation.com) for the package

Payments can be made at RMH Foundation office located at the main hospital entrance.  
11666 Laity Street, Maple Ridge BC V2X 7G5 Cash, cheque, credit or debit accepted



For more information contact: Laura Butler, RMH Foundation  
604-466-6958 or [Laura.butler@fraserhealth.ca](mailto:Laura.butler@fraserhealth.ca)



## Team Registration Form

**Team Name:** \_\_\_\_\_

Name _____	Signature _____
Name _____	Signature _____
Name _____	Signature _____
Name _____	Signature _____
Name _____	Signature _____
Name _____	Signature _____
Name _____	Signature _____
Name _____	Signature _____
Name _____	Signature _____
Name _____	Signature _____
Name _____	Signature _____
Name _____	Signature _____

**Team Fees \$120 total (minimum 6 members, maximum 12)**  
**Each member to collect a minimum \$50 in pledges to participate**

### **Participant Waiver**

Ridge Meadows Hospital Foundation, its directors, officers, employees, agents, volunteers, and sponsors (together called the 'Organization'). In consideration of the Organizers permitting me to participate in this event, I for myself, my heirs and my personal representatives, hereby fully release the Organizers from all liability for any loss, damage or expenses which I or my next-of-kin may suffer or incur at time due to any cause whatsoever including my negligence, omission or breach of contract on the part of the Organization in connection with this event, and I hereby waive all future claims which I may have for such loss, damage or expense arising out of my participation in this event. I authorize event organizers to use my photo or likeness for promotional purposes.

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# Team Schedule

Saturday, April 22 @ 9:00am – 3:00pm

Bandstand @ Memorial Park

As Part of the Earth Day Festivities

**Team Name:** \_\_\_\_\_

We've created a spin schedule that will help your team ensure that you have all 6 hours covered.

Feel free to tweak the schedule to work for your team.

Time	Team Member	Theme
9:00am to 10:00am		Tacky Tourist
10:00am to 11:00am		Giddy'Up Cowboy
11:00am to 12:00 noon		Glam Squad
12:00pm to 1:00pm		Pirate Party
1:00pm to 2:00pm		Doctor Who?
2:00pm to 3:00pm		Superhero Spin

## Need some ideas for your theme hour?

**Tacky Tourist** – camera, white socks & sandals, sun hats, flowered shirts

**Giddy'Up Cowboy** – kerchief, sheriff badge, vest, hat, checked shirt

**Glam Squad** – tiara, bowtie, white gloves, tuxedo, pearls, diamonds, boa

**Pirate Party** – eye patch, head wrap, beads, hooks, swords, and stripes

**Doctor Who?** – scrubs, gloves, masks, hair nets, (we'll have these ready)

**Superhero Spin** – capes, masks, chest shields, gloves, tights, utility belts

\* Please feel free to bring your own if you've got them! \*

\*We'll have some props ready for the theme hours\*



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