

SPIN-A-THON

BENEFITING RIDGE MEADOWS HOSPITAL FOUNDATION

Pedal for the HEALTH of it!

Saturday, April 21, 2018

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 for the package

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



For more information contact: Michelle Boileau, RMH Foundation
604-463-1801 or michelle.boileau@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.

For more information contact: Michelle Boileau, RMH Foundation
604-463-1801 or michelle.boileau@fraserhealth.ca

Team Schedule

Saturday, April 21, 2018 ~ 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



For more information contact: Michelle Boileau, RMH Foundation

604-463-1801 or michelle.boileau@fraserhealth.ca