



St Ann School

spinAthon

Feb 12 2023 10AM-2PM

@ Evolve Yoga and Fitness Studio

Justify your Super Bowl snacks while helping St Ann School!

Grab friends, family, or coworkers and put a team together to take turns spinning on a stationary bike for four hours! Compete or just have fun - you can do it.

Teams of 1-5 people will take turns spinning on one stationary bike. The minimum time on bike is 30 minutes! The spinAthon will start at 10AM with a 2PM cut off. Riders MAY switch at :30 minute increments (example: 10:30, 11:00, 11:30) but riders MAY spin on bike as long as they want. Mileage is recorded for each team on the top of the hour. Prizes awarded to the most miles each hour and to the team with the most spirit. At 2PM the team with most cumulative miles will receive the GRAND CASH PRIZE!

\$300 per team if registered by Jan 1. \$350 per team until the day of the event, or while space is available. Bikes are limited. Register early to guarantee a bike, your shirt size, and start training. Team Captains registers and pays for entire team. Sponsorship of your team is encouraged.

Nutrition (healthy snacks and drinks) will be provided throughout the event. Post spinning food and beverage (celebratory for sure) will be offered at 2PM.

Mandatory Team Captain meeting at 9:30AM.

TEAM CAPTAIN _____ Size: _____

EMAIL & PHONE _____

TEAM NAME _____

List team (1-5 members) and shirt sizes. Each team receives 5 shirts. XS,S,M,L,XL

_____ Size: _____

_____ Size: _____

_____ Size: _____

_____ Size: _____

Questions on the event or how you can help without sitting on a bike seat? Katie Keen (989) 513-3055