



**Six Weeks. Get Motivated. Get Results.**

**Kicks Off: Sunday, September 30<sup>th</sup>**

**Come anytime between 5pm and 6pm with your team for pictures, a power walk and kick off materials  
(Optional Monday weigh-ins if you cannot make kickoff)**

**\*Final weigh in Friday, November 9<sup>th</sup> from 6am to noon at BAC**

**Cost: \$50.00 Members; \$100.00 Non-members cash, check, credit or payment plan (1/2 down)  
Small Group Teams of 4-6 people (\*must include at least 1 non-member)**

\_\_\_\_\_ **Please add me to a team. I am signing up as an Individual.**

\_\_\_\_\_ Email: \_\_\_\_\_ Phone: \_\_\_\_\_ Shirt Size: \_\_\_\_\_  
Member Non-member (Please Circle)

\_\_\_\_\_ **I have a team. Please see our information below.**

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

Captain: \_\_\_\_\_ Email: \_\_\_\_\_ Phone: \_\_\_\_\_ Shirt Size: \_\_\_\_\_  
Member Non-member (Please Circle)

**Teammates:**

1. \_\_\_\_\_ Email: \_\_\_\_\_ Phone: \_\_\_\_\_ Shirt Size: \_\_\_\_\_  
Member Non-member

2. \_\_\_\_\_ Email: \_\_\_\_\_ Phone: \_\_\_\_\_ Shirt Size: \_\_\_\_\_  
Member Non-member

3. \_\_\_\_\_ Email: \_\_\_\_\_ Phone: \_\_\_\_\_ Shirt Size: \_\_\_\_\_  
Member Non-member

4. \_\_\_\_\_ Email: \_\_\_\_\_ Phone: \_\_\_\_\_ Shirt Size: \_\_\_\_\_  
Member Non-member

5. \_\_\_\_\_ Email: \_\_\_\_\_ Phone: \_\_\_\_\_ Shirt Size: \_\_\_\_\_  
Member Non-member

**Email to Courtney@BayAthleticClub.com OR drop off at Bay Athletic Club 1501 W. Chisholm St. Alpena, MI 49707. Have any questions?? Call us today at 356.5600.**