



Five Weeks. Get Motivated. Get Results.

Kicks Off: Sunday, October 6th at Bay Urban Fitness

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

***Final weigh in Friday, November 8th 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)**

_____ 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

_____ Please add me to a team. I am signing up as an Individual.

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

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.