



Spin-A-Thon 2021

Pedal for a purpose for Breast Cancer Awareness

Saturday, October 23rd

6:30 AM-12:00 PM First come first serve to reserve time slots for bike reservations! A portion of the Proceeds will go to Stepping out in Pink, Gundersen Lutheran Hospital LaCrosse, WI

REGISTER: Return completed registration form by dropping it off at GET Fit Studio which is located at 315 Ryan St. Holmen WI or You can mail this form to: W7694 Mchugh Court, Holmen WI 54636 or You can email this completed form back to: sarahlaumelby@hotmail.com Questions? Please call Sarah 608-738-7347

To guarantee a t-shirt forms must be submitted by October 11th, 2021.

Name: _____ Age _____

Address: _____

Email: _____ phone _____

Shirt Size: (Circle one) S M L XL 2XL

Youth S Youth M, Youth L, Youth XL

Make checks payable to: Sarah Lau-Melby

- Virtual Participant: \$30 includes t-shirt (you can just be a supporter and not physically participate or do a walk, run or bike on your own)
- SPIN session: 30 minute \$40 Preferred time to spin _____
- SPIN session: 60 minutes \$60 Preferred time to spin _____
- SPIN session: 90 minutes \$90 Preferred time to spin _____

October 23rd, 2021 GET Fit Studio SPIN-A-THON

Release and Waiver of liability and Indemnity Agreement

In consideration of being permitted to enter GET Fit Studio or the premises of GET Fit Studio for any purpose including, but not limited to observation, use of facilities or equipment, or participation in any way, the undersigned hereby agrees to the following:

The undersigned hereby releases, waives, discharges and covenants not to sue GET Fit Studio (hereinafter referred to as releasees) from all liability to the undersigned for any loss or damage, and any claim or demands therefore on account of injury to the person or property or resulting in death or the undersigned whether caused by negligence of release or otherwise, while the undersigned is in, upon, or about the premises.

The undersigned hereby agrees to indemnify and save and hold harmless the releasees and each of them from any loss, liability, damage or cost they may incur due to presence of the undersigned in upon or about GET Fit Studio premises in any way observing or using any facilities or equipment hereon.

The undersigned hereby assumes full responsibility for and risk of bodily injury, death, or property damage due to the negligence of releasees or otherwise while participating in the above Spin-a-thon on the premises at GET Fit Studio and or while using the premises or the facility or equipment hereon.

The undersigned further expressly agrees that the foregoing release, waiver and indemnity agreement is intended to be as broad and inclusive as is permitted by law of the state of Wisconsin and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect

The undersigned has read and voluntarily signs the release and waiver of liability and indemnity agreement, and further agrees that no oral representation , statements or inducements apart from the foregoing written agreement have been made, I have read this Release.

Print Name: _____ Date: _____

Signature: _____
(To be signed by a parent or legal guardian if participant is under 18)

SPIN-A-THON 2021 COVID RELEASE FORM

Have you been diagnosed with Covid-19? _____

Have you been around a person who has tested positive to Covid-10?

Have you traveled outside the country in the last two weeks? _____

Do you currently have a fever or cough? _____

Are you aware of the risk of exposure to COVID-19 while entering public spaces, that includes a fitness class or event. _____

I agree to wash hands and use hand sanitizer before I enter the studio

I will keep 6 feet distance between myself and others: _____

I will clean all equipment I use or touch: _____

I will kindly give 12 hours notice to cancel my bike reservation if I am not able to participate for any reason. _____

Signature: _____

Date: _____