

Wheels For Meals 24 Hour Indoor Cycle-Thon



Fundraiser to Benefit Meals On Wheels
Saturday November 3rd to Sunday November 4th
From 8:00 a.m. Saturday till 8:00 a.m. Sunday
Presented by: Lifetime Health & Fitness
300 Landmark Dr.



Come ride from 1 hr. to 24 hrs. as Individuals or teams REGISTRATION FORM

Please complete the following registration form for each rider (including signature). If you are riding as a team, registration forms must be submitted together. Forms may be turned in during the event however; slots will be given on a first come first serve basis

Name: _____ Phone: _____

Address: _____ City: _____ ST: _____ Zip: _____

Email: _____ Team: _____

I would like to have my start time beginning at _____ am/pm on _____ (date) and finish at _____ am/pm

Registration fee: \$30.00 suggested donation per person. Payments can be made at Meals On Wheels or Lifetime Health & Fitness. All checks payable to Meals On Wheels. For Credit Card payments, please call Meals On Wheels @ 265-8659.

Method of Payment (circle one): Cash Check Credit Card (in advance please)

Release:

I am entering this event at my own risk. In signing this release for myself (or named entrant when entrant is younger than 18 years of age) I understand this release and agree to absolve all sponsors, organizers and associated entities of all liability, harm or loss or inconvenience suffered as a result of taking part in the Wheels for Meals 24 Cycle-Thon. Lifetime Health & Fitness (Lifetime) urges all participants to obtain a physical examination from their physician prior to attendance in this event. Participants understand the possible risks associated with the sports and conditioning program thereby assumes the responsibility for their own health and fitness. Lifetime shall not be liable for any injuries or damages whatsoever, including, without limitation, those damages resulting from acts of negligence on the part of Lifetime, its officers or agents. The person himself/herself and on behalf of his/her executors, administrators, heirs, assigns, and assignees and successors, does hereby expressly forever waive, release and discharge Lifetime, its owners, employees, agents, assigners and successors from all such claims, injuries, damages, actions or causes of action.

I hereby acknowledge that I have read and understand the above reference terms and conditions, and I accept and agree to abide by the terms listed above.

Participant Signature: _____ Date: ____/____/____

Return form by mail to: Meals On Wheels
1760 East 12th Street
Casper, WY 82601

Fax form to: 307-234-1872 or Email to: jamie@mealswheels.com

Wheels For Meals 24 Hour Indoor Cycle-Thon

Saturday, 8:00 a.m. November 3rd through Sunday 8:00 a.m. November 4th

Name: _____

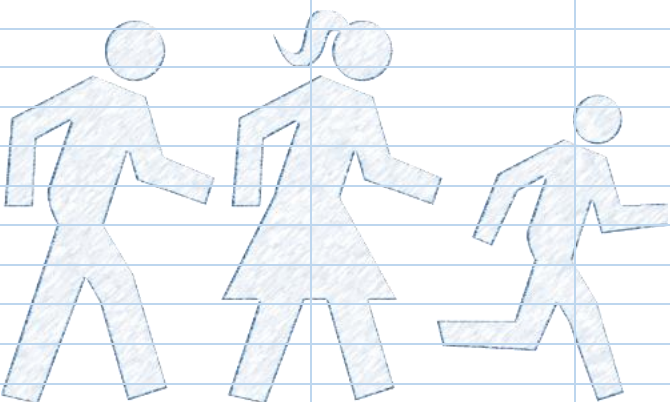
Dear Potential Sponsor,

I am participating in the **Meals On Wheels**. All proceeds will help fund **Natrona County Meals on Wheels**. You can sponsor me for any amount per hour and can name a maximum amount that you are willing to contribute. After the Cycle-thon, I will return to tell you how many hours I rode and collect your contribution. Please make checks payable to **Meals On Wheels**. All contributions are tax-deductible.

I plan to ride at least _____ hours for **Meals On Wheels**.

Thank you!

	Name of Sponsor	Phone number	Pledged Amount	Collected from Sponsor
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				



To reach our goal, we hope that each participant finds 10 sponsors.

Please bring this form and any pre-collected payments to the Cycle-thon the day of the event.

Natrona County Meals on Wheels

"Improving the health and quality of the life of the seniors they serve so that no one is left hungry or isolated."

3rd Annual Meals On Wheels

Saturday, 8:00 a.m. November 3rd through Sunday 8:00 a.m. November 4th

Our 3rd Annual Wheels for Meals 24 Hour Indoor Cycle-thon is a fun and fit activity for all cyclists, as well as any others wanting to help out a great cause, feeding our Natrona County Seniors! Riders will be able to pick the distance and goal they want to achieve, from one hour up to 24 hours as well as building a team of up to five riders to ride together in support of Natrona County Meals on Wheels!! Refreshments and beverages will be provided to all riders.

Our goal is to raise at least **\$15,000** to fund Meals on Wheels. We are asking for a donation of \$30 per rider or \$25 per rider in teams of 3 to 5 riders. It is not mandatory but we all hope that each rider can build on the excitement of this event by soliciting sponsors, such as family members, co-workers, bosses, business owners and other to make a pledge for your efforts in this event. Also, please encourage them to come see you ride for this great cause! The more contributions you raise, the more successful we'll be at achieving our financial goal! We're hoping to make this **3rd Annual Wheels for Meals Cycle-thon** so successful that more and more riders will join in each year! Thank you very much for your participation and if for some reason you are unable to participate this time, please help by making a donation to our cause. Donations may be made out to Natrona County Meals on Wheels and sent to Meals on Wheels c/o Jamie Loveall, Executive Director @ 1760 E. 12 Street, Casper, WY 82601.

How it works!!

Complete the registration form and check. Turn in the completed forms, pledges, and registration fees at the Meals On Wheels office or at Lifetime Health & Fitness. If you are riding as a team, please drop off all team member registrations together.

Please note: Sign up times for all participants is on a first come first serve basis. Teams are encouraged to sign up early so you can reserve the proper amount of bikes together.

There will be a designated area for any riders who are riding 4 or more hours. You are allowed to bring in your own bike and trainer if you prefer.

Pledge/sponsorship forms will be available at the Lifetime front desk or the Meals On Wheels Office and given out after we receive your completed registration form. Any sponsor donations you collect prior to your ride should be brought to the Lifetime front desk or the Meals On Wheels Office. You will be given a copy of your pledge/sponsorship form so you are able to collect on any pledges not yet received from sponsors.

On the pledge/sponsorship form, each sponsor making a pledge should write their name, pledge amount, maximum pledge and contact number.

The event starts promptly at 8:00 am on Saturday, October 21st and finishes at 8:00 am Sunday morning.

Teams are encouraged to come up with a catchy name as well as wearing fun matching shirt and/or costumes!

We recommend wearing comfortable athletic clothing and if you are planning on going more than one hour, cycle shorts will make your ride much more enjoyable!!

Natrona County Meals on Wheels

"Improving the health and quality of the life of seniors they serve so that no one is left hungry or isolated."