

Valentine's Day Weekend

—SPIN-A-THON—



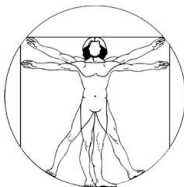
Animal Refuge League

OF GREATER PORTLAND



Come show your love...

HOSTED BY,



CORE SOLUTIONS^{INC.}

EXPERTS IN FUNCTIONAL TRAINING FOR ALL FITNESS LEVELS.

90 BRIDGE ST. SUITE 115 - WESTBROOK - MAINE - 04092

PH: 207-854-5200 - CSIFIT05@YAHOO.COM - WWW.CSIFIT.COM

Valentine's Day Weekend Spin-A-Thon
February 13TH & 14TH - 8:00am to 6:00pm
to benefit the
Animal Refuge League of Greater Portland

Dear Participant-

First I want to personally thank you on behalf of the Animal Refuge League for your willingness to join our effort to raise money! We at Core Solutions, Inc wanted to do something to give back and this is a cause that is very close to us and some of our clients. We also want you to know that 100% of the money you raise for the event will be given directly to the Animal Refuge League. In addition to collecting pledges, we encourage you to train for the event! Go to our website and check out our spin class schedule. Below you will find two complimentary passes to use before the event date that will be valid after you sign up your first sponsor. Just have the spin instructor sign them off as they are used. Please read all the following info and don't hesitate to call if you have any questions!

Take care-

Lauren Downie
Manager, Core Solutions, Inc.
csifit05@yahoo.com
207-854-5200
www.csifit.com

COMP PASS #1: _____

(Instructor Signature)

COMP PASS #2: _____

(Instructor Signature)

WHO IS THE ANIMAL REFUGE LEAGUE?

The Animal Refuge League of Greater Portland (ARL) is a private nonprofit animal shelter established in 1911. The vast majority of our funding is made through the generosity of the general public. Our mission is to provide temporary care and shelter for stray, abandoned and relinquished animals, and to place as many as possible into responsible and caring homes. The Animal Refuge League also works to create awareness and support for the humane treatment of all animals and to end animal overpopulation through education and the promotion of spaying and neutering.

For more info check them out on the web at: <http://www.arlgp.org/>

SPIN-A-THON 101:

All participants will approach friends, family, and/or businesses to ask for monetary donations to sponsor your efforts. Pledgers donate an amount for every minute you spin. There is a three hour spin limit so your sponsors will know ahead that their pledge will not go over a certain amount. (So if you are pledged 0.50 a minute and you spin for the full 3 hours, you will raise \$90 for the Animal Refuge League.) As soon as you stop pedaling, your time stops. You are allowed ONE 5 minute break for restroom use. We will have volunteers keeping water and snacks on supply for the duration of your three hour spin.

In addition to your pledges you will also need to call us to book your time slot on either **Saturday, February 13th** or **Sunday, February 14th**. We recommend you show up **at least** 20 minutes early to register and get your bike set up properly to avoid discomfort during your ride.

TIME SLOTS (subject to availability):

1. 8:00am-11:00am
2. 11:30am-2:30pm
3. 3:00pm-6:00pm

WHAT ELSE DO I NEED TO KNOW?

The Spin-A-Thon will take place at:

Core Solutions, Inc.

90 Bridge Street, Suite 115
Westbrook, Maine 04092

Have your own bike and bike trainer? Feel free to use it for the event! You will still need to book your time slot as everyone will be starting together in each three hour block but you will not have to worry about bike reservations.

Not much in to spinning but still want to help? You can volunteer, make a monetary donation to the cause, or purchase something for the ARL from their wishlist: <http://www.arlgp.org/support/wish/>

If you have any other questions regarding the event contact:

Lauren Downie

(W) 207-854-5200

(C) 207-680-0358

csifit05@yahoo.com

And on behalf of Core Solutions, Inc and the Animal Refuge League, I want to thank you for showing some love this Valentine's Day!

Take Care-

Lauren Downie

Manager, Core Solutions, Inc.

