

Temple Beth Or
Move Your Tuchus-A-Thon
March 13 – 27, 2021



Goal: To get moving to stay healthy and to benefit Temple Beth Or

Participants: All are welcome to participate, not just TBO members

Activities: Any activity that gets you moving is acceptable, such as walking, jogging, hiking, rowing, biking, sit-ups, push-ups, roller skating, ice skating, skiing, yoga, chair yoga, chair aerobics, standard aerobics, treadmill, stationary bike, jump rope, pilates, chair pilates, dancing, stair stepping, swimming, kayaking, snowshoeing, etc.

Tracking: Whichever you choose – daily or weekly, report your time, steps, or distance to Sarah at office@templebethor.org and we will enter your information in the Move-A-Thon spreadsheet. Those moving the greatest amount will win a prize and have bragging rights in the ORacle.

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Name _____ E-Mail or Phone _____

Name of participants (please make an * next to children)

Individual Applicant(s) \$18 each (Early Bird)/\$26 after March 5th # people _____ Total \$ _____

Family (household family unit) \$36 (Early Bird)/\$45 after March 5th # people _____ Total \$ _____

Donation only (wish to support but not participate) Total \$ _____

Additional donations and/or donations from sponsors Total \$ _____

Final Total \$ _____

Please feel free to combine payment with your January statement. There is a spot on the form for your total. If you would like to pay via credit card or submit your registration online please visit: templebethor.org/myt. Non-members are welcome. Please have them reach out to the office for an additional registration form or direct them to the website for registration.