Article 1: Shake It Off on KMTX

1. Each of the six “Shake It Off” contestants selected will receive a 6-week gym membership to Capital City Health Club.

2. Contestants must complete and submit the official entry form on www.kmtxfm.com. The entry form can also be completed during normal business hours (8am to 5pm Monday through Friday) at the KMTX 105.3 studios at 2520 Airport Rd Helena, MT 59601

3. The entry must be received by midnight on March 31, 2019.

4. The contest judges will review entries and, in their sole discretion, select 2 teams of 3 contestants to participate in the Fitness Challenge. The judges reserve the right to interview possible contestants before the final 6 are selected.

5. All decisions from the contest judges are final.

6. The Fitness Challenge will begin on April 8th and end May 20th.

7. The Capital City Health Club judges will create a point system. Each team will track their points and update the contest judges in the form dictated by Capital City Health Club.

8. By participating in this contest, the contestant represents that he or she is in good health per their doctor’s determination and that he or she is in good enough health to participate in a 6-week fitness challenge for the purpose of determining the grand prize winner. If, during the 6-week fitness challenge, the contestant observes any health concerns, it is solely his or her responsibility to consult a doctor. The Montana Radio Company and Capital City Health Club are NOT responsible for injuries that may occur during the Fitness Challenge. Every aspect of this Fitness Challenge is voluntary, and any contestant can withdraw from the competition at any time.

9. The Contestant authorizes The Montana Radio Company and Capital City Health Club to take photographs of contestants during the contest and may post such photos and/or updates of all contestants on the radio company websites and on Facebook. Weekly updates can include both audio, visual images and photos. The contestant shall receive no compensation from the photos and such photos shall remain property of The Montana Radio Company.

10. There is no cash exchange value for the prize package or any of its elements and it may not be exchanged or transferred without the express written consent of The Montana Radio Company.

11. The Montana Radio Company and Capital City Health Club are not responsible to compensate any winner in any manner if any portion of the Fitness Challenge is not completed.

12. The participant with the highest points after the 6-week challenge will win the grand prize. (A 6-month individual membership to Capital City Health Club and a mattress from Beds to Go valued up to $2499.)

13. The six participants will each receive: (2) one-hour group personal training sessions with their Shake It Off team, a consultation with Dynamic Health Technologies, $50 Gift certificate to Painted Pot, and a $100 gift certificate to the Mediterranean Grill.

*By signing you are saying you understand The Montana Radio Company LLC’s rules and are not liable for problems or injury. Please be safe and have fun.

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Teammate Date Witness Date