

# **MIGHTY MILERS**

## **K-5 CROSS COUNTRY RUNNING CLUB**

### **WHO CAN JOIN?**

This group is open to any child enrolled in kindergarten through 5<sup>th</sup> grade for the 2017-18 school year.

### **WHAT IS IT?**

This is a fundamentally-based running club which will focus on fun exercise and light-hearted competition through team games and activities. Children are broken into small groups for the "long run", which ranges from ¼ mile to 2 mile distance (depending on age and ability).

### **WHEN DO WE MEET?**

Practices will be held Tuesdays and Thursdays from 3:30 to 4:30 p.m.

Season dates: June 12, 14, 19, 21, 26, 28. The Firecracker 1 Mile Fun Run is on July 4.

### **WHERE DO WE MEET?**

We will meet at GRAYLING ELEMENTARY SCHOOL.



### **HOW MUCH DOES IT COST?**

INDIVIDUAL: \$25 FAMILY (up to 5 kids): \$50 The price includes 3 weeks of instruction with snacks, and a Mighty Milers T-shirt. As well as entry into the Firecracker 1 Mile Fun Run on July 4<sup>th</sup>.

### **SPECIAL NOTES:**

Please sign up for our Remind 101 message service. We will contact you via Remind 101 if we are delayed, canceled, or for any other informational purposes. Text @Mighty18 to the number 81010 to sign up for reminders. **Please bring a water bottle and proper running shoes to each practice.**

Coaches:	Justin Andre 390-6242	Gretchen Walsh 745-1922
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**Waiver: I agree to hold harmless, indemnify, and pay any attorney fees of G.R.A. its servants, agents, and employees from any claims or demands that I may have of whatever kind and nature arising out of activities at our use of the premises controlled by G.R.A.**

**Child's Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Child's Shirt Size:** YS YM YL S M L

**Parent's Signature:** \_\_\_\_\_

**Please complete and Return to Hanson Hills Recreation Area  
or Send to G.R.A. P.O. BOX 361 Grayling, Michigan 49738**