

# 100 Mile Club

*Open to all ages*

*Get Motivated*

*The goal is to log 100 plus miles by October 31st*

A great way to start your exercise program through the spring and summer is keeping track of your progress. Register in the 100 Mile Club, track your miles hiking, biking, kayaking or running and receive a customized T-shirt. turn in your results by October 31, 2018.

**Registration:** Starts May 1st.

**Program end:** October 31st

**Fee option:**     \$20.00, which includes a T-shirt     FREE without T- shirt

**Fill out and return bottom section and fee to:**

Grayling Recreation Authority, PO Box 361, Grayling, MI 49738

For more information, contact Hanson Hills, 989- 348-9266 Ext 10

Please Print Clearly

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Age: \_\_\_\_\_ Email Address: \_\_\_\_\_

**Shirt Size (circle one):**    YOUTH    S   M   L

ADULT    S   M   L   XL   XXL   XXXL (XXL & XXXL shirts \$3.00 extra)

The undersigned agrees to hold harmless, indemnify, and pay any attorney fees of the G.R.A. and the state of Michigan, its servants, agents and employees from any claims or demands that I may have of whatever kind and nature arising out of activities at or use of the premises controlled by the G.R.A. In the event of an emergency, I give my permission for my son/daughter to be placed under the care of a qualified doctor or nurse.

\_\_\_\_\_  
Signature \_\_\_\_\_ Date \_\_\_\_\_

\_\_\_\_\_  
Parent/Guardian Signature if under 18 \_\_\_\_\_ Date \_\_\_\_\_