

MIGHTY MILERS

K-5 CROSS COUNTRY RUNNING CLUB

WHO CAN JOIN?

This group is open to any child enrolled in kindergarten through 5th grade for the 2018-19 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 11, 13, 18, 20, 25, 27. 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 4th.

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 @Mighty19xc 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**