

# 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 2021-22 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).

Scan for Online Registration



### WHEN DO WE MEET?

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

Season dates: June 7, 9, 16, 21, 23. RAGNAR RACE June 25

### 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 RAGNAR 1 mile event at Hanson Hills on June 25th.

### 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 @runkids22 to the number 81010 to sign up for reminders. **Please bring a water bottle and proper running shoes and a great attitude to each practice.**

Coach: Justin Andre 390-6242

**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: \_\_\_\_\_

**Register Online (scan QR Code)**

<https://runsignup.com/Race/MI/Grayling/MightyMilersGraylingCrossCountryRunningClub>

**or Send to G.R.A. P.O. BOX 361 Grayling, Michigan 49738**



# Sign up for important updates from Coach Andre.

Get information for **Grayling Elementary School** right on your phone—not on handouts.

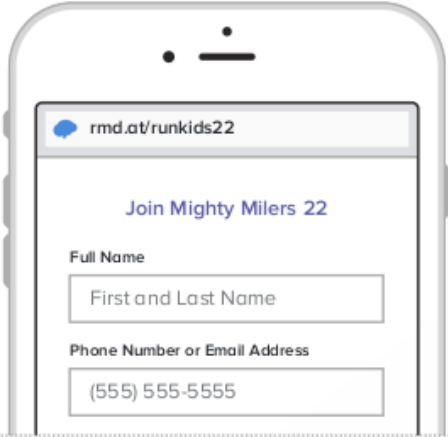
Pick a way to receive messages for **Mighty Milers 22**:

**A** If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

[rmd.at/runkids22](https://rmd.at/runkids22)

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.




**B** If you don't have a smartphone, get text notifications.

Text the message [@runkids22](https://t.me/runkids22) to the number **81010**.

If you're having trouble with **81010**, try texting [@runkids22](https://t.me/runkids22) to **(586) 690-4077**.

\* Standard text message rates apply.



Don't have a mobile phone? Go to [rmd.at/runkids22](https://rmd.at/runkids22) on a desktop computer to sign up for email notifications.