

# 100 Mile Club

*The goal is to get motivated and 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. Program is free without custom shirt. Pay \$20 and receive a customized T-shirt. (Participants and miles logged will be listed on the back of shirts with custom graphics on front). Miles are logged on the honor system and can be done at the location of your choice. Results need to be turned in before November 7<sup>th</sup> by phone 989-348-9266 or Email, Programs@hansonhills.org

Registration: Starts April 1<sup>st</sup>

Programs starts: May 1<sup>st</sup>

Program ends: October 31<sup>st</sup>

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

---

Please Print Clearly

100 Mile Registration

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

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

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

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

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 \_\_\_\_\_