

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 7th by phone 989-348-9266 or Email, Programs@hansonhills.org

Registration: Starts April 1st

Programs starts: May 1st

Program ends: 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

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 _____