**Michigan Grab & Run Program**

**Mission Statement:** To promote camaraderie between American Legion Posts in the State of Michigan. To improve awareness, support, the betterment of the lives of Veterans, and to keep us ever mindful of the sacrifice made by our Veterans.

**What is Grab & Run?** Onsted American Legion Riders Post 550 started the Grab & Run in 2010 with the simple idea to promote camaraderie with other American Legion Posts and to have a little fun. The basic idea is for each ALR group with a plaque, can go to another participating Post and grab their plaque. Thus “Grab & Run”. In 2012, The Grab & Run Trophy Program was started, where each ALR group making a run to another participating Post to pick up plaques and receives points for the number of members on the run and miles traveled.

At the end of the year the Post with the most points wins the Grab & Run Trophy. The last year's winner will host a banquet for the new winner. As of 06/12/2019 there are (52) Michigan American Legion Posts and their Riders participating in the Grab & Run Program.

**Grab & Run Rules:**

1. Instructions to view the Rules at alr.michigangrabandrun.com must be posted on the back of your plaque. (Instructions are too long to post on Plaques anymore) Additionally, Instructions should be printed and included in your posts plaque sign out booklet.

2. Your Post must be enrolled & have a plaque to participate and take another Post plaque.

3. One Post can only take (1) plaque for 3 ALR riders & (2) plaques for 7 or more riders per day per visit.

4. They must leave their post phone number, the date, the time and members names, so the plaque can be accounted for and list of plaques taken.

5. Please make every effort to document your runs at the time you grab the plaque at alr.michigangrabandrun.com <<http://alr.michigangrabandrun.com>> . Since this program is now real time, plaque locations should be documented as soon as possible. The Standings Worksheet runs on smartphones as well as desktop computers.

6. A minimum of 3 Vested ALR Members (not necessarily 3 motorcycles) from the same American Legion Post must be on motorcycles from April 1st thru October 1st. From October 2nd thru March 31, it can be any other vehicle. All riders must have ALR patches on vest or coats to count. Hoodies with the ALR logo on the back, do not count. If unable to ride during riding season due to medical reasons, they and their means of transportation are exempt from being on bikes and still count as if they were.

7. Plaque must be in house for one business cycle, before it can be retrieved from another Post. (Close and re-open of unit location). The Standings Worksheet shows the date that the post retrieve each plaque.

8. If the standings sheet shows that a post has a plaque available AT THE START OF YOUR RUN TO THAT POST, there is no longer a requirement to call the post to verify the plaques availability. Feel free to call ahead to verify hours and plaque availability if you desire.

9. All Plaques must be available for removal. Posts shall not hide plaques.

10. Posts having “ALR Supporters “over the age of 16, who are vested and patched, can be counted the same as a regular ALR member. You must have 2 members for every 1 Supporter on a ride. Supporters under the age of 16 are counted as a ½ point. Program will round up if necessary.

11. Plaques cannot be taken out of Michigan.

12. The season runs from Jan 1 and runs to November 30. There is a plaque reset period of December 1 to December 15 where any rider can visit the post an retrieve their post’s plaque. It is the posts responsibility to retrieve the plaque. The post that has the plague is not responsible to send the plaque to its home post. Please enter a run in the Survey form to show that the plaque has moved home. This run will not count in the final year-end total.

**How points are determined:**

-25 points for every run. If multiple visits during that run, 25 points each visit. Such as: From Home Post to Onsted to Jackson to Rose City then home = 75 points.

-5 points for every member on the run. 8 members = 40 points, multiple visits, such as above 40 x 3 = 120 points. If member numbers change between visits, I will need to know this so I can adjust point value.

-1 point for every 10 miles driven on run. Miles are determined by Google maps as the distance between Posts. This way, everyone gets the same credit for mileage traveled.

-If in cages during the optional vehicle travel time, only 1/2 points will be awarded if not a medical need.

**POST VISITS, (Non-Plaque Runs)**

Visit any American Legion Post to promote the American Legion and the American Legion Riders.

1. There must be a Minimum of 3 vested riders. Same rules apply for riders unable to drive a bike as above. A flat 10 points are awarded for the group of riders. Not each individual rider.

2. Post Visit Limit. Only one visit per month by your post to any American Legion Post will count.

3. A Post Visit is where you know that there is no plaque available, but you want to visit the post anyway. A post visit is not intended to be used in place of a plaque run where you thought there was a plaque available and there was none upon arrival. If you thought there was a plaque at the post you are visiting, the run should be documented as a regular run.

**Post Visits Points…**

- 10 points per group, (not each individual) for a visit to any American Legion Post.

**Yearly Participation Fee** - $50 per post to help cover the cost of the Grab and Run Banquet. Send check to: “Onsted American Legion Riders”, Att Frank Bolak, 333 Connor St, Onsted, MI 49265

Ride Safe and Have Fun!!!

Frank Bolak “Swampfox” Onsted MI, Post 550

ALR Grab & Run Director

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Important Note: Please Report Grab and Run activities at: <http://alr.michigangrabandrun.com>

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