

# MIGHTY MILERS CROSS COUNTRY RUNNING CLUB

## WHO CAN JOIN?

This group is open to any child going into 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> or 5<sup>th</sup> grade for 2024-25 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 3:30pm to 5pm.

Season dates: June 4, 6, 11, 13, 18, 20. RAGNAR RACE June 22

## WHERE DO WE MEET?

We will meet at **HANSON HILLS RECREATION AREA**.

DIAL-A-RIDE will be arranged for ELY Participants traveling from the Elementary to Hanson Hills.

*Parents must arrange transportation after the program ends at 5pm.*



## HOW MUCH DOES IT COST?

INDIVIDUAL: \$30 FAMILY (up to 5 kids): \$60 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.

## 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 @runkids23 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: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

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**

## Not A C.A.S.D. Program



# Sign up for important updates from Coach Andre.

Get information for **Mighty Milers** right on your phone—not on handouts.

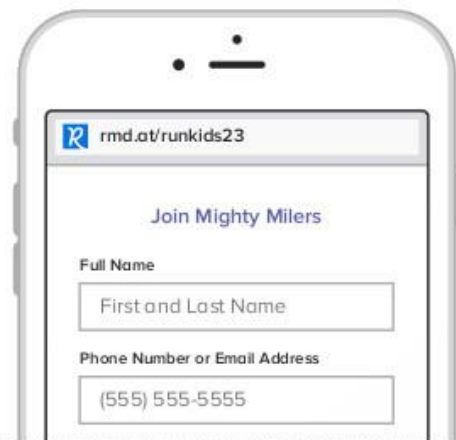
Pick a way to receive messages for **Mighty Milers**:

**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/runkids23](https://rmd.at/runkids23)

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 [@runkids23](https://t.me/runkids23) to the number **81010**.

If you're having trouble with **81010**, try texting [@runkids23](https://t.me/runkids23) to **(571) 364-6571**.

\* Standard text message rates apply.



Don't have a mobile phone? Go to [rmd.at/runkids23](https://rmd.at/runkids23) on a desktop computer to sign up for email notifications.