

# 31 Miles in October

(Walking/Running Program)

## **Objective:**

To provide the citizens of Rising Sun and Ohio County an opportunity to exercise, meet people, reach goals and be rewarded for a healthy lifestyle.

## **Description:**

Individuals will sign up for the program and receive a packet containing walking techniques and health information on the benefits of walking/running. Participants must sign a waiver and informational sheet to be able to participate. Individuals then have exactly 1 month to reach the milestone. 31 Miles in October will last from October 1, 2017 to October 31, 2017.

**Cost:** Free

**Goal:** T-shirt for completion of the 31 Miles in October.

## **Route Examples:**

- A. Basic (1 Mile) – Four rotations around the track at the school.
- B. Scenic Route (1.4 Miles) – Walking trail at Shiner Community Park
- C. Hilly (1-2 Miles)- Denver Siekman Park
- D. You Pick (? Miles) – Route of your choice.

## **Rules:**

1. Participants must be registered to participate.
2. Log sheet must be completed and turned in by November 7, 2017.
3. Program ran on the honor code.
4. Director is final authority.



**31 Miles in October  
Sign Up Informational Sheet**

**Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_

**St:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Email:** \_\_\_\_\_ **Gender:** \_\_\_\_\_

**Adult T-Shirt Size:**    S    M    L    XL    XXL

**Child T-Shirt Size**    S    M    L

**Emergency Contact:**

**Name** \_\_\_\_\_ **Relation** \_\_\_\_\_ **Phone** \_\_\_\_\_

**Skill Level:**

**Beginner (Walks in everyday life)**

**Intermediate (Tries to get out and walk at least twice a week)**

**Advanced (Already has a walking schedule several times a week)**

**Goals to Accomplish:**

1. \_\_\_\_\_

2. \_\_\_\_\_

**Mail completed information sheet and waiver by October 1, 2017 to:**

Rising Sun-Ohio County Parks & Recreation Department

Attn: Jamie Bell

P.O. Box 33

Rising Sun, IN 47040

812-438-2700

# Rising Sun-Ohio County Parks and Recreation

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## *Waiver of Liability*

- I hereby agree that the Rising Sun-Ohio County Park Board, the City of Rising Sun, Ohio County, Indiana and any of their officers, directors, agents, employees and representatives shall not be liable for any injury or loss while participating in activities of any kind whether sponsored by or under the supervision of the Rising Sun-Ohio County Park Board. I agree to indemnify and to hold harmless Rising Sun-Ohio County Park Board, the City of Rising Sun, Ohio County, Indiana and any of their officers, directors, agents, employees, representatives and designates of any kind from any claim whatsoever.
- I understand the, Rising Sun-Ohio County Park Board, the City of Rising Sun, Ohio County, Indiana, its fitness instructors, and its respective officers, employees, members, volunteers and sponsors are not responsible for personal injury or illness which I may sustain as a result of my physical condition or resulting from my participation in any athletic activities, sports programs, use of any and all equipment, exercise programming or other activities.
- ***I acknowledge on my behalf that I assume responsibility for my own actions and injuries, which may result in participation in these activities.***

**Acceptance: I acknowledge I have read and understand the waiver set forth above and hereby request participation in programs, activities or services provided by Rising Sun-Ohio County Park Board, the City of Rising Sun, and Ohio County, Indiana**

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Signature

Print

Date