

# “Move It” Ohio County

“Move It” Ohio County is an on-going program brought to you by the Rising Sun-Ohio County Parks & Recreation Department. It is designed to encourage and help you “Move It” and make healthy lifestyle choices. The program runs January 1-December 31, 2018. “Move It” Ohio County requires you to track your “moving” along with mileage each day. The program is designed on the honor system. Pre-registration is required.

## GOAL

Complete 365 miles

## ELIGIBLE EXERCISES

Walking/Hiking

Running

Treadmill

Elliptical Machine

Biking (divide mileage in half)

**TRACKING:** You are required to record your type of exercise (eligible exercises listed above) and mileage on the date you completed the activity (example: Jan.1, treadmill, 3 miles). You will need to submit a copy of your activities on a monthly basis with grand total of mileage for the month to the Rising Sun-Ohio County Parks & Recreation Department. Monthly mileage is due by the 10th day of the next month. **You must turn in at least 8 of the 12 months of mileage to qualify for the prize.**

**WHO:** Ohio County Residents only, ages 14 and older (under age 18 must have parental supervision and consent)

**WHEN:** January 1, 2018 to December 31, 2018

**COST:** \$10.00 per participant

## **CONTACT:**

If you would like to participate, contact the Rising Sun-Ohio County Parks & Recreation Department at 812-438-2700 or send an email to Jamie Bell, [jbelle@cityofrisingsun.com](mailto:jbelle@cityofrisingsun.com)

Email monthly mileage to Jamie Bell, [jbelle@cityofrisingsun.com](mailto:jbelle@cityofrisingsun.com)

**“Move It” Ohio County  
Program Registration Form**

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

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

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

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

**Shirt Size (adult sizes only):** S M L XL XXL

**My focus will be on (Check all that apply):**

**Walking**       **Hiking**       **Treadmill**

**Running**       **Biking**       **Elliptical Machine**

**Goals to Accomplish:**

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

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

**Mail completed information sheet, waiver and check by February 9, 2018 to:**

Rising Sun-Ohio County Parks & Recreation Department

Attn: Jamie Bell, RS-OC Park Director

P.O. Box 33

Rising Sun, IN 47040

Check payable to: RS-OC Park Board

Phone: 812-438-2700

Fax: 812-438-2082

# Rising Sun-Ohio County Parks and Recreation Department

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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