

The Richmond Parks & Recreation Department

presents the:



1,000 Mile Fitness Club

2009 Participants: Call in your total miles & come by and pick up your prizes!



City of Richmond
Parks & Recreation Department
321 North Second Street
Richmond, KY 40475

Bulk Rate
U.S. Postage
PAID
Richmond, KY
Permit No. 218

1,000 miles = 2.7 miles per day/ 19.3 miles per week/ 83.3 miles per month

1,000 MILE CLUB REGISTRATION FORM

NAME: _____

Address: _____

Phone: _____ Male: _____ Female: _____

Age: _____ Birthday: M/D/YR ____/____/____

2009 Participant _____ Current Miles Per Week _____ Goal Per Week _____

Email Address : _____
(we email updates periodically throughout the year)

Special Medical Information: _____

Shirt Size (circle One) _____ (Shirts this year will be different from 2009)
Small Medium Large X Large XX Large

Entry Fee Paid: \$25 Cash _____ Check # _____

Make Check Payable to: Richmond Parks & Recreation

Other Options:

Based on some suggestions from former participants, we have some other options we would like to make available to our Fitness Club. Please check if interested.

Organize a Walking Group– I would like to contact other walkers and schedule a time for a walking group. I give the Richmond Parks & Recreation permission to give out my contact information.

Join a Walking Group– I would like to join a walking group and I give the Richmond Parks & Recreation permission to give out my contact information.

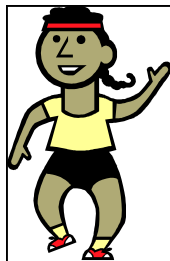
Adopt a Street– I am willing to pick up trash in my neighborhood and surrounding areas. Keep track of how many grocery size bags you have collected over the year.

Waiver

In consideration of the acceptance of my entry, I for myself, my executors, administrator, and assignees, so hereby release and discharge the City of Richmond Parks & Recreation Department and other sponsors for all claims of damages, actions whatsoever in any manner arising or growing out of my participation in said club. I also attest and verify that I have full knowledge of the inherent risk involved in this club and that I am physically fit and sufficiently trained to participate.

Signature: _____

Parent/Guardian: _____
(if entrant is under 18)



Rules:

1,000 Mile Fitness Club

Richmond Parks & Recreation Department
321 N. Second Street
Richmond, KY 40475
859-623-8753

Participants may walk/ run/swim/ bike at his/ her own pace. He/ she is responsible for keeping an up to date record of their mileage. Progress forms are available online at <http://parks.richmond.ky.us> Also, you must call or email the Parks & Recreation Dept. at (859)623-8753 after you reach each mile marker. Open to all. (3333 miles cycling=1000 miles Running)

Registration Fee: \$25

Payable To: Richmond Parks & Recreation Dept.

Deadline: February 16, 2009

A reward will be given to the participant at the completion of each 250 mile-marker. Prizes will be awarded at 250, 500, 750, 1000 miles. At the completion of the 1,000 mile marker, the participant will receive a plaque showing their accomplishments.

2010 Awards: (While Supplies Last)

Awards need to be picked up at the Parks Dept.
Located at 321 North Second St.

250 Miles-	2 Adventure Falls Passes
500 Miles-	2 Paradise Cove Passes
750 Miles-	1000 Mile Club T-Shirt
1,000 Miles-	Plaque w/ date of completion of 1,000 Miles & Healthy Food Basket



Dates:

January 1, 2010 - December 31, 2010

DEADLINE: FEBRUARY 16, 2010

<http://parks.richmond.ky.us>
parksandrec@richmond.ky.us

