

31 Miles in October

(Walking/Running/Hiking 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:

Participants must sign a waiver and informational sheet to be able to participate. Individuals then have exactly 1 month to reach the milestone. The 31 Miles in October program will run October 1, 2020 to October 31, 2020.

Cost: Free

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

Route Examples:

- A. Basic (1 Mile) – Four laps 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 reside or work in Rising Sun or Ohio County, Indiana.
2. Participants must be registered to participate.
3. Exercised miles must be completed by walking, running or hiking.
4. Mileage completed and recorded must be during October 1-31, 2020.
5. Log sheet must be completed and turned in by November 9, 2020.
6. Program is self-reporting and based on the honor system.
7. Park Director is the final authority.

31 Miles in October

Date	Mileage	Route	Total Mileage

Tally your mileage before returning the log sheet. Total Mileage: _____

Participant's Signature: _____ Date: _____

Mail completed log sheet by November 9, 2020 to:
Rising Sun-Ohio County Parks & Recreation Department
P.O. Box 33 Rising Sun, IN 47040

**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, runs, hikes in everyday life only)

Intermediate (Tries to walk, run or hike at least twice a week)

Advanced (Already walks, runs or hikes several times a week)

Goals to Accomplish:

1. _____

2. _____

Mail completed information sheet and waiver by October 1, 2020 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

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

Signature

Print

Date