



2019

Oak Island Cardio Club



155 mi (to Charleston, SC)
 312 mi (to Savannah, GA)
 480 mi (to Fort Castillo in St. Augustine, FL)
 Receive special awards for reaching each mile club listed above

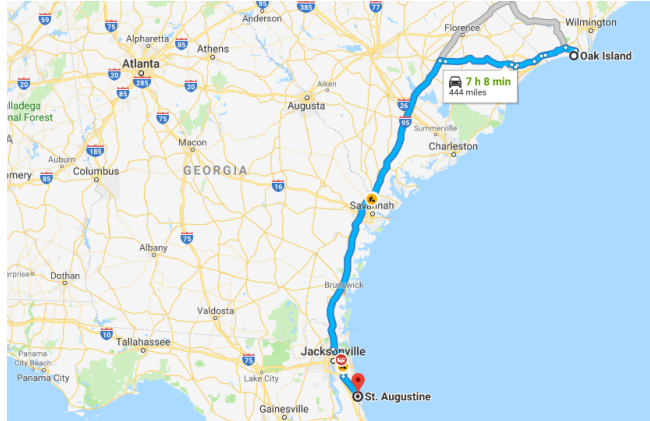
Program Dates
FEBRUARY 1 -
MAY 1, 2019

Cost
FREE - Oak Island Residents
\$15 -Nonresidents

For more information or to register call:
 Recreation Center -
 910-278-5518 or
efalkenhagen@ci.oak-island.nc.us

Oak Island Parks & Recreation Dept.
 3003 E. Oak Island Drive
 Oak Island, NC 28465

Oak Island Parks and Recreation is challenging you to invest in yourself this year through a self-directed fitness program that promotes living a healthy and active lifestyle. Log your miles, and earn incentive prizes along the way, as we travel south to St. Augustine, Florida!



Simply fill out a cardio incentive card at the Recreation Center and log their miles completed during their workout. Miles can be logged with running, walking, biking, use of cardio machines, and other exercises. This program utilizes the honor system, so challenge yourself and inspire your friends with the 2019 Oak Island Cardio Club.



Name

Address

Phone

Email

I assume all risks and hazards incidental to participation, including transportation to and from activities; and hereby waive, release, absolve, indemnify, and agree to hold harmless the Town of Oak Island, local league organization, the Oak Island Parks and Recreation Department, sponsors, supervisors, officials, participants and all other persons involved in various capacities with the above activity for any claims, demands or courses of action arising out of or by reason of the above activity for which the participant is registered.

Signature

Date

Signature of parent or guardian if under 18 years of age

Date