



2018 4th Annual Get Fit OKI



100 mi (to Clinton, NC)
290 mi (to Richmond, VA)
870 mi (to the Niagara Falls, NY)
Receive special awards for reaching each mile club listed above

Begins
January 8th, 2018

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 and Recreation Dept.
3003 E. Oak Island Dr.
Oak Island, NC 28465

Phone: 910-278-5518

Name

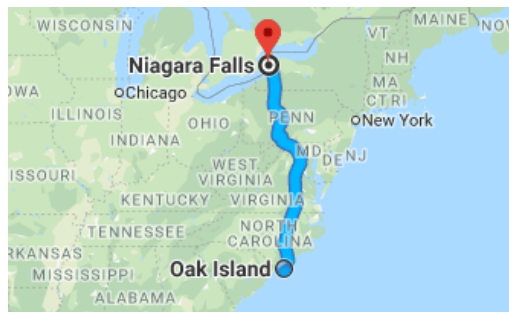
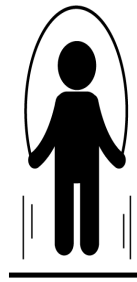
Address

Phone

T-shirt Size (please circle one)
S M L XL

Email

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 north to Niagara Falls in New York!



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 2018 Get Fit OKI!



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