



MIAMI COUNTY PARK DISTRICT'S 2017 TRAIL RUN CHALLENGE

5 K R A C E S E R I E S

It doesn't matter
if you walk or run,
follow the trail to
better health

TAKE THE TEAM CHALLENGE

Healthy Lifestyles... Inspired by Nature

ONLY \$15 PER
RUNNER FOR TEAMS
OF 10 OR MORE

Sign up for the Trail Run Team Challenge! It is a great way to encourage members to get fit, healthy and outside. The Team Challenge can compliment your organization's health and wellness program by providing an opportunity to set and accomplish goals over a six-month period. Remember, the goal is better health, so you don't have to be a runner to participate - walkers are welcome!

The Team Challenge competition is based on the total number of participants over the series of **five** races. You don't have to be fast to win, you just need to get as many team members to each race as you can.

REGISTERING YOUR TEAM IS EASY!

1. Gather your friends, family and co-workers (not limited to employees)
2. Choose a team name and captain/contact person
3. Complete the **team roster** and email to Jessie at Jessie@MiamiCountyParks.com
4. Members should register for races or series at AllianceRunning.com (make sure to include team name)

TEAM SHIRTS: Teams have the option to purchase custom team shirts. They are available for \$10 each. To receive team shirts by the first race, please submit team name/logo to Jessie by March 20. Shirt sizes and quantities must be submitted by March 31. All shirts will be given to the team captain for distribution. You can add as many team members as you would like throughout the course of the series however, special arrangements would need to be made for additional team shirts - extra charges may apply.

GET READY, GET SET, GO!

To help your team prepare for the first race, you will receive the following:

- Health Screening: Height, weight, blood pressure and BMI (available at each race through Miami County Public Health)

FOR MORE INFORMATION

Call 937-335-6273 or
visit MiamiCountyParks.com

WHAT WILL YOU WIN?

Besides bragging rights and improved health, each team member will receive:

- Specially Designed Team Challenge Winner Tech Shirt
- An outing at the Lost Creek Reserve Corn Maze
- Five free entries for the 2018 Trail Run Challenge Series

