



WALKABLE GRAND HAVEN

REGISTRATION FORM

Sponsored by

The Grand Haven
Community
Foundation

Chamber of
Commerce, Grand
Haven, Spring Lake
and Ferrysburg

North Ottawa
Community Hospital

City of Grand Haven

Grand Haven Area
Public Schools

Tri-Cities Family YMCA

Grand Haven Tribune

Eagles FOE 925

WGHN Radio

MMPC

Better Life Unlimited

Main Street
Downtown
Development
Authority

Ottawa County Health
Department

Northwest Ottawa
Recreation Authority

Rotary Club of Grand
Haven

Welcome to Walkable Grand Haven, a community initiative designed to promote walking, physical activity and better health! By signing up for this program, you will have access to a unique website program which will allow you to track daily the number of steps you walk or to convert other modes of physical activity into steps. This program will give you feedback on your progress, allow you to participate in contests, be eligible for prizes and even to link your daily results to Facebook! Our committee encourages you to make your health a priority by becoming more physically active!

To begin, complete the registration form and mail, along with your payment, to one of the addresses below. Once your registration has been processed you will receive an invitation via e-mail to join the WalkerTracker website and to set up your personal profile. **For more information, log on to www.grandhaven.org/walkable or email: walkable@grandhaven.org.**

To register, please fill out the information below and return to:

➔ Jill VanderStel
Northwest Ottawa Recreation Authority
1415 Beechtree Street
Grand Haven, MI 49417

There is a \$5 registration fee. Checks are payable to NORA.

➔ Michelle Bailey
Tri-Cities Family YMCA
1 Y Drive
Grand Haven, MI 49417

There is a \$5 registration fee. Checks are payable to TCF YMCA.

Please print legibly. Allow 3-5 business days for application to process.

NAME: _____

EMAIL ADDRESS: _____

ADDRESS: _____

AGE: _____ **SEX:** M / F **PHONE NUMBER:** _____

_____ **I AM UNDER 18 YEARS OF AGE**

LEGAL GUARDIAN NAME: _____

LEGAL GUARDIAN SIGNATURE: _____

WAIVER & CONSENT TO PARTICIPATE:

I, the below signed participant, enrolling in the Walkable Grand Haven program through www.walkertracker.com, understand that I am participating at my own risk. Whenever starting any exercise program, you should always check with your physician. The City of Grand Haven and all other person(s) and organizations sponsoring/supporting Walkable Grand Haven shall not be liable for any damage whatsoever arising from any personal injury or property loss sustained by participant and his/her family in or about the premises. Participants assume full responsibility for all injuries and damages which may occur in or about the facility and he/she does hereby fully and forever release, discharge and hold harmless the Walkable Grand Haven Program, all facilities, and its agents and the Walkable Grand Haven Committee from any and all claims, demands, damages, rights of action, present or future resulting from or arising out of any person's participation in the program or its facilities.

Signature: _____ Date: _____

In case of emergency, notify: _____ Phone: _____

PUTTING OUR BEST FOOT FORWARD!

WWW.GRANDHAVEN.ORG/WALKABLE