

# 500 Mile Club Rules

- Join the exclusive 500 Mile Club by “moving” yourself 500 miles. Benefits include a great shirt to brag about your achievement, listing on the 500 Mile Club website, and more!
- Only human-powered activities allowed. This can include, but is not limited to, walking, running, bicycling, rollerblading, ice skating, and swimming. Combine activities! It’s up to you.
- Record your mileage on this form or online. If you choose to use this form and run out of space, please attach additional pages recording your miles.
- To record your miles online, go to [www.omrr.org/500mileclub](http://www.omrr.org/500mileclub). When you reach 500 miles, follow the directions on the website for submitting your information and payment.
- There is NO time limit.
- Work as an individual or as a team:
  - Individual fee is \$10
  - Cost for teams is \$10 for first person and \$5 for each additional person. All teammates receive a shirt! **TIP:** Team members should record their miles in separate brochures to track miles easier.
- When you complete 500 miles, send or bring in **entry fee** and **this form** to receive your 500 Mile Club T-shirt. Mail or bring form and fees to:
 

500 Mile Club c/o Doling Family Center  
301 E. Talmage  
Springfield, MO 65803
- Please do not mail cash. **Make checks out to: Springfield-Greene County Health Dept.** We’ll mail your shirt if you like.
- For tips, hints, and places to exercise, go to [www.omrr.org/500mileclub](http://www.omrr.org/500mileclub).
- Questions? Call Eric at 837-5902.



## Participant Information

Individual/Team Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_

Email Address \_\_\_\_\_

Payment Enclosed \_\_\_\_\_ Individual: \$10 Team: \$10 first person & \$5 each additional teammate

Shirt Size: S M L XL Check here to have your shirt mailed to you \_\_\_\_\_

If team, indicate # of people \_\_\_\_\_



**Accumulate 500 miles  
and you can call  
yourself a member**



[www.omrr.org/500mileclub](http://www.omrr.org/500mileclub)

