



## Walk Michigan! For 2010

In 2010, Walk Michigan will strive to increase outreach and encourage fitness opportunities for active Michiganders to enjoy their recreation and park facilities while also improving their health and physical fitness.



## Walk Michigan! Agency Information

- The program can be coordinated in any community.
- You will be providing an opportunity for physical activity that makes people stronger and more energetic, prevents weight gain, and helps to lower anxiety and stress.
- You can offer individuals the opportunity to walk for the sheer enjoyment of it. Add to that the health benefits derived from walking and the enjoyment of community parks, and we have reached our goal. The events are all free—there are no entry fees or pledges required from the walkers.
- A Coordinator's Manual with marketing ideas, reporting documents and useful information will be provided to you via a CD, a hard copy form or through download from a link to the MRPA site sent to your E-mail inbox. Please indicate your preference on the registration form.
- Partnerships with local businesses or organizations can enhance your program.

## What Is Required to be a Walk Michigan! Community?

- Your agency must be a member of the Michigan Recreation and Park Association as an affiliated group or sponsored by an MRPA member. Non-members should contact MRPA to find out if you may qualify.
- There is a \$40 agency fee to enroll in the Walk Michigan! program.
- Walking events must take place in public areas (parks, malls, etc.) or other approved areas and must be controlled by local sponsoring agencies. Events may be year round.
- Each agency is asked to hold at least 1 monthly scheduled event at least one mile in length from May to September. If your schedule permits, we encourage you to offer year round walks.
- Every event must be open to all participants. Local residents, visitors, tourists, youth, families, senior citizens and persons with disabilities are invited to participate. There are no exclusions.
- Walks are to be free to participants and may be coordinated with other events. Participants will not be prohibited from walking because of a fee.

## Ready, Set... Walk the Mackinac Bridge!

A trip for 2 (two) to Mackinac Island on Labor Day weekend to walk the Bridge with the Governor and thousands of walking enthusiasts is a great incentive to keep people walking. If communities or sponsors purchase the trip package, each time a walker participates in a WALK MICHIGAN! event, they sign a registration card and may have the chance to win the trip to Mackinac Island. In the 25 years of WALK MICHIGAN!, over 6,500 people have enjoyed the holiday weekend at Mission Point Resort on beautiful Mackinac Island and walked the "Mighty Mac" Bridge in connection with the Walk Michigan Program. Additionally, the WALK MICHIGAN! package can be purchased as a travel program for your community, senior center or individuals. The Labor Day Bridge Walk package is a four-day/three night stay on Mackinac Island at the beautiful Mission Point Resort beginning Friday evening and culminating in the bridge walk and brunch on Monday morning.

**Michigan Recreation and Park Association**  
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*We Create Community through People, Parks, and Programs!*

# Michigan Recreation and Park Association

## 2010 Walk Michigan! Registration Form

**Registration deadline is Friday, April 30, 2010**

AGENCY NAME \_\_\_\_\_

CONTACT PERSON \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ FAX \_\_\_\_\_

EMAIL \_\_\_\_\_

✓ I would like a Coordinator's Packet sent to me \_\_\_\_\_ via Email \_\_\_\_\_ on CD \_\_\_\_\_ Hard Copy

*Requirements to run a Walk Michigan/Walking Works Program*

- ✓ I will use the MRPA logo on all publicity
- ✓ I will save a copy of all publicity and submit it with my final report
- ✓ I will publicize the Labor Day Bridge Walk Travel Program

**Please initial here that you have read and agree to the requirements above.** \_\_\_\_\_

***I would like to be a part of Walk Michigan! 2010.***

\_\_\_\_\_ Please invoice me for \$40

\_\_\_\_\_ Please charge my credit card \$40 (information below please)

### **The Labor Day Bridge Walk Trip - \$898**

\_\_\_\_\_ I would like to purchase a trip (for 2) for our Walk Michigan Program.

Total Enclosed \$ \_\_\_\_\_ Please Invoice Me \_\_\_\_\_

### **Payment Information**

**Credit Card:**       Visa                       MasterCard

Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

**Check:**               Check # \_\_\_\_\_              Check Amt. \$ \_\_\_\_\_

**Please send or fax registration form and/or payment to:**

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[www.mrpaonline.org](http://www.mrpaonline.org)

