



MILE HIGH CLUB[®]

Join the Mile High Club, earn the right to wear a specially commissioned T-shirt* . . . and help the Mountain Rescue Organisation at the same time! All you have to do is complete the equivalent of a vertical mile of ascent using go4awalk.com walks.

Simply print this page and record each walk you do. When you've completed a mile of ascent, photocopy it and post/mail it back to us and we will publish your achievement on the go4awalk.com website under :Mile High Club > The Mile Highsters.

NB.A mile of ascent is 5,280 feet! (or 63,360 inches!!)

Your Name: _____

(Block Capitals Please)

Your email: _____

Your Home Town: _____

Please send completed forms through the post/mail to:

Mile High Club
 go4awalk.com
 PO Box 323, Altrincham
 Cheshire WA14 6YF, England

Walk No. eg c247	Walk Name eg The Fairfield Horseshoe from Ambleside	Date dd/mm/yy	Distance miles	Ascent feet	Cumulative Total feet	Weather/Comments
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						
10.						
11.						
12.						
13.						
14.						
15.						

Continuation Sheets are available from the go4awalk.com website.

*See the go4awalk.com website for details on how to get your specially commissioned Mile High Club T-shirt.