



**THE GREATER MARINETTE-
MENOMINEE YMCA**
FREAKY FRIDAY
Registration Form

Name: _____

Address: _____

City: _____ State: ____ Zip: _____

Date of Birth: _____ (circle) Male Female

*Email: _____

*Emergency Contact: _____

Phone of Emergency Contact: _____

*Email must be filled out in order to complete your registration

Registration:

Freaky Friday Pre-Registered BY 10/9

- ____ Adult 5k in costume \$20
- ____ Adult 5k as yourself \$30
- ____ Child 1/2 Mile in costume \$10
- ____ Child 1/2 Mile as yourself \$20

Freaky Friday Registered AFTER 10/9

- ____ Adult 5k in costume \$25
- ____ Adult 5k as yourself \$35
- ____ Child 1/2 Mile in costume \$15
- ____ Child 1/2 Mile as yourself \$25

Adult Trifecta ____\$55/person

Freaky Friday/Turkey Trot HOODED/Resolution Run

Child Trifecta ____\$35/child wearing children sizes

Freaky Friday/Turkey Trot NO HOOD/Resolution Run

Trifecta Shirt after 50 participants ____\$5

Call to see if you qualify - 906-863-9983

ADULT (unisex) size shirt: S M L XL 2XL 3XL

Child size shirt: S M L *Turkey Trot Not Hooded

CODE OF CONDUCT

I agree to follow all rules and policies of the Greater Marinette-Menominee YMCA. Informed Consent for Exercise Participation: All forms of physical activity involve a risk of injury. By voluntary participation in YMCA programs and activities, I assume and accept all risks of injury related to that activity.

Signature of Guardian _____ Date _____

TEAR HERE

**SUPERVISED
KIDS FUN!!
WHILE YOU RUN THE 5K!**

Halloween Fun in the Gym: Starting AFTER the Lil Ghoul's 1/2 mile race.

Who: Lil Ghouls and their families after the 1/2 mile or after the 5k. If you are a parent running/walking the 5k, there will be an opportunity to have your children supervised by tot-watch in the gym area to play while you do the 5k!

What kind of activities? A bouncin Good Times Jumper, edible Halloween snack, coloring, a couple carnival games, and the best part is a huge haunted, but kid friendly, box maze!

**CAN I GET A
SHIRT PLEASE?**

REGISTER BY OCTOBER 9th! It is that easy! Commit early! The 5k and the Kids 1/2 Mile participants will both receive shirts if you register by October 9th. If there are extra's you will be contacted after the race via e-mail.

*All remaining shirts pre-registered or extra will be donated 2 weeks after race day!



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

**FREAKY
FRIDAY**

**5K RUN/WALK &
KIDS' 1/2 MILE RUN**
FRIDAY, OCTOBER 25, 2019
GREATER MARINETTE-MENOMINEE YMCA



**Register today - stop in or call
906.863.9983. You may also register the
day of the event from 4:30pm-5:10 pm**

1600 West Drive, Menominee, MI



IMPORTANT INFORMATION



YMCA FREAKY FRIDAY 5K RUN/WALK & KIDS' HALF MILE RUN

Race date: Friday, October 25

Location: 1600 West Drive (Menominee YMCA)

Event Race Day Registration: 4:30 pm -5:10 pm

Start Times: 5:15 pm children's race | 5k to follow
While the adults participate in the 5k, your children are invited down to the gym for a bouncy house and games! Supervision will be provided!

Following the Lil Ghouls 1/2 Mile, there will be Halloween Fun in the Gym!

What kind of activities? A bouncin Good Times Jumper, edible Halloween snack, coloring, a couple carnival games, and the best part is a huge haunted, but kid friendly, box maze!

Early Shirt Pick-Up at YMCA

You will be contacted via e-mail when the shirts arrive!

HOW TO REGISTER:

1. **ONLINE** AT WWW.MMYMCA.ORG UNDER EVENTS
2. **IN PERSON** AT THE YMCA

TRIFECTA OPTION



JOIN THE TRIFECTA!

This year when you REGISTER EARLY for the Freaky Friday 5k, Turkey Trot 5k and Resolution Run 1 Mile with the YMCA, you will receive all 3 race shirts and a Trifecta Shirt, when you are the First 50 to register! 4 shirts total this year!

Freaky Friday 5k Run/Walk
Friday, October 25th, 2019
Tie-Die - Short Sleeve - Adult and Child

Adult
\$55

Turkey Trot 5k Run/Walk
Thursday, November 28, 2019
Long sleeve Hooded - Adult
Long sleeve No Hood - Child

Child
\$35

Resolution Run/Walk 1 Mile
Wednesday, January 1, 2020
Short Sleeve - Adult and Child

Registration
is in this
brochure

THE FIRST 50 REGISTERED FOR THE TRIFECTA OPTION, RECEIVE A SPECIAL COLLECTORS TRIFECTA T-SHIRT!

If you procrastinated and aren't the first 50, you can add a Trifecta shirt to your order for just \$5.00

Run in costume! When you run dressed up in a Halloween costume you can save \$10 off of your registration price. Whether you are a ghost, superhero, witch or the cutest kitten, 50% of your body must be covered in Halloween attire come race day!

OUR CAUSE DEFINES US



We know that lasting personal and social change comes about when we all work together. That's why, at the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

OUR IMPACT IS FELT EVERY DAY

With a mission to put Christian principles into practice through programs that build a healthy spirit, mind and body for all, our impact is felt when an individual makes a healthy choice, when a mentor inspires a child and when a community comes together for the common good.

FAMILY AFFAIR

Run with your family, your spouse, a buddy, co-worker, or strap the kids into the stroller and go for a cruise! The Freaky Friday 5k Run/Walk is the perfect way to celebrate autumn and to declare your commitment to fitness as the winter months approach. Wagons and strollers are permitted and dressing up in a costume is awesome and strongly encouraged!

VOLUNTEER

If you would like to help at any of these 3 races, please contact allysonb@mmymca.org. Duties could be as easy as shirt distribution, registration table, water stop, food help, set up or cleanup!