



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FREAKY FRIDAY

ZOMBIE
TAKE-OVER

3 MILE RUN/WALK & LIL GHOULS 1/2 MILE RUN

DATE: Friday, October 26, 2018 **LOCATION:** Henes Park (200 Henes Park Drive, Menominee, MI)

EARLY REGISTRATION SHIRT DEADLINE: October 9 - Shirts NOT guaranteed after this deadline. Minimal extra shirts will be ordered as extra.

OCT 26 SHIRT PICK-UP FOR EARLY REGISTRANTS: 4:30 am - 3 pm at the YMCA; 4 pm - 5:30 pm at Henes Park

REGISTRATION: 1. Online at www.mmymca.org Under Events 2. In Person at the YMCA 3. Mail to 1600 West Drive, Menominee, MI 49858

ONLINE & AT THE YMCA: August 20 - October 26th - 3:00 pm

RACE NIGHT AT HENES PARK: 4:30 pm - 5:15 pm

LIL GHOULS 1/2 MILE RACE START TIME: 5:30 pm **3 MILE RUN/WALK START TIME:** After Lil Ghoul's

LIL GHOULS SUPERVISED PLAY AREA: Opens AFTER Lil Ghoul's Race until 7 pm

OUR SPONSORS THIS YEAR: THANK YOU! THANK YOU!

KK Integrated Logistics, Waupaca, Stephenson National Bank & Trust, CoVantage Credit Union, Marinette School District, LaCanne Family Dental

Official FREAKY FRIDAY Registration Form

Name: _____ Phone: _____

Address: _____ City: _____ ST: _____ Zip: _____

Date of Birth: _____ (circle) Male Female

Emergency Contact: _____ Phone of E. Contact: _____

*Email: _____ Amount Enclosed: _____

Circle One Shirt Size: YOUTH: S M L ADULT: S M L XL 2XL 3XL

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 Participant/Guardian _____

Date _____

LIL GHOULS RACE

12 years and under

CIRCLE ONE	
IN COSTUME	\$5
NO COSTUME	\$10

3 MILE RUN/WALK

CIRCLE ONE	
IN COSTUME	\$20
NO COSTUME	\$30

Must register by October 9 to be guaranteed a shirt