



GREATER MARINETTE-
MENOMINEE YMCA

GLOW FUN RUN
2018 Registration Form

Name: _____

Address: _____

City: _____ State: ____ Zip: _____

Date of Birth: _____ (circle) Male Female

*Email: _____

Participant Employer: _____

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

	Registered by 4/25/18	Registered after 4/25/18
Individual	_____ \$20	_____ \$25
Family (up to 4)	_____ \$50	_____ \$55

A family registration includes 4 tanks; for additional shirts add \$10/each; check up to 4 or tally with numbers!

MENS	WOMENS	CHILD
____ S ____ XL	____ S ____ XL	____ S
____ M ____ 2XL	____ M ____ 2XL	____ M
____ L ____ 3XL	____ L ____ 3XL	____ L

If your child is 17 or younger please complete this
Parent/Guardian information listed below:

Parent / Guardian Name: _____

Parent / Guardian Employer: _____

Phone: _____ Circle one: Male Female

Parent Guardian Date of Birth: _____

E-mail: _____

For our staff to input your registration form, it is necessary to fill
out your Emergency contact information! Thank you!

Emergency Contact Name: _____

Emergency Contact Phone: _____

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

TEAR

TEAR HERE

IGNITE THE NIGHT

Last year The Glow Run/Walk was a HUGE
EVENT gathering over 300 people! Dress up
and join us for an evening stroll around the
beautiful John Henes Park. Whether you're a
child or all grown up, there is just something
magical about glow sticks under the night sky!!

WHAT TO WEAR/BRING?

1. Glowsticks, Bracelets, and Necklaces
2. Optional flashlights or headlamps
3. Bright colored clothing
4. Yourself and a friend

WHAT IS THE EVENT ROUTE?

We will swoop around Henes
Park two times!

HOW DO I GET AN EVENT TANK?

Register by April 25. We would
hate to order more than we need. All unpicked
up shirts will be donated after 2 weeks.

www.mmymca.org | Find us on Facebook!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GLOW RUN

2 MILE FUN RUN/WALK
FRIDAY, MAY 11, 2018

JOHN HENES PARK
Pavillion #3

GLOW FOR A CAUSE!

**DONATIONS WILL BE COLLECTED
AT THIS EVENT! SEE INSIDE FOR
MORE DETAILS!**



Rainbow
House
"Empowerment Beyond Abuse"



The Greater Marinette-Menominee YMCA
1600 West Drive, Menominee, MI 49858

DONATE TO A GREAT CAUSE



We believe every person in our community deserves a life free from violence. Survivors are in need of a safe place to stay while they rebuild their future, enabling them to find; independence, dignity, self-worth and much more.

Women and children often come to these places with nothing, but with the support of advocates and generous donations from our community they are able to rebuild and start over.

By donating, you are helping a mother and her children build a safe home. By donating, you are letting the victims know that you believe them and care. Breaking the cycle isn't easy but it is possible with the support from family, friends, advocates and community.

DONATIONS NEEDED

MISC SUPPLIES

Windex | Pledge | Laundry Soap | Paper Towel | Baby Wipes
Laundry Baskets | Toilet Paper | Fabric Softener | Towels
Hand Sanitizer | Clothes Drying Racks | Disinfectant Wipes

CHILDREN'S ITEMS

Toys | Small Games

NON PERISHABLE GOODS

Ready To Eat Snacks | Canned Food

GIFT CARDS

Gas Stations | Walmart | Menards | Aldi's

2018 GLOW RUN INFORMATION

2 Mile Run or 2 Mile Walk

DATE: Friday, May 11, 2018

LOCATION: John Henes Park | 100 Henes Park Dr.,
Menominee, MI

MINGLE AND MUSIC: 8:00 pm

EVENT START: 9:00 pm

DAY OF REGISTRATION: 8:00 pm - 8:45 pm

	Registered by 4/25/18	Registered after 4/25/18
Individual	\$20	\$25
Family (up to 4)	\$50	\$55

A family registration includes 4 tanks; for additional shirts add \$10/each; check up to 4 or tally with numbers!

ONLINE REGISTRATION: Open until May 9

Visit mymca.org and click on 'events'

TANK GUARANTEE REGISTRATION: By April 25

EARLY TANK PICK-UP: Friday, May 11 | 8 am - 3 pm at
the YMCA. *Only for those who have registered by April 25.*

REGISTRATION:

1. In person at the YMCA Welcome Desk
2. Online at www.mymca.org under 'Events' by May 9
3. Over the phone with a Debit or Credit card
4. Mail in this form with payment

Register today! Stop in or call
906.863.9983

Register the day of the event from
8:00pm-8:45pm

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 or walk with your family, your spouse, a buddy, co-worker, or strap the kids into the stroller and come for a night cruise! This 2 mile route is a sure way to celebrate spring and to declare your commitment to fitness as the summer months approach. Wagons and strollers are permitted!



JOIN OUR FACEBOOK EVENT!

[ymca glow run - 2 mile fun run/walk](#)

