



GREATER MARINETTE-MENOMINEE YMCA

GLOW FUN RUN

2019 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 5/1/19	Registered after 5/1/19
Individual	_____ \$20	_____ \$25
Family (up to 4)	_____ \$50	_____ \$55

A family registration includes 4 t-shirts; Additional shirts can be purchased for \$10. Indicate below quantity needed of each size.

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 200 people! Dress up and join us for an evening loop around the Y Block. Whether you're a child or all grown up, you will find there is something magical about glow sticks under the night sky!!



First 50 to cross the finish line will receive a 16oz. Bottle of Mama's Booch Kombucha!

WHAT TO WEAR/BRING?

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

DEADLINE FOR AN EVENT SHIRT*: Wed, May 1

HOW TO REGISTER:

1. In person at the YMCA Welcome Desk
2. BEFORE May 17 online at mmymca.org**
3. Over the phone with a Debit or Credit card
4. Complete this form and mail with payment

* Event shirts ONLY guaranteed to those who register by May 1

**Online registration will be available on our website until 5 pm on May 17th.

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 17, 2019

The Greater Marinette-Menominee YMCA
1600 West Drive, Menominee

GLOW FOR A CAUSE!

DONATIONS WILL BE COLLECTED
AT THIS EVENT! SEE INSIDE FOR
HOW YOU CAN HELP!



Rainbow House
"Empowerment Beyond Abuse"



The Greater Marinette-Menominee YMCA
906-863-9983

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 of family, friends, advocates and community.

DONATIONS NEEDED

MISCELLANEOUS 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

2019 GLOW RUN INFORMATION

2 Mile Run or Walk

DATE: Friday, May 17, 2019

LOCATION: The Greater Marinette-Menominee
YMCA - 1600 West Drive, Menominee

**SHIRT PICKUP WILL BE AVAILABLE AT THE
YMCA ON FRIDAY, MAY 17 FOR THOSE WHO
REGISTERED BY MAY 1**

8:00: Gymnasium open to participants. Glow batons will be given to the first 100 to arrive!

8:45: Registration Closes

8:50: Run/Walk begins at the YMCA

FINISH LINE: First 50 to cross the finish line will receive a 16oz. Bottle of Mama's Booch Kombucha!



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**Register today! Stop in or call
906.863.9983**

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

When an individual makes a Healthy choice, when a mentor inspires a child and when our community comes together for the common good, we see our mission coming to life! The YMCA strives to put Christian principles into practice through programs that build a Healthy spirit, mind and body for all.

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

