



GREATER MARINETTE-  
MENOMINEE YMCA

# GLOW FUN RUN

## 2020 Registration Form

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_ (circle) Male Female  
\*Email: \_\_\_\_\_  
Participant Employer: \_\_\_\_\_

### REGISTER WITH OR WITHOUT A SHIRT!

- \_\_\_\_ Adult No Shirt **\$15** register now thru May 8
- \_\_\_\_ Adult With Shirt **\$20 registered by April 22**
- \_\_\_\_ Child No Shirt **\$5** register now thru May 8
- \_\_\_\_ Child with Shirt **\$10 registered by April 22**
- \_\_\_\_ Family Shirts **\$45 registered by April 22**
- \_\_\_\_ Family No Shirts **\$35** register now thru May 8

A family consists of 1-2 adults with 1-3 children, each Family member after, please add \$10

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 HERE

TEAR HERE

# IGNITE THE NIGHT

Last year The Glow Run/Walk was a HUGE EVENT gathering over 100 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!!



will be giving out free Kombucha at the finish line!!

## WHAT TO WEAR/BRING?

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

### REGISTER WITH OR WITHOUT A SHIRT!

**DEADLINE FOR AN EVENT SHIRT\*: Wed, April 22**  
**OR REGISTER ANYTIME WITHOUT A SHIRT UNTIL MAY 8**

(A limited number of shirts will be available For sale night of event - adult \$10; \$5 child)

#### HOW TO REGISTER:

1. In person at the YMCA Welcome Desk
2. Online at [mmymca.org](http://mmymca.org)\*\*
3. Call 906-863-9983
4. Complete this form and mail with payment

[www.mmymca.org](http://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 8, 2020

8:45 pm start time

The Greater Marinette-Menominee YMCA  
1600 West Drive, Menominee

## GLOW FOR A CAUSE!

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



Rainbow House  
"Empowerment Beyond Abuse"



HELP SOMEONE IN NEED!

# 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 parent and their children build a safe home. By donating, you are letting the victims know that you believe in 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 | Kleenex | Fabric Softener  
Towels | Hand Sanitizer | Clothes Drying Racks  
Disinfectant Wipes | Shampoo/Conditioner

### CHILDREN'S ITEMS

Toys | Small Games

### NON PERISHABLE GOODS

Ready To Eat Snacks | Canned Food

### GIFT CARDS

Gas Stations | Walmart | Menards | Aldi

## 2020 GLOW RUN INFORMATION

### 2 Mile Run or Walk

**DATE:** Friday, May 8, 2020

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

**7:45 pm:** Gymnasium open to participants.

**SHIRT PICKUP WILL BE AVAILABLE AT THE  
YMCA ON FRIDAY, MAY 8 AT 7:45 pm**

**8:40 pm:** Registration Closes

**8:45pm:** Run/Walk begins at the YMCA at dusk

**FINISH LINE:** Pick up a free bottle of  
Mama's Booch Kombucha!

Raw and handcrafted with organic ingredients, Mama's Booch is of the highest quality and fermented to perfection. Two ounces everyday should be an adequate amount to enjoy the positive affects of this pure and powerful kombucha.

### **FUN AWARD CATEGORIES!**

Top 5 Kids (11 under) Top 3 Woman, Top 3 Men

### *NEW this year:*

You have the choice to simply run the event without ordering a shirt (for less) or registering by April 22 with a shirt. Kids, Adult and Family Options.

A limited amount of shirts will be available at the event, starting at 7:45pm. Adults \$10 and Child \$5

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## 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!



Thank you Mama's Booch, one of our own, you are always so supportive to the Y

## PROUD 2020 PROGRAM GUIDE SPONSORS

