



**Registration Form
RESOLUTION RUN
January 1, 2018**

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Date of Birth: _____ (circle) Male Female

*Email: _____

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

Registration:

1 Mile Pre-Reg by 12/13

guaranteed a t-shirt

_____ 1 Mile \$20

1 Mile after 12/13

_____ 1 Mile \$25

Circle adult size shirt: S M L XL 2XL 3XL

Circle youth size shirt: S M 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: _____

Participant Employee: _____

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

TEAR HERE

**1 EASY STEP ON
HOW TO GET A
SWEET SHIRT**

1. Register by December 13!



***ALL SHIRTS WHETHER PRE-REGISTERED OR EXTRA WILL
BE DONATED 3 WEEKS AFTER RACE DAY!**



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**2018
RESOLUTION
RUN**

**1 MILE RUN/WALK
MONDAY, JANUARY 1, 2018
GREATER MARINETTE-MENOMINEE YMCA**



**A HUGE THANK YOU TO OUR 1/2 IRONMAN
LEVEL SPONSORS OF THIS EVENT!**



Support and Shop Local!

**Register today - stop in or call 906.863.9983
or register the day of the event from 9:15-9:45 am**

IMPORTANT INFORMATION



YMCA RESOLUTION 1 MILE RUN/WALK

Race date: Monday, January 1, 2018

Location: 1600 West Drive (Menominee YMCA)

Cost: \$20 by December 13; \$25 after

Race Day Registration: 9:15-9:45am

Start Time: 10:00 am

Early Shirt Pick-Up at YMCA

(If Registered by December 13)

Friday, December 29 | 4 pm - 6 pm only

OR 9:15 am morning of the event!

HOW TO REGISTER

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

PLEASE BE THOROUGH

We don't ask for your email address to send you spam. We use it for communication. A working phone number is also encouraged. We want to be able to get ahold of you if something really cool is going to happen, or to update you on race information! Shirt orders and pick-ups are also communicated via email!

2018 RESOLUTION RUN/WALK

#bringbackthemile

Because December is the busiest time of year, we have decided to lighten your December calendar and turn our Jingle All The Way Run into the Resolution Run!

Join our Resolution 1 Mile Run/Walk on Monday, January 1, 2018! We all look forward to a New Year! The thought of adding a year to our lives renews our souls and brightens our spirits. Not to mention, new goals.

Anyone can run/walk 1 mile, so no excuses! Dance the night away, leaving 2017 in the dust and come join us in 2018!

Make sure to see Becky at the Welcome Desk before you leave to see our new member specials and what our next 2018 member challenge is!

A LITTLE BIT GOES A LONG WAY

We have different levels of sponsorship for 2018 you may choose for our Freaky Friday, Turkey Trot and Resolution Run! For example give as much as \$1,000 for our Ironman Level Sponsorship, or a smaller donation such as \$300 for our Sprint Triathlon Level Sponsorship or as little as having your organization volunteer at the Spectator Level!

Better yet, pay \$200 and promote workplace wellness and allow any amount of your staff participate in one race of your choosing!

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 EVERYDAY

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.

WHY DO THE RUN?

WITH FAMILY AND FRIENDS, get together at the Y, get moving, and work up your thirst!

New Year's is a special time of the year where we refocus our energy on our goals and self improvement. Take this mile to sprint to the finish line, or simply walk and enjoy the crisp wintery air!

VOLUNTEER

If you would like to help at any YMCA event, please contact allysonb@mmymca.org or Michell@mmymca.org

Duties could be serving pancakes, taking photos, officiating a sport, monitoring a bouncy house, 5k registration table, water stop, food prep, set up or cleanup at events, just to name a few!