



Registration Form RESOLUTION RUN January 1, 2020

Name: _____

Address: _____

City: _____ State: ____ Zip: _____

Date of Birth: _____ (circle) Male Female

*Email: _____

*Emergency Contact: _____

Phone of Emergency Contact: _____

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

Registration:

Resolution Run/Walk Registered By 12/17

____ FREE Adult/Child - no shirt

____ Adult 1 mile \$15 Shirt Option

____ Child 1 mile \$10 Shirt Option

ADULT (unisex) size shirt: S M L XL 2XL 3XL

Child size shirt*: S M L

Resolution Run/Walk AFTER 12/17

____ FREE Adult/Child - no shirt

Some shirts will be available at the Y, day of event starting at 8:00 am, first come, first serve

Adult: \$20 Child: \$15

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

LIVESTRONG at the YMCA

LIVESTRONG at the YMCA is a free small-group physical activity and well-being program which meets at the YMCA twice a week for 12 weeks for 60-90 minutes each session.



Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those effected. The Y and the LIVESTRONG Foundation have joined together to create LIVESTRONG at the YMCA, a research-based physical activity and well-being program designed to help adult cancer survivors achieve their holistic health goals. Work with Y staff trained in supportive cancer care to safely achieve your goals such as building muscle mass and strength; increasing flexibility and endurance; and improving confidence and self-esteem. By focusing on the whole person and not the disease!

Email Kristen@mmymca.org if you are interested!

***ALL UNCLAIMED SHIRTS PRE-REGISTERED OR EXTRA WILL BE DONATED 2 WEEKS AFTER RACE DAY!**



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2020 RESOLUTION RUN

1 MILE RUN/WALK
WEDNESDAY, JANUARY 1, 2020
GREATER MARINETTE-MENOMINEE YMCA



**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: Wednesday, January 1, 2020

Location: 1600 West Drive (Menominee YMCA)

Cost: FREE! You may order an event shirt for \$15 by December 17

Race Day Registration: 8:00-8:45am

Run/Walk Start Time: 9:00 am

YMCA OPEN TO COMMUNITY: 7:00 am - 5:00pm

Come and see what we have to offer! Shoot some hoops, swim, use our lifestyle center, lift weights or play some racquetball!

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!

2020 RESOLUTION RUN/WALK

#bringbackthemile

Join our Resolution 1 Mile Run/Walk on Wednesday, January 1, 2020! 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 2019 in the dust and come join us in 2020!

On January 1st, the YMCA is also open 7 am - 5 pm! It is open to members and community members for free during this time. Please join us for swimming, the lifestyle center, weight room, racquetball and basketball to name a few!

DIABETES PREVENTION PROGRAM

An evidence-based lifestyle change program for adults diagnosed with prediabetes or a high risk for developing type 2 diabetes. Free 26-week session small group program that meets for one hour a week every week for the first 16 sessions, then one hour every other week for sessions 17-26. Proven to help people lose weight and prevent or delay onset of Type 2 diabetes.

Email Kristen@mmymca.org if you are interested!

Signs you may be pre-diabetic

1. Older than age 45
2. Physically Inactive
3. A parent, brother or sister with diabetes
4. High Blood Pressure
5. Had diagnosed gestational diabetes

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 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!