



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# RESOLUTION RUN/WALK

## 1 MILE RUN/WALK\*\*

**DATE:** Tuesday, January 1, 2019

**TIME:** 9 am **WHERE:** The Greater Marinette-Menominee YMCA (1600 West Drive, Menominee, MI)

\*\* You may choose to do this run/walk inside on our treadmill as a registered participant. No treadmills will be reserved, please use at your leisure during our Holiday hours January 1st.

**COST:** FREE!!! \$15 if you would like an event shirt


**EARLY REGISTRATION SHIRT DEADLINE:** \$15 by December 17– Minimal extra shirts will be ordered after this for purchase of \$20 day of event.

**DAY OF EVENT SHIRT PICK-UP ONLY FOR EARLY REGISTRANTS:** 8:00 am - 8:45 am

**REGISTRATION:** 1. Online at [www.mmymca.org](http://www.mmymca.org) Under Events 2. In Person at the YMCA  
3. Mail to 1600 West Drive, Menominee, MI 49858

**ONLINE & AT THE YMCA:** August 20 - December 31 - 2:00 pm

**DAY OF REGISTRATION:** 8:00 am - 8:45 am



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

### OUR SPONSORS THIS YEAR: THANK YOU! THANK YOU!

KK Integrated Logistics, Waupaca, Stephenson National Bank & Trust, CoVantage Credit Union, Marinette School District, LaCanne Family Dental

### Official RESOLUTION RUN Registration Form

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ ST: \_\_\_\_\_ Zip: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ (circle) Male Female

Emergency Contact: \_\_\_\_\_ Phone of E. Contact: \_\_\_\_\_

\*Email: \_\_\_\_\_ Amount Enclosed: FREE - No Shirt | \$15 shirt by Nov 6th

Circle One Shirt Size: YOUTH: S M L ADULT: S M L XL 2XL 3XL

### 5K RUN/WALK

<b>CIRCLE ONE</b>	
<b>NO SHIRT</b>	<b>\$FREE</b>
<b>SHIRT PLEASE</b>	<b>\$15</b>

Must register by December 17 to be guaranteed a shirt

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 Participant/Guardian

Date