



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 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

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

CIRCLE ONE	
NO SHIRT	\$FREE
SHIRT PLEASE	\$15

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