



## JOIN THE TRIFECTA!

When you REGISTER for the Trifecta, you will automatically be pre-registered into the Freaky Friday 5k, Turkey Trot 5k and Resolution Run 1 Mile! You will receive all 3 race event shirts, and if you're one of the first 50 registered for the Trifecta, you will receive a FREE Trifecta shirt! Receiving 4 shirts total!

If you are registered after the 50 participants, but register BY the Freaky Friday event deadlines, you can add a Trifecta shirt for just \$5.00. For the Turkey Trot, a hooded long sleeve is NOT available for the children.

**ADULT TRIFECTA**  
\$55/person

**CHILD TRIFECTA**  
\$35/person

(For kids ordering child size shirts)

**Freaky Friday 5k & Lil Ghouls (kids) Run/Walk**  
Friday, October 25th, 2019  
Tie-Die - Short Sleeve - Adult and Child

**Turkey Trot 5k Run/Walk**  
Thursday, November 28, 2019  
Long sleeve Hooded - Adult  
Long sleeve No Hood - Child

**Resolution Run/Walk 1 Mile**  
Wednesday, January 1, 2020  
Short Sleeve - Adult and Child

**PLEASE USE THE FREAKY FRIDAY BROCHURE  
TO REGISTER FOR THE TRIFECTA. FILL OUT  
ALL OF THE INFORMATION PLEASE.**

### Questions?

Please email [allysonb@mmymca.org](mailto:allysonb@mmymca.org)