



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRIFECTA

FREAKY FRIDAY—TURKEY TROT—RESOLUTION RUN

Commit early and register for all 3 upcoming races on one registration form!

FREAKY FRIDAY: Friday, October 26, 2018 - Henes Park, Menominee

TURKEY TROT: Thursday, November 22, 2018 - The YMCA

RESOLUTION RUN: Tuesday, January 1, 2019 - The YMCA



Free Brew Pub Glass with Trifecta Registration!

EARLY REGISTRATION SHIRT DEADLINE: Register by October 9th to be guaranteed all 3 event shirts listed above. If you register after October 9th, are not guaranteed a Freaky Friday shirt, but a Turkey Trot and Resolution shirt will still be guaranteed.

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 - October 26th - 3:00 pm

RACE NIGHT AT HENES PARK: 4:30 pm - 5:15 pm

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 TRIFECTA Registration Form

Name: _____ Phone: _____

Address: _____ City: _____ ST: _____ Zip: _____

Date of Birth: _____ (circle) Male Female

Emergency Contact: _____ Phone of E. Contact: _____

*Email: _____ Amount Enclosed: _____

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

TRIFECTA Circle One	
CHILDRENS Under 12 years	\$30
ADULT	\$45

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