



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TURKEY TROT

5K RUN/WALK

DATE: Thursday, November 22, 2018

TIME: 8 am **WHERE:** The Greater Marinette-Menominee YMCA (1600 West Drive, Menominee, MI)

COST: FREE!!! But please bring a canned food item to be donated to local food pantries for this Holiday Season

EARLY REGISTRATION SHIRT DEADLINE: \$15 by November 6 - After this, shirts will be available the morning of event first come first serve. Day of event shirts will cost \$20

DAY OF TURKEY TROT SHIRT PICK-UP ONLY FOR EARLY REGISTRANTS: 7:00 am - 7:45 am

DAY OF SHIRT SALES: Starting at 7:00 am first come first serve

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 - November 21 - 10:00 pm

DAY OF REGISTRATION: 7:00 am - 7:45 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 TURKEY TROT 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 November 6th 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