



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](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 - November 21 - 10:00 pm

**DAY OF REGISTRATION:** 7:00 am - 7:45 am

*Jack's*  
**FRESH MARKET**

100 pies will be given out the morning of the event to those who say 'yes' at registration, and are one of the first 100 to register!

### 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

If you are one of the first 100 to register: Would you like a FREE pie from Jack's? Yes No

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

### 5K RUN/WALK

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

Must register by November 6th to be guaranteed a shirt