



**Registration Form  
TURKEY TROT 5K  
November 23, 2017**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ (circle) Male Female

\*Email: \_\_\_\_\_

\*Email must be filled out in order to complete your registration

**For our staff to input your registration form, it is necessary to fill out your Emergency contact information! Thank you!**

Emergency Contact Name: \_\_\_\_\_

Emergency Contact Phone: \_\_\_\_\_

Participant Employee: \_\_\_\_\_

**Would you like to purchase a Turkey Trot long sleeve T-shirt for \$15? (AFTER 11/7 shirts can be purchased for \$20 each on Nov. 23)**

Yes No

Youth Size Shirt or Adult Size Shirt

Size: S M L XL 2XL 3XL

4. If you are within the 1st 200 registrants would you like a free pie courtesy of **Jack's FRESH MARKET**? Yes No

**If your child is 17 or younger please complete this Parent/Guardian information listed below:**

Parent / Guardian Name: \_\_\_\_\_

Parent / Guardian Employer: \_\_\_\_\_

Phone: \_\_\_\_\_ Circle one: Male Female

Parent Guardian Date of Birth: \_\_\_\_\_

E-mail: \_\_\_\_\_

\*Email must be filled out in order to complete your registration

**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 Guardian \_\_\_\_\_ Date \_\_\_\_\_

TEAR HERE  
TEAR HERE  
TEAR HERE  
TEAR HERE

**3 EASY STEPS  
ON HOW TO GET  
A SWEET SHIRT**

1. Register by November 7th and pay \$15!
2. Purchase a shirt on Thanksgiving morning for just \$20!
3. Ask your mom or dad for some money!



**THE COST OF THIS 5K IS FREE, BUT WE WOULD APPRECIATE YOUR DONATION:**

Please bring in canned goods, winter coats, socks, or mittens to be collected instead of an entry fee to be given to local food pantries and those in need this holiday season. Also grab and go items for our after school program kids!



**\*ALL SHIRTS WHETHER PRE-REGISTERED OR EXTRA WILL BE DONATED 3 WEEKS AFTER RACE DAY!**

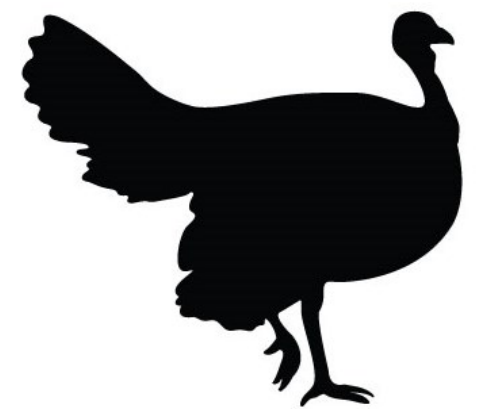


FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**TURKEY TROT**

**5K RUN/WALK  
THURSDAY, NOVEMBER 23, 2017  
GREATER MARINETTE-MENOMINEE YMCA**

Burn Some Calories With Us,  
So You Don't WOBBLE, WOBBLE!



A HUGE THANK YOU TO OUR 1/2 IRONMAN LEVEL SPONSORS OF THIS EVENT!  
**FERNSTRUM** R.W. Fernstrum & Company  
**Jack's FRESH MARKET**  
Support and Shop Local!

**Register today - stop in or call 906.863.9983 or register the day of the event from 7:15-7:45 am**

# IMPORTANT INFORMATION



## YMCA TURKEY TROT 5K RUN/WALK

**Race date:** Thursday, November 23

**Location:** 1600 West Drive (Menominee YMCA)

**Cost:** Free Event! Please bring a canned, non-perishable food item, winter apparel or monetary donation to the LIVESTRONG program

**Race Day Registration:** 7:15-7:45am

**Start Time:** 8:00 am

### **Early Shirt Pick-Up at YMCA**

(If Registered by November 7)

Wednesday, November 22 | 4 pm - 6 pm only  
OR at 7:15 am morning of event!

## HOW TO REGISTER

1. ONLINE AT [WWW.MMYMCA.ORG](http://WWW.MMYMCA.ORG) UNDER EVENTS
2. IN PERSON AT THE YMCA

## PLEASE BE THOROUGH

We don't ask for your email address to send you spam. We use it for communication. A working phone number is also encouraged. We want to be able to get ahold of you if something really cool is going to happen, or to update you on race information! Shirt orders and pick-ups are also communicated via email!

# 2018 RESOLUTION RUN/WALK

#bringbackthemile

Because December is the busiest time of year, we have decided to lighten your December calendar and turn our Jingle All The Way Run into the Resolution Run!

Join our Resolution 1 Mile Run/Walk on Monday, January 1, 2018! We all look forward to a New Year! The thought of adding a year to our lives renews our souls and brightens our spirits. Not to mention, new goals.

Anyone can run/walk 1 mile, so no excuses! Dance the night away, leaving 2017 in the dust and come join us in 2018!

Make sure to see Becky at the Welcome Desk before you leave to see our new member specials and what our next 2018 member challenge is!

## A LITTLE BIT GOES A LONG WAY

We have different levels of sponsorship for 2018 you may choose for our Freaky Friday, Turkey Trot and Resolution Run! For example give as much as \$1,000 for our Ironman Level Sponsorship, or a smaller donation such as \$300 for our Sprint Triathlon Level Sponsorship or as little as having your organization volunteer at the Spectator Level!

Better yet, pay \$200 and promote workplace wellness and allow any amount of your staff participate in one race of your choosing!

# OUR CAUSE DEFINES US



We know that lasting personal and social change comes about when we all work together. That's why, at the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

## OUR IMPACT IS FELT EVERYDAY

With a mission: To put Christian principles into practice through programs that build a healthy spirit, mind and body for all, our impact is felt when an individual makes a healthy choice, when a mentor inspires a child and when a community comes together for the common good.

## WHY DO THE TROT?

**WITH FAMILY AND FRIENDS**, get together at the Y, get moving, and work up your appetite!

Thanksgiving is a special time of the year where we gather with our family and loved ones, break bread, and be truly thankful for all of the blessings we have received.

We would like to encourage everybody to consider making a gift to the LIVESTRONG AT THE YMCA program as a way to share your blessings with those in need.

## VOLUNTEER

If you would like to help at any YMCA event, please contact [allysonb@mmymca.org](mailto:allysonb@mmymca.org) or [Michell@mmymca.org](mailto:Michell@mmymca.org). Duties could be serving pancakes, taking photos, officiating a sport, monitoring a bouncy house, 5k registration table, water stop, food prep, set up or cleanup at events, just to name a few!