



Registration Form
TURKEY TROT 5K
 November 28, 2019

Name: _____

Address: _____

City: _____ State: ____ Zip: _____

Date of Birth: _____ (circle) Male Female

*Email: _____

*Emergency Contact: _____

Phone of Emergency Contact: _____

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

Registration:

Turkey Trot Registered By 11/12

- _____ Adult/Child FREE - no shirt
- _____ Adult 5k \$25 - long sleeve and hooded
- _____ Child 5k \$15 - long sleeve not hooded

Turkey Trot Registered AFTER 11/12

- _____ Adult/Child FREE - no shirt
- Shirts will be available at the Y, day of event starting at 7:15 am, first come, first serve
- Adult: \$30 Child: \$20

ADULT (unisex) size shirt: S M L XL 2XL 3XL
 Try on an adult shirt at the Welcome Desk!

Child size shirt*: S M L *LONG SLEEVE NO HOOD

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

LONG SLEEVE HOODED SHIRT!

This year we are ordering an ADULT LONG SLEEVE HOODED SHIRT! Order by November 12 with this form and pay \$25.

Children sizes will be long sleeved, with no Hood at \$15



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 LEFT OVER PRE-REGISTERED OR EXTRA SHIRTS WILL BE DONATED 2 WEEKS AFTER RACE DAY!



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

TURKEY TROT

5K RUN/WALK

THURSDAY, NOVEMBER 28, 2019
GREATER MARINETTE-MENOMINEE YMCA

Please bring in canned goods, winter coats, socks, or mittens to be collected instead of an entry fee!



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 28

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

Day of Shirt Sales: 7:15-7:45am

Event Start Time: 8:00 am

FIRST 150 REGISTERED HAVE THE OPTION TO RECEIVE A FREE PIE FROM JACKS THANKSGIVING MORNING

Jack's
FRESH MARKET

HOW TO REGISTER

1. ONLINE AT WWW.MMYMCA.ORG UNDER EVENTS
2. IN PERSON AT THE YMCA
3. MAIL IN REGISTRATION

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!

2020 RESOLUTION RUN/WALK

#bringbackthemile

Join our Resolution 1 Mile Run/Walk on Wednesday, January 1, 2020! We all look forward to a New Year!

Anyone can run/walk 1 mile, so no excuses! Dance the night away, leaving 2019 in the dust and come join us in 2020!

ALSO: On January 1st, The Y will be open to the Community! 7 am -5 pm!

You can find a Resolution Run Brochure under events at mymca.org or at the Welcome Desk.



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@mymca.org or Michell@mymca.org. Duties could be helping children, 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!