



**THE GREATER MARINETTE-
MENOMINEE YMCA**
FREAKY FRIDAY
Registration Form

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Date of Birth: _____ (circle) Male Female

*Email: _____

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

Registration:

5k Pre-Reg by 10/10

guaranteed a t-shirt

_____ 5K in costume \$20

_____ 5K as yourself \$30

1/2 Mile Kids Race

_____ 1/2 Mile in costume \$5

_____ 1/2 Mile as yourself \$10

5k Reg 10/11-10/27

_____ 5K in costume \$25

_____ 5K as yourself \$35

1/2 Mile Kids Race

_____ 1/2 Mile in costume \$10

_____ 1/2 Mile as yourself \$15

_____ **Adult Trifecta:** \$55/person: Freaky/Turkey/Resolution Run

_____ **Child Trifecta:** \$40/10 yr and under running 1/2 Mile Kids Race

Circle adult size shirt: S M L XL 2XL 3XL

Circle youth size shirt: S M L

**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: _____

**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: _____

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



**HOW DO I GET A
FREAK FRIDAY SHIRT?!**

REGISTER BY OCTOBER 10th! It is that easy!

Commit early! The 5K and the Kids 1/2 Mile participants will both receive shirts if you register by October 10th. If there are extra's you will be contacted after the race via e-mail.



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



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

**FREAKY
FRIDAY**

**5K RUN/WALK &
KIDS' 1/2 MILE RUN
FRIDAY, OCTOBER 27, 2017**

GREATER MARINETTE-MENOMINEE YMCA



Look Out For Ghosts & Goblins Along The Way!

**A HUGE THANK YOU TO OUR 1/2 IRONMAN
LEVEL SPONSORS OF THIS EVENT!**



Support and Shop Local!

**Register today - stop in or call 906.863.9983
or register the day of the event from 4:45-5:15 pm**

IMPORTANT INFORMATION



YMCA FREAKY FRIDAY 5K RUN/WALK & KIDS' HALF MILE RUN

Early Shirt Pick-Up at YMCA (if reg. by Oct 10)

Thursday, October 26 | 4 pm - 6 pm only
OR day of race at 4:45 pm

Race date: Friday, October 27

Location: 1600 West Drive (Menominee YMCA)

Race Day Registration: 4:45-5:15pm

Start Times: 5:30 pm children's race | 5k to follow
While the adults participate in the 5k, your children are invited down to the gym for a bouncy house and games! Supervision will be provided!

HOW TO REGISTER:

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

EVENT DEADLINES:

5k Run/Walk

Shirt Guaranteed
Before/On October 10th
\$20 in costume
\$30 as yourself

After October 10th
\$25 in costume
\$35 as yourself

1/2 Mile Kids Race

Before/On October 10th
\$5 in costume
\$10 as yourself

After October 10th
\$10 in costume
\$20 as yourself

TRIFECTA OPTION



JOIN THE TRIFECTA!

This year when you REGISTER EARLY for the Freaky Friday 5K, Turkey Trot 5k and Resolution Run 1 Mile with the YMCA, you will receive all 3 race shirts and a memorable medal showcasing your dedication to fitness! See insert!

Freaky Friday 5k Run/Walk
October 27th, 2017

Turkey Trot 5k Run/Walk
Thursday, November 23, 2017

Resolution Run/Walk 1 Mile
Monday, January 1, 2018

HOW TO REGISTER:

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

PARTICIPATE IN COSTUME

Save money and run in costume! When you run dressed up in a Halloween costume you can save \$10 off of your registration price. Whether you are a ghost, superhero, witch or the cutest kitten, 50% of your body must be covered in Halloween attire come race day!

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 EVERY DAY

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.

FAMILY AFFAIR

Run with your family, your spouse, a buddy, co-worker, or strap the kids into the stroller and go for a cruise! The Freaky Friday 5K Run/Walk is the perfect way to celebrate autumn and to declare your commitment to fitness as the winter months approach. Wagons and strollers are permitted and dressing up in a costume is awesome and strongly encouraged!

VOLUNTEER

If you would like to help at any of these 3 races, please contact allysonb@mmymca.org. Duties could be as easy as shirt distribution, registration table, water stop, food help, set up or cleanup!