



Register Here!

THE YMCA OF NATRONA COUNTY

JACK O' LANTERN JOG

OCTOBER 24
Check In: 11AM

5K RACE

COST: \$50/Y Members | \$65/Nonmembers

RACE TIME: 12PM

1ST, 2ND, AND 3RD PLACE MEDALS WILL BE AWARDED FOR TOP FEMALE AND MALE FINISHERS (5K RUNNERS ONLY)

1 MILE FUN RUN

COST: \$20/Y Members | \$35/Nonmembers

RACE TIME: 12:15PM

ALL YOUTH PARTICIPANTS WILL BE AWARDED MEDALS(1 MILE RUNNERS ONLY)

REGISTER NOW-OCT 11 TO GUARANTEE SHIRT AND SWAG BAG

**LATE REGISTRATION
(OCT 12- OCT 24)
NO SHIRT & NO GUARANTEE
OF SWAG BAG**

The proceeds from the races benefit **LIVESTRONG®** at the YMCA. LIVESTRONG® at the YMCA is a 12 week cancer survivorship program that helps those who are living with, through or beyond cancer

COSTUMES ENCOURAGED!

AFTER THE RACE, STICK AROUND FOR OUR ANNUAL PUMPKIN PLUNGE STARTING AT 1PM!

TAKE A DIP WITH THE PUMPKINS, OR STAY DRY AND EXPLORE OUR LAND-BASED PUMPKIN PATCH. ENJOY SNACKS, GAMES, AND MORE!



LIVESTRONG®

FOUNDATION