

Fundraise for MUST!

Please help MUST provide for our neighbors in need by fundraising. It's easy! When you register online, you will have your own fundraising page. Solicit donations by emailing the link to your friends or posting it on social media. You can even customize your fundraising page with your own story and photos! Prizes will be given to the top fundraisers. If you have any questions, please contact Cara Reeve at 678-218-4513 or creeve@mustministries.org.

\$100 feeds 45 homeless neighbors in the Loaves and Fishes Community Kitchen

\$200 buys a twin mattress set for supportive housing

\$400 provides comprehensive job training for two job seekers

\$850 provides a homeless neighbor 42 days of work recovery and options for permanent housing

Ice Skating is Back!

Start a new tradition with Marietta's ice skating rink, a popular addition to the holiday on the Marietta Square. This year, a portion of the sales proceeds from the Gobble Jog weekend will be donated to MUST. So come back to the Square to do your Christmas shopping and take a spin on the ice.

About MUST Ministries

MUST Ministries is a meaningful, volunteer-driven organization doing immense work with a small, dedicated staff of professionals. Serving 38,617 people in need, MUST reaches those seeking financial stability in eight counties. MUST's services include food, housing, clothing, employment services, and more. MUST's Summer Lunch Program has provided 303,524 lunches to children in need. Christmas Toy Shops in Cherokee and Cobb counties provided Christmas gifts for 3,101 children who might otherwise not have any.

Serving our neighbors in need...

Transforming lives and communities in response to Christ's call.



4 Ways to Register

If you are a timed runner, please register NOW as there will be NO TIMED RACE DAY REGISTRATION.

1. Online • Now through Sunday, Nov. 20 at www.GobbleJog.org

2. U.S. Mail • Must be postmarked by Friday, Nov. 11. Mail to Gobble Jog, PO Box 1717, Marietta, GA 30061

3. Packet Pickup • Wednesday, Nov. 23, 10 a.m. - 6 p.m., at the Cobb Civic Center.

4. Race Day • Register for the Untimed 10K, 5K, 1K and Tot Trot on the Marietta Square beginning at 6:30 a.m.

Packet Pickup

Wednesday, November 23
10 a.m. – 6 p.m.

COBB CIVIC CENTER
548 South Marietta Pkwy SE
Marietta, GA 30060

We will have an expanded packet pick up again this year with family activities and vendor booths. When you pick up your race number and t-shirt, please take some time to visit our sponsors and enjoy the activities!

BENEFITING



MUST run to stop poverty

BENEFITING



Marietta Square
November 24, 2016

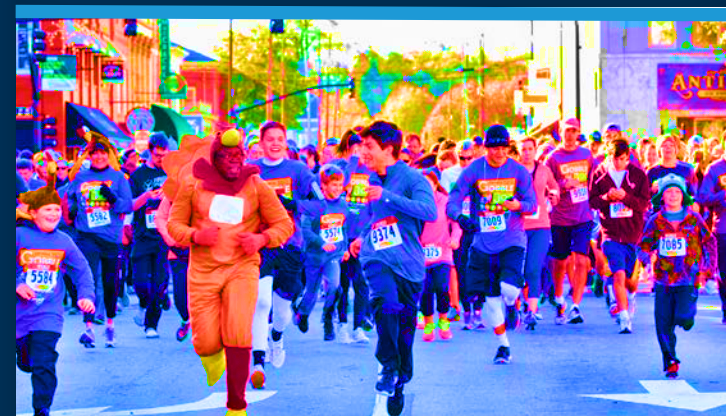
7:30am - 10K Run (timed)

8:45am - 1K Fun Run/Walk

9:00am - 5K Run (timed)

9:30am - 5K Run/Walk (untimed)

10:30am - Tot Trot



HOTLINE: 678-218-4521
GobbleJog.org

Gobble Jog is a Thanksgiving Day tradition featuring a 10K run, 5K run/walk, 1K run/walk and a Tot Trot (recommended for participants 8 and younger). **The Gobble Jog 10K and 5K are certified as qualifiers for seeding in the Peachtree Road Race.**

Race Day Schedule

6:30 a.m. Packet pickup/Registration
 7:30 a.m. 10K Run (timed)
 8:45 a.m. 1K Fun Run/Walk
 9:00 a.m. 5K Run (timed)
 9:30 a.m. 5K Run/Walk (untimed)
 10:30 a.m. Tot Trot

**10K runners will be timed through 90 minutes and only if registered in advance.*

Be a Team Player!

Gobble Jog is more fun when you participate as part of a team! Invite your friends, family and co-workers to run together. Team members can participate in any race division. If the whole team (10 people minimum) is registered by Nov. 20, one team member can pick up all of the race packets at the Packet Pickup, a major time saver! Please notify Rita Moore at teamgobblejog@gmail.com if you would like to pick up all of the packets together. **When registering online, the team captain must create the team before other members can join.**

Volunteer Opportunities

Want to be a part of the Gobble Jog, but don't want to run? Join the hundreds of volunteers who pitch in on Wednesday and Thursday to make the Gobble Jog successful. **Please go to www.GobbleJog.org and click on the volunteer link for a list of available positions.**

Registration Fees

RACE	July 1- Sept. 30	Oct. 1 - Nov. 15	Nov. 16-24*
Timed 10K Run	\$30	\$35	\$45
Timed 5K Run	\$30	\$35	\$45
Untimed 5K Run/Walk	\$25	\$30	\$40
Untimed 1K Run/Walk	\$25	\$30	\$40
Tot Trot	\$15	\$20	\$20

** No race-day registration for timed runners.*

Online registration closes Sunday, Nov. 20 at midnight. Last-minute registration may be done on Wednesday, Nov. 23, from 10 a.m. – 6 p.m. at the Packet Pickup.

New VIP area!

Sponsored by  **Northwestern Mutual®**

Go even farther to help your neighbors in need by being a VIP runner! When you add \$50 to your registration fee, you'll receive VIP treatment from Northwestern Mutual, including admission to the warm, indoor VIP area near the start line, premium snacks and beverages, a dri-fit race shirt and a goody bag. And, most importantly, indoor restrooms. **Hurry – this is limited to 150 runners!**

Phantom Runners

If you're going to be out of town or in the kitchen on Thanksgiving but still want to help, sign up as a Phantom Runner. The registration fee is \$30, and you'll get a t-shirt after the race. You will receive an email after the race asking if you would like the shirt mailed, or if you will pick it up at the MUST office.



RegistrationForm

PLEASE
PRINT
CLEARLY

Last Name		First name	
Address			
City, State, Zip			
Date of Birth / /	Age	Gender ☐ M ☐ F	
Phone			
Email			
Team name (if applicable)			
Emergency Contact Name and Phone Number			

Race (check one)

- ☐ Timed 10K ☐ Timed 5K ☐ Untimed 5K
☐ Untimed 1K ☐ Tot Trot ☐ Phantom Runner
☐ VIP (enter category)

T-shirt Size (check one)

- Youth Sizes: ☐ S(6-8) ☐ M(10-12) ☐ L(14-16)
 Adult Sizes: ☐ S ☐ M ☐ L ☐ XL
☐ XXL (add \$2.00 to entry fee for XXL)

Entry Fee	\$
Additional Donation to MUST ☐ Monthly ☐ One Time	\$
TOTAL	\$

Make checks payable to MUST Ministries.
 Mail to Gobble Jog, PO Box 1717, Marietta, GA 30061.
 Please print "Gobble Jog" in the memo section of the check.

In consideration of accepting this entry I, the signee intending to be legally bound, hereby, for myself, my heirs, executors, and administrators, waive and release any and all right and claims for damages I may have against the Gobble Jog, the beneficiary organizations, their directors, employees, sponsors, officials, workers, volunteers, representatives, successors, assigns for any and all injuries directly or indirectly suffered in this event.

I grant permission to MUST Ministries and others to use any photographs, videotapes, motion pictures, recordings or any other record of me and/or this event for any legitimate purpose. I also grant permission for MUST Ministries to contact me by email for race-related communications.

Runner's Signature (Parent/Guardian if under 18)