



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# A RUN IN THE COLD CAN WARM THE HEART

DECEMBER 7  
2019

## YMCA Mistletoe Team Registration

The YMCA Mistletoe Race is proud to provide an opportunity for sponsors, churches, schools and organizations/corporations of all kinds to run for a cause while implementing a wellness program to benefit our community. Implement the opportunity to establish an employee/fellowship wellness program or compliment a program already in place. A Team event is designed to help build teamwork across departments and promote fitness and giving within the workplace. If you're interested in learning more about how your organization can get involved, contact [mistletoe@ymcanwnc.org](mailto:mistletoe@ymcanwnc.org).

## MISTLETOE RUN 2019



### TEAM REGISTRATION RATES:

0-25 in group: \$5 off race fee  
26-75 in group: \$10 off race fee  
76+ in group: \$15 off race fee

### RACE FEES:

#### Early Bird before August 31:

Fun Run = \$15  
5K = \$28  
Half = \$45

### Regular Registration

#### (September 1-October 31):

Fun Run = \$15  
5K = \$33  
Half = \$55

### Late Registration

#### (November 1-December 5 at 9am):

Fun Run = \$15  
5K = \$38  
Half = \$65

### YMCA OF NORTHWEST NORTH CAROLINA

301 N Main Street, Suite 1900, Winston-Salem NC 27101 336 777 8055 [www.ymcanwnc.org](http://www.ymcanwnc.org)

**Our mission:** Helping people reach their God-given potential in spirit, mind and body. Financial assistance available. A United Way agency.