

### **Tri-County YMCA October Newsletter**

#### Early Bird Monster Dash 5K Registration Ends Oct. 8



Tomorrow, Wednesday, October 8 at 12 PM EST marks the deadline for Monster Dash 5K Early Bird Registration!

Registering by tomorrow's deadline guarantees a shirt on race day! Check out this year's awesome design!

Register for 5K Here



# Purchase Your Raffle Tickets for our Recliner Raffle

The Clem & Mary Lange YMCA is raffling off a recliner! Raffle tickets can be purchased at the Front Desk during business hours through Saturday, October 25 at 10 AM EST. Cost of tickets are as follows:

- 1 Ticket for \$1
- 6 Tickets for \$5
- 15 Tickets for \$10

Drawing will take place following the Monster Dash 5K on Saturday, October 25!



## Needing Some Volunteer Hours?

Use the QR code to register as a volunteer for our Monster Dash 5K on Saturday, October 25!



## Save the Date for Ladies Night on Friday, November 7

Ladies - Invite your friends and enjoy an evening of shopping local and sipping wine at our annual Ladies Night event on **Friday**, **November 7 from 5:30 PM - 8:30 PM EST!** First 200 ladies in the door will receive a FREE Swaq Baq!



#### Happy Hispanic Heritage Month from the Tri-County YMCA

September 15 - October 15 is Hispanic Heritage Month, and we are joining in the celebration with a tour of our facility in Spanish! Click the link below to check out the tour.

Facility Tour in Spanish







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