



MUST SERVES 50,000 PEOPLE IN NEED

Spanning eight counties and countless housing units, programs and partnerships, MUST Ministries offers comprehensive wrap-around services to stabilize people living in poverty. As MUST celebrates 20 years of Gobble Jog, proceeds will continue to support food, housing (including the new Hope House shelter for 136 people!), workforce development, Summer Lunch, Toy Shops, mobile pantry and pantries embedded in schools.

You can get involved with changing lives by volunteering, giving, donating in-kind items and attending our fund-raising events.

LEARN MORE

WWW.MUSTMINISTRIES.ORG



WAYS to REGISTER

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.

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

PACKET
PICKUP

WEDNESDAY
NOV 23
10AM - 6PM

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 time to visit our
sponsors and enjoy Food Truck and
activities!



MDJ
MARIETTA DAILY JOURNAL

GOBBLE
JOG

2002

2022

20 YEARS of RACING
AGAINST POVERTY

----- Benefitting -----
MUST MINISTRIES

• THANKSGIVING DAY •

MARIETTA
SQUARE

NOVEMBER 24, 2022

10K RUN 5K RUN 5K WALK
1K RUN/WALK TOT TROT

BE A TEAM PLAYER!

Invite your friends, family and co-workers to run in any race division. A team is 10 or more registered by Nov. 17. One team member can pick up race packets and t-shirts at Packet Pickup by emailing teamgobblejog@gmail.com. When registering online, the team captain must create the team before others can join.

PHANTOM/VIRTUAL RUNNERS

If you're going to be out of town or in the kitchen on Thanksgiving, sign up as a Phantom Runner for \$30. You'll get a t-shirt. You will receive an email after the race asking you to pick it up at the MUST office if you are local.

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.

VIP RUNNERS

Go even farther to help your neighbors in need by being a VIP runner! When you add \$75 to your registration fee, you'll receive VIP treatment, including admission to the warm, indoor VIP area at The Strand Theater, premium snacks and beverages, and a special race shirt. And, most importantly, indoor restrooms! Hurry – this is limited to 150 runners!

SPONSORED BY:



VOLUNTEER OPPORTUNITIES

Want to help serve at Gobble Jog? Join the hundreds of volunteers who pitch in on Wednesday and Thursday to make Gobble Jog successful. **Please go to www.GobbleJog.org and click on the volunteer link for a list of available positions.**

REGISTRATION FEES

RACE	Thru Sept 30	Oct 1 - Nov 20	Nov 21 - 24*
Timed 10K	\$35	\$40	\$50
Timed 5K	\$35	\$40	\$50
Untimed 5K	\$30	\$35	\$45
Untimed 1K	\$30	\$35	\$45
Tot Trot	\$20	\$25	\$25

*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 10AM– 6PM at the Packet Pickup.

RACE DAY SCHEDULE

6:30AM	Packet pickup/Registration
7:30AM	10K Run (timed)
8:45AM	1K Fun Run/Walk
9:00AM	5K Run (timed)
9:05AM	5K Run/Walk (untimed)
10:30AM	Tot Trot

*10K RUNNERS WILL BE TIMED THROUGH 90 MINUTES AND ONLY IF REGISTERED IN ADVANCE.

REGISTRATION FORM

PLEASE PRINT CLEARLY

Race (Check One): ☐ Timed 10K ☐ Timed 5K

☐ Untimed 5K ☐ Untimed 1K ☐ Tot Trot

☐ Phantom Runner ☐ VIP (category) _____

Last Name _____

First Name _____

Address _____

City _____

State _____

Zip Code _____

DOB _____

Phone # _____

☐ M

☐ F

Age _____

Gender _____

Email _____

Team Name (if applicable) _____

T-Shirt Size (Circle One):

Youth Size: S(6-8) M(10-12) L(14-16)

Adult Size: S M L XL XXL

(add \$2.00 to entry fee for XXL)

Entry Fee \$ _____
Additional Donation to MUST \$ _____
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.

MUST is a 501(c)3 non-profit organization and does not sell or give out any donor information to any organization or company.

I hereby grant full permission to any and all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose including commercial advertising, without monetary payment to me. **Further, by signing this release I agree to the full release and waiver disclosure found on our website at www.gobblejog.org.**

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