



**KEEP ALBUQUERQUE BEAUTIFUL HOSTS THE 3RD ANNUAL:**

# Junk Jog

Plogging is a new Swedish fitness craze and is a combination of jogging with picking up litter (Swedish: plocka upp). Come and help keep Albuquerque beautiful by participating in this new exercise craze at the Bosque! The individual and group that fills the most trash bags will receive fun prizes!

**Saturday, October 23, 2021 from 8 a.m. to 12 p.m.**

**Central and Sunset**

**Parking Lots north and south of Central**

**For more information visit [keepalbuquerquebeautiful.com](http://keepalbuquerquebeautiful.com)**



**Deadline to submit this registration form is 5:00pm, Thursday, Oct. 14, 2021**

Mail to:

Mila Romero

Keep Albuquerque Beautiful

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Albuquerque, NM 87107

OR

E-mail: [milaromero@cabq.gov](mailto:milaromero@cabq.gov)

First & Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip code: \_\_\_\_\_

Please check one:  Individual  Group (Groups sizes should be limited to 2-4 people)

Participant Group size: \_\_\_\_\_

T-Shirt Size\* (if multiple of a size is needed, please write the quantity on the lines provided):

MEN'S:  Small  Medium  Large  XL  2XL

WOMEN'S:  Small  Medium  Large  XL  2XL

\*Due to delayed shipping times, shirt sizes cannot be guaranteed if you register after Oct. 8