

KEEP ALBUQUERQUE BEAUTIFUL HOSTS THE 5TH ANNUAL

~ Junk Jog ~

Plogging is a 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 28, 2023 from 9 a.m. to 12 a.m.

Central and Sunset

Parking Lots north and south of Central

For more information, visit CABQ.GOV/JUNKJOG



Deadline to submit this “plogger” registration form is 5:00pm, Thursday, Oct 19, 2023

Mail to:

Tara Solt

Keep Albuquerque Beautiful

4600 Edith Blvd N.E.

Albuquerque, NM 87107

OR

E-mail: tsolt@cabq.gov

First & Last Name: _____

Address: _____

City: _____ State: _____ Zip code: _____

HOW DID YOU HEAR ABOUT THIS EVENT? _____

Please check one: Individual Group (Group 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

*Shirt sizes are not guaranteed for those who register after October 10, 2023 due to shipping deadlines.