



**KEEP ALBUQUERQUE BEAUTIFUL HOSTS THE FIRST 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, September 21, 2019 from 8 a.m. to 12 p.m.**

**Park at the Northwest Corner of the National Hispanic Cultural Center**

**1701 4th St SW, Albuquerque, NM 87102**

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



**Deadline to submit this registration form is 5:00pm, Thursday, August 15, 2019.**

Mail to:

Mila Romero

Keep Albuquerque Beautiful

4600 Edith N.E.

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)

Volunteer 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