

SURVIVORS 8K

GMD RUN/WALK



SUPPORTING
HUDSON VALLEY
CANCER RESOURCE CENTER

GENERAL MONTGOMERY DAY • SEPTEMBER 8

“The best little race in the country” since 1991

The Village of Montgomery's 28th Annual General Montgomery Day 8K (GMD8K)
Proceeds will support Hudson Valley Cancer Resource Center

RUNNERS AND WALKERS

Start at 8:00AM on Saturday, September 8th

\$25 pre-registration • \$30 registration fee day of the race • \$15 registration for 15-and-under

HEALTH
FAIR!

LONG SLEEVE T-SHIRTS
guaranteed to all registered by August 20th

COURSE
CERTIFIED

PACKET PICK-UP AND PRE-REGISTRATION

Village Senior Center • Friday, September 7th - 4:30 to 7:00PM

RACE DAY REGISTRATION

begins at 6:45AM and ends promptly at 7:45AM at the Village Senior Center

AGE GROUP & TEAM AWARDS

First, Second & Third Overall Female & Male Runners and Walkers • Winner of the Top 3 Teams

KIDS FUN RUN

Before the Race - 1000 meter dash - Donations accepted - Every kid gets a medal - Ages 10 and under

ENTRY FORM - PLEASE PRINT CLEARLY

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

E-mail _____

Signature _____

Signature of Parent or Guardian if under 18

Age on Race Day _____

Circle your choice RUNNER WALKER

Circle your Choice MALE FEMALE

Shirt Size (circle one)

S M L XL XXL (plus \$2)

Enter Team Name (Print) _____

Please mail registration form along with a check made payable to:
Hudson Valley Cancer Resource Center • 100 Ward Street (17K) • Montgomery, NY 12549

Online Registration & Race Information at:

SURVIVORS8K.ORG

In consideration of your accepting this entry, I the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against the race organizers, the Town or Village of Montgomery, NY, The General Montgomery Day Committee and any other supporters or their representatives, successors and assigns for any and all injuries suffered by me in this event. I attest and verify that I am physically fit to participate in this event.