

Run 4 Downtown

August 20, 2011

2011 Application

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

D.O.B. _____ Age on 8/21/10 _____

Male Female
Please Circle one

4 Mile Run 9:00^{am}
4 Mile Walk 8:30^{am}
Please Circle one

T-shirt size: S M L XL
Please Circle one

Please check this box if you are a member of the 2011 HVGP

In consideration of accepting this entry, I the undersigned, intending to be legally bound, here, for myself, my heirs, executors and administrators, waive and release the Run 4 Downtown, its directors, event vendors, race/event officials, volunteers, sponsors, their representatives and successors and the City of Middletown, its police department and fire department from all claims of liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature: _____
(Parent or Guardian if under 18 years)

Detach and Return to
Run 4 Downtown
17 North Street
Middletown, NY 10940

Run 4 Downtown

August 20, 2011

Start and Finish near Franklin Square in Historic
Downtown Middletown
(Corner of E. Main, W. Main, North and South Streets)

Returning This Year!

Women start 2 minutes and 40 seconds before the men; First three across the finish line are in the money*!

\$350 in Total Cash Prizes!

(1st: \$200, 2nd: \$100, 3rd: \$50)

Knit hats for the first 25 runners to finish and the first 10 walkers to finish – regardless of gender!

There will also be awards for Overall Male & Female winners and age-group awards are three deep in all divisions, male and female. 12-under, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70 & above. No duplication of awards.

*HS, NCAA, NAIA athletes
not eligible for cash awards

Entry

4 mile run or walk

\$22 postmarked by August 6, \$27 after

Make checks payable to

Run 4 Downtown

Race day registration and packet pickup at
Something Sweet Dessert Café, 17 North St.



Run 4 Downtown

Course Records

Male: Art Gunther 20:16 2006
Female: Lillian Kroner 24:10 2009

Masters

Female: Lillian Kroner 24:10 2009
Male: Jim Phelan 23:25 2009

The course is USATF Certified (# NY-07030-JG) and traffic free.

DIRECTIONS

From Rt. 17 East

Take exit 122. Turn Left onto East Main Street. Continue on East Main for 3.2 miles, and then follow signs for public parking.

From Rt. 17 West

Take exit 122. Turn Right onto East Main Street. Continue on East Main for 3.5 miles, and then follow signs for public parking.

Please note that rollerblades, roller skates, heelies, bicycles, baby joggers and dogs are not permitted during the race.

Any Proceeds will support community improvements as we are working in conjunction with the City of Middletown BID to help restore Middletown's Downtown Business District to its vibrant past.

Commemorative t-shirts and travel coffee mugs guaranteed to the first 250 entrants.

The Run 4 Downtown is dedicated to developing our community through active participation in local events. We are firmly set to showcase the beauty of the Hudson Valley and the historic architecture of our Downtown Business District. The Run 4 Downtown is available to all, regardless of ability.