



2019 Run for the Gold 5K

Join the Village of Montgomery and the St. Pat's Ramble Committee for the 7th Annual Walk/Run

Saturday, March 23rd at 10:00 am

Race Starts and Ends on the corner of Wallkill Ave. and Charles St. in Montgomery
Proceeds go to local residents and charities

\$25/ Pre-Registered Participants

\$20/ Pre-Registered age 15 and under
(registration is \$5 more on race day)



Rainbow Dash Fun Run (8 and under)

Will begin promptly at 9:40am prior to 5K

\$5 per child/\$15 per child includes Fun Run T-shirt

Guaranteed Shirts for the first 300 registrants!!

Pick up bibs and race swag on Friday, March 22nd from 6-7:30 pm or on Saturday, March 23rd from 8:00-9:30 am at Montgomery Village Hall 133 Clinton Street, Montgomery, NY

Awards for the First Overall Male and Female Runners, the Top 3 Male and Female Runners in each age group, and the Top 3 Walkers

Age Groups: 8 and under, 9-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69. 70+

Name _____ Age Day of Race _____

Gender: M F City, State _____ Runner or Walker _____

Name on Bib _____

Email _____

Shirt size (please circle one of each)

XS S M L XL (XXL additional \$2)

Mail to: Erin Sherry, 56 Beyers Road,
Middletown, NY 10941

Make Checks payable to:
St. Pat's Ramble,
put CFOS in the memo