

CHANGE A LIFE FOREVER

The YMCA's financial assistance program is made possible by the Y's annual Strong Kids Campaign and allows the Y to dramatically change the lives of those who may not be able to afford YMCA services. By contributing to the Strong Kids Campaign you will change the life of someone right here in your community. Please consider making a donation today.



To learn more about the Strong Kids Campaign contact:

SOUTH ORANGE FAMILY YMCA
Ross Miceli
(P) 845 956 1490
(E) rmiceli@middletownymca.org

**The Y: We're for youth development,
healthy living and social responsibility.**

SOUTH ORANGE FAMILY YMCA
5K Color Run
45 Gilbert St. Ext.
Monroe, NY 10950



5K Color Run
CRANE PARK, MONROE, NY



Saturday, October 1, 2022
Race begins at 10:00am

.....
Timing system provided by **Catskills Timing**
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SOUTH ORANGE FAMILY YMCA
45 Gilbert Street Ext.
Monroe, NY 10950
(P) 845 782 9622
(W) www.middletownymca.org

5K Color Run

Saturday, October 2, 2021

White t-shirt recommended.

Sunglasses & bandana optional.

COLOR is optional.

DISTANCE: 5 kilometers (3.1 mile) Measured by the Orange Runners Club
DATE: Saturday, October 1, 2022
TIMES: **RACE # & T-SHIRT PICKUP & LATE REGISTRATION:**
Friday, September 30 5:00 pm-7:00 pm at the Y
Saturday, October 1 7:30 am-9:30 am at Crane Park

PRE-RACE WARM-UP: 9:30 am
RUNNERS BEGIN: 10:00 am
CHILDREN'S ACTIVITIES: 11:00 am
AWARDS CEREMONY: 11:30 am

ENTRY FEE: **AGE 7 & OLDER:**
\$30.00 July 1 - September 30
\$35.00 Race Day
FEE INCLUDES: T-shirt (first 200 registered)

AGE 6 & YOUNGER: FREE
SPECIAL NEEDS INDIVIDUAL & AIDE: FREE
REGISTER ONLINE:
www.RunSignUp.com/Race?raceId=132859

REGISTRATION: Mail or drop off completed form with a check made payable to:
SOUTH ORANGE FAMILY YMCA
ATTN: 5K Color Run
45 Gilbert Street Ext.
Monroe, NY 10950

-OR-

PARKING: **SOUTH ORANGE FAMILY YMCA**
45 Gilbert Street Ext
Monroe, NY 10950
You will be directed to Crane Park.

-OR-

COMMUTER PARKING LOT ON MILLPOND PKWY
Parking lot is adjacent to Bourbon Street Bar & Grill

CONTACT: Michele Bernieri
(P) 845 956 1488
(E) mbernieri@middletownymca.org

AWARDS

Medals will be awarded to the top 3 men & women in each age group. Winners must be present to claim prizes.

FOOD TRUCKS

Local food trucks will be on-site selling a variety of delicious menu options.

CHILDREN'S ACTIVITIES

Bring the whole family. There will be plenty of fun and games for everyone.

For more information or to volunteer contact:

Michele Bernieri
(P) 845 956 1488
(E) mbernieri@middletownymca.org

5K & Kids Color Run - Race Application

AGE GROUP

Please select your age group below.

- ___ 11 & Under
- ___ 12-15
- ___ 16-19
- ___ 20-29
- ___ 30-39
- ___ 40-49
- ___ 50-59
- ___ 60-69
- ___ 70+

Name: _____ D.O.B: ___/___/___ Age (as of Race Day): _____
Address: _____ City: _____ State: ___ Zip: _____
Phone #: _____ E-Mail: _____
Sex: Male Female T-shirt size (Adult sizes) : S M L XL
Emergency Contact's Name (If under 18): _____ Phone #: _____
Racer's Signature: _____ Date: _____
Parent's Signature (If under 18): _____ Date: _____

In consideration of accepting this entry, I, the undersigned, intending to be legally bound for myself, my heirs, executors and administrators, waive and release any and all claims for damages I may have against the YMCA of Middletown, all sponsors, race volunteers, their representative, successors and assigns for any and all injuries suffered by me in said events. I attest and verify that I am physically fit and have sufficiently trained for the competition of this race. I understand that failure to fill out this form correctly and in its entirety will disqualify me to place for an award.