

United Way/GMD8K

2012 Application

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

D.O.B. _____ Age on 9/8/12 _____

Team Name _____

Male Female

Please Circle One

Runner Walker

Please Circle One

T-Shirt size: S M L XL

Please Circle One

Please check this box if you are a member of the 2012 HVGP

In consideration of 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 United Way, 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. 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)



"The Best Little Race in The County" Since 1997



RUN, WALK & LIVE UNITED

UNITEDWAY/2012GMD8K

GENERAL MONTGOMERY DAY 8K • SATURDAY, SEPTEMBER 8

Award Categories

Individual Awards
(Runners & Walkers)

Awards given for Overall Male & Female winners.

Age-group awards are three deep in all divisions, male and female - 14-under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70 plus.

Team Awards

Running Team Trophy will be awarded to the team with the fastest combined time (3 fastest runners).

Walking Team Trophy will be awarded to the team with the most registered walkers.

Entry Details

Send Completed Entry Forms to:

United Way
30 Scott's Corners Drive, Ste. 102
Montgomery, NY 12549

\$20 postmarked by August 31st
\$25 after August 31st

Make checks payable to:
United Way

YOU MAY ALSO ENTER ONLINE AT
active.com

Want to get a Free Entry?

Participants who raise \$50 or more for United Way will receive FREE RACE ENTRY, FREE T-Shirt & a FREE United Way gift. Please have sponsors make checks payable

to:
United Way/GMD8K

RACE REGISTRATION AND PACKET PICKUP
Veteran's Memorial Park, Montgomery

Friday, September 7th – 4pm-7pm
Saturday, September 8th – 6:30-7:30am
Race Start Time – 8am

Directions

From I-87, take Exit 17 for Newburgh and go west on Route 17K for about 8 miles. Turn left at the light at the junction of Route 211 West. Turn right onto Bachelor Street. Follow to Veteran's Memorial Park.

From I-84 take Exit 5 for Route 208. Go north on 208 and turn left on 17K heading west into Montgomery. At the intersection of Route 211 and 17K, turn left on 211. Turn right onto Bachelor Street. Follow to Veteran's Memorial Park.

From Route 17, take Exit 120 for Route 211 East. Follow into Montgomery. Turn left onto Bachelor Street. Follow to Veteran's Memorial Park.

For more information go to:

www.uwdor.org

or

Email - jwittenberg@uwdor.org

Call 845-457-4774 ext. 3108

Proud Participant in the
2012 Hudson Valley Grand Prix



**United Way/GMD8K
30 Scott's Corners Drive
Montgomery, NY 12549**

RUN, WALK & LIVE UNITED SEPTEMBER 8, 2012

*Featuring the Len Vandermark Race Walk ▲ T-Shirts for first 300 race applicants
Fast, accurate computer timing system ▲ U.S.A.T.F. CERTIFIED COURSE*

GENERAL MONTGOMERY DAY 8K • SATURDAY, SEPTEMBER 8

UNITEDWAY/2012GMD8K

RUN, WALK & LIVE UNITED



"The Best Little Race In The Country. Since 1991"



Come out and support the United Way. By competing in the United Way General Montgomery Day 8K, you are able to show support for the United Way and your community. Run or walk as an individual or as a team to win the Traveling Team Trophy.

About the United Way

The United Way of the Dutchess-Orange Region and its nonprofit partners work to achieve lasting, positive change for your family, friends and neighbors. Giving to the United Way, helps those you care about most and your support of the United Way General Montgomery Day 8K race helps us get to our "finish line" - a healthier, stronger community for us all.

About General Montgomery Day

Since 1991, General Montgomery Day celebrations have been kicked off by the GMD8K - the 8K race for runners and walkers of all ages dubbed "The best little race in the country." Started by local runners, walkers and business leaders, the race was meant to be a "good healthy way for families to start General Montgomery Day."

The course, which winds through the Village of Montgomery, has become an annual "must" for runners and walkers. It attracts hundreds of entrants a year and has raised thousands of dollars for good causes.



**United Way of the
Dutchess-Orange Region
30 Scott's Corners Drive
Montgomery, NY 12549
www.uwdor.org**