

Run 4 Downtown  
81 Pine Court  
Middletown, NY 10941

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.

Post Office Park after R4DT Funding Helped Rebuild the Park.



For the second time in the past three years, the R4DT Gender Challenge resulted in a female winner in 2013.



2013 Overall Champion  
Stephanie Gerland of Garden City, NY

The 2013  
Orange Regional Medical Center Run 4  
Downtown

Was presented by



With Support From

**Something Sweet Dessert Café**  
**Bracesetters**

**John J. Lease**

**Mid-City Transit**

**Perfect Comfort**

**RLHI Funeral Home**

**Dolson Avenue Medical**

**First Federal Savings of Middletown**

**Hudson Highlands Dentistry**

**Hutching's Insurance Agency**

**Mama's Best Deals**

**McAdam Financial Group**

**Olde Erie Brew Pub & Grille**

**Orange County Trust**

**Prestige Pharmacy**

**Hannaford Bros. Supermarket**

**Poor Bobby's Hard Times Tavern**

Alderman Masi

Art's Cleaners

Beakes Travel

DeGraw & DeHaan

Frank's Shoe Fitting

Grand Rental Station

Greater Hudson Bank

McMickle Agency

O'Connell Construction

Scott Test Music

Star Paint & Body Works

Studio Ayo

T&C Auto

US Food Service

Warwick Valley Winery

Westar Tech. Services

Winners Bracket

The 2014  
Orange Regional Medical Center

# R4DT

with

## Zumba in the Street



Four mile Run/Walk

Zumba Hour on North St.

A Taste of the Towns

YMCA Funzone for Kids

Proud Partner in the  
Middletown Triple Challenge

August 16, 2014 9<sup>am</sup>

Franklin Square, Middletown, NY

[www.run4downtown.org](http://www.run4downtown.org)



# Zumba in the Street

Immediately after the runners start, Zumba will take place in the middle of East Main Street for approximately one hour, led by your favorite instructors from the Middletown YMCA.



## The John J. Lease Taste of the Towns

Sample food and desserts from some of the region's finest restaurants.

**Free for All Participants!!**

Guests can purchase a bracelet for \$10 at the event that will allow them to partake in the Taste of the Towns.



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

### Run Course Records

Male: Hakon DeVries 20:10 2011  
Female: Shelby Greany 22:43 2011

### Masters

Female: Lillian Kroner 24:10 2009  
Male: Art Gunther 21:11 2011

### The 2014 Gender Challenge

Women start 4 minutes and 2 seconds before the men; First FIVE across the finish line are in the money\*!

### \$725 in Total Cash Prizes!

(\$300, \$200, \$100, \$75, \$50)

Extra prize 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**

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



New This Year!

### Middletown Triple Challenge

Finish the Classic 10K on June 1, the Ruthie Dino Marshall 5K on June 8 and the R4DT or Zumba in the Street on August 16 and you will receive a commemorative medal at the R4DT post-race party. Pre-registration for the MTC is required, but is free.

### YMCA Funzone

The Middletown YMCA will make this a day to remember for your kids! Balloons, parachute games, face-painting, kids' races and much more! Free! (Parents must sign a waiver for kids to run in the kids races).



Event registration and packet pickup at Something Sweet Dessert Café, 17 North St.  
Tues. – Fri., August 12-15: 5 – 8  
Saturday, August 16: 7 – 8:45

**Commemorative t-shirts and travel coffee mugs guaranteed to the first 500 entrants.**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

D.O.B. \_\_\_\_\_ Age on 8/16/14 \_\_\_\_\_

Gender (Please Circle) Male Female

Event (Please Circle ONE event below)

4 Mile Walk 8:45am    4 Mile Run 9:00am    Zumba in the Street 9:10am

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

### Run / Walk / Zumba Entry

\$22 postmarked by July 31, \$25 after  
Make checks payable to  
Run 4 Downtown

Register Online Today at [run4downtown.org](http://run4downtown.org)

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  
81 Pine Court  
Middletown, NY 10941