

## In loving memory of **Ruthie Dino-Marshall**

Ruthie spent her entire life in the Middletown area and was an active part of the community.

She worked with the Middletown School District, as well as here, at the YMCA of Middletown. She was truly an integral part of our association. Her classes were well received and her benevolent nature always had her involved in an array of "Y" activities.

An avid runner, Ruthie was symbolic of our mission. Her dedication to building healthy Spirit, Mind and Body was exemplified in all she did. Ruthie conveyed this enthusiasm for life, to all who knew her. Because of this, it just seemed a proper tribute to rededicate our road race to Ruthie's memory.

This event raises money each year for the children of our community. The funds raised benefit the Middletown School District Ruthie Dino-Marshall Memorial Fund and the YMCA of Middletown summer camp scholarship fund. Thank you for helping to celebrate an amazing life.

The Ruthie Dino-Marshall 5K Committee

### SPONSORED IN PART BY:



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

The Ruthie Dino-Marshall 5K  
YMCA of Middletown  
81 Highland Avenue  
Middletown, NY 10940



## 24<sup>th</sup> Annual **Ruthie Dino-Marshall 5K** YMCA OF MIDDLETOWN

**Sunday, June 13, 2021**  
1st Wave begins at 8:00am  
and continue every 4 minutes.

Wave 1 Fastest Runners  
Waves 2 & 3 Walkers  
Waves 4+ Runners/Walkers

USATF certified # NY15101JG

Timing system provided by:  
**Catskills Timing**

Presented By:



YMCA OF MIDDLETOWN  
81 Highland Avenue, Middletown, NY 10940  
(P) 845 344 9622 (W) middletownymca.org

# 24<sup>th</sup> Annual Ruthie Dino-Marshall 5K

## Sunday, June 13, 2021

**DISTANCE:** 5 kilometers (3.1 mile) Measured by the Orange Runners Club

**DATE:** Sunday, June 13, 2021

**TIMES:** **RACE PACKET PICKUP & REGISTRATION:**  
 Friday, June 11 4:00 pm-6:30 pm  
 Saturday, June 12 9:00 am-1:00 pm

**RACE PACKET PICKUP ONLY - NO RACE DAY REGISTRATION.**  
 Sunday, June 13 7:00 am-7:45 am

**PRE-RACE WARM UP:** 7:30 am  
**1st WAVE Start Time:** 8:00 am (Waves are 4 minutes apart)  
**KIDS DASH:** 9:30 am

**ENTRY FEE:** **If mailed, must be postmarked by June 1, 2021**  
 \$25.00 5K Pre-entry Fee  
 \$ 5.00 Kids Dash Pre-entry Fee  
**FEE INCLUDES:** race packet, t-shirt (first 200 5K entries), post race grab & go refreshments.

**REGISTRATION:** Please mail or drop off the attached form with a check made payable to the "YMCA of Middletown"  
**YMCA of Middletown**  
**Ruthie Dino-Marshall 5K**  
**81 Highland Avenue**  
**Middletown, NY 10940**

**LOCATION:** The YMCA of Middletown, 81 Highland Avenue.  
 Exit 4 (Rt. 17W) off Route 84.  
 Take Rt. 211 West to Wisner Avenue, make right.  
 Go 3 lights and make left onto Highland Avenue.  
 YMCA will be on your right about 200 yards.

**CONTACT:** Kelly Patterson (P) 845 956 1550 (E) kpatterson@middletownymca.org

Register online at:  
[middletownymca.org/ruthierun](http://middletownymca.org/ruthierun)

### 5K RUN PRIZES

Overall Men's & Women's  
 \$200.00 1st Place  
 \$100.00 2nd Place  
 \$ 50.00 3rd Place

Age Group Winners  
 Medals for the top 3 men & women in each age group

### 5K WALK PRIZES

Overall Finishers  
 Trophies  
 1st-3rd

Age Group Winners  
 Medals for the top 3 men & women in each age group

Post race refreshments  
 will be available to  
**GRAB & GO!**

Please contact Kelly Patterson to  
 volunteer or to  
 donate snacks/supplies.

**WINNERS MUST BE PRESENT TO CLAIM PRIZES.**

### 24<sup>th</sup> Annual Ruthie Dino-Marshall 5K - Race Application

|  |            |           |
|--|------------|-----------|
| <b>RUNNERS AGE GROUPS</b>                                      | 9 & Under  | 30-39     |
|  | 10-12      | 40-49     |
|  | 13-14      | 50-59     |
|  | 15-19      | 60-69     |
|  | 20-29      | 70 & Over |
| <b>WALKERS AGE GROUPS</b>                                      | 25 & Under |           |
|  | 26-49      |           |
|  | 50 & Over  |           |
| <b>KIDS DASH</b>   | 6 & Under  | 7-9 10-11 |
| <b>Are you registered for the Middletown Triple Challenge?</b> |            |           |
| Yes ___ No ___   |            |           |
| <b>ADDITIONAL DONATION</b>                                     |            |           |
| \$ _____   |            |           |

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  XXL

Emergency Contact's Name (if under 18): \_\_\_\_\_ Phone #: \_\_\_\_\_

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.

Racer's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent's Signature (if under 18): \_\_\_\_\_ Date: \_\_\_\_\_