2014 Run For the Gold 5K

The Village of Montgomery's 2nd Annual 5K Run/Walk

Saturday, March 22nd at 10am

Proceeds will go to the Valley Central ADAM Fund

Shirts will be guaranteed to all registrants before March 1st

Race Starts at the Montgomery Nursery School, 21 Wallkill Avenue, Montgomery

Cameron Fitness Kids Fun Run (10 and under)

immediately following the start of the 5K

$5 child/$10 family- Register Day of Race

$25 Pre-registration Fee (online or by mail)

$15 Pre-registration Fee for 15 & under ($20 day of race)

$30 Registration Fee Day of Race (8:30-9:30am at Start line)

Awards will be given to the First Overall Female and Male Runners and the Top 3 Walkers

Awards will also be given to Top 3 Male and Females in each age group.

Age Groups: 10 and under, 11-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and up

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Name: _____ Age on Day of Race: _____ ☐ M ☐ F

City, State: _____ Phone Number: _____

Email Address: _____ ☐ Runner ☐ Walker

Shirt Size (please circle one) S M L XL

Mail registration form along with a check made payable to

The Wallkill River School. In the memo area, please put: *ADAM/5K .*

Send to *Erin Sherry, 56 Beyers Road, Middletown, NY 10941*

For more information, email acon0876@yahoo.com or erinsherry23@gmail.com

St. Pat's Ramble Parade Starts at 1PM!!!

Don't forget to check out our site for updated information on the race!

www.villageofmontgomeryevents.com