

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 Run/Walk Committee

Postage Paid
Non-Profit Org.
PAID
Monsey, NY
Permit No. 982

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



**17th Annual
Ruthie Dino-Marshall
5K Run/Fun Walk**
YMCA OF MIDDLETOWN

Sunday, June 9, 2013
5K Run begins at 8:30am
5K Walk begins at 8:35am

Timing system provided by:
Super Race Systems
using Chronotrack D-tag.

PROUD PARTICIPANT OF
the 2013 Hudson Valley Grand Prix 5K Series
& the Middletown Triple Challenge.

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



17th Annual Ruthie Dino-Marshall 5K Run/Fun Walk

Sunday, June 9, 2013

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

DATE: Sunday, June 9, 2013

TIMES:

RACE PACKET PICKUP & LATE REGISTRATION:
 Friday, June 7 6:00 pm-9:00 pm
 Saturday, June 8 10:00 am-2:00 pm
 Sunday, June 9 7:00 am-8:00 am

PRE-RACE WARM UP: 8:00 am
 RUNNERS BEGIN: 8:30 am
 WALKERS BEGIN: 8:35 am
 KIDS DASH: 10:00 am
 AWARDS CEREMONY: 10:30 am

ENTRY FEE: If mailed, must be postmarked by June 4, 2012.

\$23.00 5K Pre-entry Fee

\$ 5.00 Kids Dash Pre-entry Fee

\$28.00 5K Race Day Registration Fee

\$ 8.00 Kids Dash Race Day Registration Fee

FEE INCLUDES: race packet, t-shirt (first 500 5K entries), post race refreshments & barbeque

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 Run
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: Debbie Brain (P) 845 956 1501 (E) dbrain@middletownymca.org
 Amy Johnson (P) 845 956 1517 (E) ajohnson@middletownymca.org

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 FUN WALK PRIZES

Overall Finishers

Trophies
 1st-3rd

Age Group Winners

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

ALL YOU CAN EAT FAMILY BARBEQUE

\$5.00 per adult
 \$2.00 per child
 Racers eat FREE! Just wear your race #.

Please contact Debbie Brain or
 Amy Johnson if you wish to
volunteer or to
donate food/supplies.

WINNERS MUST BE PRESENT TO CLAIM PRIZES.

17th Annual Ruthie Dino-Marshall 5K Run/Fun Walk - Race Application

RUNNERS AGE GROUPS	
9 & Under	30-39
10-12	40-49
13-14	50-59
15-19	60-69
20-29	70 & Over
WALKERS AGE GROUPS	
25 & Under	
26-49	
50 & Over	
KIDS DASH	
6 & Under	7-9 10-11
Are you a Hudson Valley Grand Prix Member?	
Yes ☐ No ☐	
ADDITIONAL DONATIONS	
\$ _____	

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 #: _____

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 it its entirety will disqualify me to place for an award.

Racer's Signature: _____ Date: _____

Parent's Signature (If under 18): _____ Date: _____