

CHANGE A LIFE FOREVER

The YMCA's financial assistance program is made possible by the Y's annual Strong Kids Campaign and allows the Y to dramatically change the lives of those who may not be able to afford YMCA services. By contributing to the Strong Kids Campaign you will change the life of someone right here in your community. Please consider making a donation today.



To learn more about the
Strong Kids Campaign contact:

SOUTH ORANGE FAMILY YMCA
Ross Miceli
(P) 845 956 1490
(E) rmiceli@middletownymca.org

SPONSORED IN PART BY:

M&T Bank
Understanding what's important®

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

The 5K Color Run & Kids Color Dash
South Orange Family YMCA
45 Gilbert St. Ext.
Monroe, NY 10950



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**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

RUN FOR FUN

Todd Lyons Paving 5K Color Run

Crane Park, Monroe, NY
SOUTH ORANGE FAMILY YMCA

Saturday, October 5, 2019

5K Color Run begins at 9:00am
Kids Color Dash begins at 10:00am

Timing system provided by:

PR Timing

using MYLAPS ProChip and BIB Tag systems.

Presented By:

**TODD
LYONS**
Paving

SOUTH ORANGE FAMILY YMCA
45 Gilbert Street Ext., Monroe, NY 10950
(P) 845 782 9622 (W) www.middletownymca.org

Todd Lyons Paving 5K Color Run

Saturday, October 5, 2019

White t-shirt
recommended.

Sunglasses &
bandana optional.

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

DATE: Saturday, October 5, 2019

TIMES: **RACE # & T-SHIRT PICKUP & LATE REGISTRATION:**
Friday, October 4 5:00 pm-7:00 pm at the Y
Saturday, October 5 6:30 am-8:30 am at Crane Park

PRE-RACE SNACKS: 7:30 am
PRE-RACE WARM-UP: 8:30 am
RUNNERS BEGIN: 9:00 am
KIDS COLOR DASH: 10:00 am
BBQ & AWARDS CEREMONY: 10:30 am

ENTRY FEE: **If mailed, must be postmarked September 20, 2019.**

\$25.00 5K Color Run through June 30th
\$30.00 5K Color Run July 1st - October 4th
\$35.00 5K Color Run Race Day Registration
FEE INCLUDES: T-shirt (first 250 registered), pre & post race refreshments and barbeque

REGISTRATION: Please mail or drop off the attached form with a check made payable to the "South Orange Family YMCA"
South Orange Family YMCA
5K Color Run and Kids Color Dash
45 Gilbert Street Ext.
Monroe, NY 10950

Register online at: <http://www.Active.com>

PARKING: South Orange Family YMCA
45 Gilbert Street Ext
Monroe, NY 10950

Commuter Parking Lot on Millpond Pkwy
(The parking lot is adjacent to Bourbon Street Bar & Grill)

You will be directed to Crane Park.

CONTACT: Michele Bernieri (P) 845 956 1488 (E) mbernieri@middletownymca.org

5K COLOR RUN PRIZES

Age Group Winners

Medals for the top 3 men & women
in each age group.
Winners must be present to claim prizes.

KIDS COLOR DASH PRIZES

All finishers receive medals.

FAMILY BARBEQUE

Children 4 & Under	Free
Children Ages 5-11	\$7.00
Adults 12 & Older	\$10.00

Racers eat FREE! Just wear your race #.

Please contact Michele Bernieri
if you wish to
volunteer or to
donate food/supplies.

5K & Kids Color Run - Race Application

5K COLOR RUN

7-11	40-49
12-15	50-59
16-19	60-69
20-29	70 +
30-39	

KIDS COLOR DASH

10 & Under

ADDITIONAL BBQ TICKETS

Adults @ \$10 = ____
Kids @ \$7 = ____

VENDORS NEEDED

Tables & sponsorship
opportunities available.

Contact:
Michele Bernieri
(P) 845 956 1488
(E) mbernieri@middletownymca.org

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

Racer's Signature: _____ Date: _____

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