

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

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



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



Ruthie Dino-Marshall 5K
YMCA OF MIDDLETOWN

Sunday, June 12, 2022

5K Run begins at 8:30am

5K Walk begins at 8:35am

USATF certified # NY15101JG

Timing system provided by:
Catskills Timing

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

25th Annual Ruthie Dino-Marshall 5K

Sunday, June 12, 2022

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

DATE: Sunday, June 12, 2022

TIMES: **RACE PACKET PICKUP & REGISTRATION:**
 Friday, June 10 4:00 pm-6:30 pm
 Saturday, June 11 9:00 am-1:00 pm

RACE PACKET PICKUP ONLY - NO RACE DAY REGISTRATION.
 Sunday, June 12 7:00 am-8:15 am

PRE-RACE WARM UP: 8:00 am
5K RUN START TIME: 8:30 am
5K WALK START TIME: 8:35 am
KIDS DASH: 10:00 am

ENTRY FEE: **If mailed, must be postmarked by June 1, 2022**
 \$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 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

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
available.

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

WINNERS MUST BE PRESENT TO CLAIM PRIZES.

25th Annual Ruthie Dino-Marshall 5K - 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 registered for the Middletown Triple Challenge?	
Yes ☐ No ☐	
ADDITIONAL DONATION	
\$ _____	

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: _____