

• GENERAL MONTGOMERY DAY •

• SATURDAY • SEPTEMBER 12 •

GMD8K



2015

"The Best Little Race In The Country!"

• SUPPORTING • HUDSON VALLEY • **CANCER RESOURCE CENTER** •

The Village of Montgomery's 24th Annual General Montgomery Day 8K (GMD8K)
Proceeds Will Support Hudson Valley Cancer Resource Center

Runners and Walkers

Start at 8:00AM on Saturday, September 12

\$25 pre-registration

\$30 registration fee day of race

\$15 registration for 15-and-under

Dry-Fit T-shirts or Tank Tops

guaranteed to all registered by August 17

Cameron Fitness Kids Fun Run will be held during the GMD8K

\$5 per child / \$10 per family (money will be collected at the Fun Run)

The race will start and end at the Village Senior Center

Packet pick-up and pre-registration

Village Senior Center • Friday from 3:00 PM to 7:00 PM

Race Day Registration will begin at 6:30

and end promptly at 7:30 the Village Senior Center

Awards

To the First, Second & Third Overall Female and Male Runners and Walkers

Also given to Top Three Males and Females in each age group:

19 and Under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

WIN!
Local Prizes!

24th
Year

HEALTH
FAIR!

course
certified

Name _____ Age on Race Day _____

City/State _____

Phone Number _____

E-mail _____

Signature _____

Runner ☐ Walker ☐

Male ☐ Female ☐

T-Shirt ☐ TankTop ☐

Shirt Size (Please circle one)

S M L XL

Please mail registration form along with a check made payable to
Hudson Valley Cancer Resource Center
100 Ward Street (17K) • Montgomery NY 12549

Online Registration & Race Information:
GMD8K on Facebook • VillageOfMontgomery.org

In consideration of your accepting this entry, I the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against the race organizers, the Town or Village of Montgomery, NY, The General Montgomery Day Committee and any other supporters or their representatives, successors and assigns for any and all injuries suffered by me in this event. I attest and verify that I am physically fit to participate in this event.

We're here to help.

HUDSON VALLEY CANCER RESOURCE CENTER

hudsonvalleycancer.org

Because there's more to cancer than diagnosis & treatment.

Hudson Valley Cancer Resource Center support services are free and available to Hudson Valley residents regardless of where you are being treated for your cancer and include:

- ▲ **HUDSONVALLEYCANCER.ORG**, an innovative Online directory of resources, programs and services for patients in the 10 county region of the Hudson Valley.
- ▲ **REFERRALS** to local, state and national organizations for many of your most pressing needs during cancer; financial assistance, co-pay assistance, prescription assistance, to name a few.

▲ **SUPPORT GROUPS FOR TEENS AND ADULTS** directly affected by cancer.

▲ **ANNUAL HUDSON VALLEY CANCER SURVIVORSHIP SUMMIT** an all-day educational conference with workshops led by experts in their respective fields of cancer care.

▲ **HUDSON VALLEY CANCER ALLIANCE**, a not-for-profit org and our region's only networking organization for oncology related professionals.

▲ **2015 ORANGE COUNTY NON-PROFIT OF THE YEAR**

▲ We provide compassionate guidance to Hudson Valley residents impacted by cancer with the necessary support tools and resources to educate, guide and empower cancer patients and their families to fight their cancer, retain their quality of life and get back to living and loving life.

**HUDSON VALLEY CANCER
RESOURCE CENTER**
Our Goal: To make the cancer
journey easier to bear for all
those affected.



*Casey MacDonald
Cancer Survivor
Founder, Hudson Valley
Cancer Resource Center*

The Cancer Resource Center of the Hudson Valley is a public charity unlike any other in our area. Serving nine counties, Hudson Valley Cancer Resource Center provides support, guidance and referrals to community resources for anyone affected by cancer.

As founder, President and CEO of the Hudson Valley Cancer Resource Center and a 19 year survivor of lymphoma, I created the resource center after my husband and father were diagnosed with incurable cancers within six weeks of one another. I know first hand how difficult everyday life becomes when a loved one is diagnosed with cancer. Many issues surface during treatment which seriously impedes a person's quality of life. That's why I have dedicated my life to making sure a cancer diagnosis doesn't have to be harder than it already is.

Our organization relies solely on donations from the community to provide our programs and services free of charge. Please help us continue making an impact in the lives of cancer patients right now, right here in the Hudson Valley. Thank you for your support.

The Best Little Race In The Country • Since 1991

CANCER RESOURCE CENTER/GMD8K

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