

1991 TO 2016

• GENERAL MONTGOMERY DAY •

25th ANNIVERSARY

• SATURDAY • SEPTEMBER 10 •

GMD8K



2016

"THE BEST LITTLE RACE IN THE COUNTRY" SINCE 1991

JOIN THE RACE TO HELP CANCER PATIENTS & FAMILIES CLOSE TO HOME

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

The Village of Montgomery's 25th Annual General Montgomery Day 8K (GMD8K)
Proceeds Will Support Hudson Valley Cancer Resource Center

Runners and Walkers

Start at 8:00AM on Saturday, September 10

\$25 pre-registration • **\$30** registration fee day of race

\$15 registration for 15-and-under

LONG SLEEVE T-SHIRTS

guaranteed to all registered by August 20th

Packet pick-up and pre-registration

Village Senior Center • Friday from 4:30PM to 7:00PM

Race Day Registration will begin at 6:45AM

and end promptly at 7:45AM at the Village Senior Center

Awards

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

Also given to Top Male & Female Runner & Walker in each age group:

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

And Winner of Each Team Per Category

WIN!
Local Prizes!

25th
Year

HEALTH
FAIR!

course
certified

Name _____ Age Race Day _____ ☐ Male ☐ Female

City/State _____ Phone Number _____ E-mail _____

Signature _____

Long Sleeve T-Shirt Size? **S** **M** **L** **XL** **XXL (+\$2)**

Team Info

Team Name _____

Category **GYMS** **HIGH SCHOOL** **EMS/FD/PD** **TEACHERS** **MEDICAL PROS.**

☐☐☐☐☐

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:
HudsonValleyCancer.org • 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.