



Run for the Gold 5K

The Village of Montgomery's 3rd Annual St. Patrick's Day 5K Race!
All Proceeds Will Go Towards the Backpack Snack Attack Program

Runners and Walkers will start at **10:00am** on **Saturday, March 21st**

\$25 pre-registration fee

\$15 pre-registration fee for runners ages 15 and under

\$30 registration fee day of race

Dry-Fit T-Shirt Guaranteed to Registrants before March 1st

Cameron Fitness Kids Fun Run will be held *during* the 5K
\$5 per child/**\$10** per family (money will be collected at the Fun Run)

Join us for
the St. Pat's
Ramble
Parade
starting at
1pm

The race will start and end at the corner of Clinton and Mead Street in Montgomery

Registration Day of Race will begin at 8am and end promptly at 9:45am

Awards given to First Overall Female and Male Runners and the Top 3 Walkers.

Awards also given to Top 3 Males and Females in each age group.

Age Groups: 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 +

Name _____

Age on day of Race _____

City, State _____

Runner ☐ Walker ☐

Phone Number _____

Shirt Size (please circle one)

Email Address _____

S M L XL

Mail registration form along with a check made payable to the *Back Pack Snack Attack*. Send checks
to *Erin Sherry, 56 Beyers Road, Middletown, NY 10941*

For more information email the race directors, Amy McKenna and Erin Sherry at run4thegold5k@gmail.com

