

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.

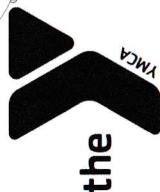
This event raises money each year for the children of our community. The funds raised benefit the Middletown School District Ruthie Dino-Marshall Memorial Fund and the YMCA of Middletown summer camp scholarship fund. Thank you for helping to celebrate an amazing life.

The Ruthie Dino-Marshall 5K Committee

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

Non-Profit Org.
U.S. Postage
PAID
Monsey, NY
Permit #1300

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



Ruthie Dino-Marshall 5K **YMCA OF MIDDLETOWN**

Sunday, June 11, 2023

5K Run begins at 8:30am

5K Walk begins at 8:35am

USATF certified # NY15101JG

Timing system provided by:
Catskills Timing

Presented By:

TODD
LYONS
Paving

YMCA OF MIDDLETOWN

81 Highland Avenue, Middletown, NY 10940

(P) 845 344 9622 (W) middletownymca.org

26th Annual Ruthie Dino-Marshall 5K

Sunday, June 11, 2023

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

DATE: Sunday, June 11, 2023

TIMES:

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

5K RUN/WALK:
 \$25 5K Pre-entry Fee
 \$30 5K Race Day Registration Fee

KIDS DASH:
 \$5 Kids Dash Pre-entry Fee
 \$8 Kids Dash Race Day Registration Fee

FEE INCLUDES: race packet, t-shirt (first 300 5K entries), post race refreshments.

REGISTRATION: Please mail or drop off the attached form with a check made payable to the "YMCA of Middletown".
Please Note: If mailed, must be postmarked by June 1, 2023.

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

LOCATION: 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

Post race refreshments available.

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

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

WINNERS MUST BE PRESENT TO CLAIM PRIZES.

Register online at
middletownymca.org/ruthierun
 OR

SCAN THE QR CODE



26th 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

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: _____