

United
Way



"The Best Little Race In The Country. Since 1991"



RUN, WALK & LIVE UNITED UNITEDWAY/2009GMD8K

GENERAL MONTGOMERY DAY 8K • SATURDAY, SEPTEMBER 12

Featuring the Len Vandermark Race Walk ▲ Long Sleeve T-Shirts for all race applicants
Fast, accurate computer timing system ▲ U.S.A.T.F. CERTIFIED COURSE

Why Support Orange County United Way?

United Way focuses on what matters most, addressing the underlying causes of pressing issues. Our programs create lasting change by preventing problems from happening in the first place.

Orange County United Way works with local nonprofit organizations in your community to provide lasting, positive change for your family, your friends and your neighbors. When you support Orange County United Way you support those you care about most.



Last year Orange County United Way

- ▲ Provided 215 daycare scholarships to working families
- ▲ Funded mentorships for 653 at-risk children
- ▲ Provided 32,865 meals to families and individuals in need
- ▲ Helped foster independence for 155 blind or visually impaired individuals

United Way understands that critical social issues are not limited to any one neighborhood or family. That's why we work across Orange County to improve lives and build stronger communities.

Male, Female & Team Awards

RUNNERS AGE GROUPS • 14 and under • 15-19

20-24 • 25-29 • 30-34 • 35-39 • 40-44 • 45-49

50-54 • 55-59 • 60-64 • 65-69 • 70 plus

WALKER AGE GROUPS • 14 and under • 15-19

20-29 • 30-39 • 40-49 • 50-59 • 60-69 • 70 plus

Overall 1st, 2nd, & 3rd male and female runners and walkers.

1st 2nd & 3rd in the age groups listed here.

UW Travelling Trophy to Running Team with top combined time (3 fastest runners)

UW Travelling Trophy to Walking Team with the most registered walkers

Note: Team Members are also eligible for individual Awards

New This Year! Team Awards & Travelling Trophies for both Runners and Walkers

Date:

General Montgomery Day
Saturday, September 12, 2009

Veteran's Memorial Park
Montgomery, New York

Distance:

8 Kilometers
(153.33 feet short of 5 miles)

Starting Time:

Runners and Walkers start at 8:00 a.m.

Individual & Team Entries:

- Complete your entry form in detail - including your team name.
- Send in \$20 pre-registration fee with this entry form OR send in your entry form with a completed pledge form (see reverse) with \$50 or more, postmarked on or before 09/05/09
- Or bring your \$25 late registration fee (or completed pledge form) to Veterans Memorial Park Friday evening, September 11 (3:00 pm - 7:00 pm) or on race day (6:30 am - 7:30 am)
- Pre-race packet pick-up and registration 3:00pm - 7:00 pm, Friday, September 11, Veteran's Memorial Park, Bridge Street, Montgomery, New York
- For more information or directions visit <http://www.uwoc.org/> or E-mail: jwittenberg@uwoc.org

Please Make checks payable to: **UWOC / GMD8K**

PLEASE PRINT VERY, VERY CLEARLY. THANKS! Please cut along dotted line and mail entry form to United Way of Orange County, 30 Scott's Corners Drive, Suite 102 - Montgomery, NY 12549

Your Name _____ Sex (Check one): M F

Home Address _____

City _____ ST _____ Zip _____ Phone _____

Entering as a (Check only one): Runner Walker T-Shirt Size S M L XL

Birth Date: (Month/Day/Year) ____ / ____ / ____ Age (On Day of Race) _____

Your Company or Team Name _____

E-MAIL _____

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 United Way of Orange County, 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.

Your Full Signature _____

(Parent or Guardian if under 18 years) _____

Down Load Entries & Get Info at: <http://www.uwoc.org/>