

The 2008 Run 4 Downtown

Was presented by



With Support From

Fox 96.7 & 103.1

Outreach Orange

HudsonValley.com

Hutchings Insurance Agency

8 Hats High

Mid-City Transit

Dovetail Construction

First Federal Savings and Loan

Mama's Best Deals

Prestige Pharmacy

Ralston Lippincott Hasbrouck Ingrassia

Funeral Home

Olde Erie Brew Pub

Jaya Massage Studio

Art's Cleaners

Edward Jones Investments

Bialas Farms

Dolson Ave. Medical

Hannaford

Country Squire Apartments

Beake's Travel

DeGraw and Dehaan

Downtown Laundry

Grand Rental Station

Memory Lane Food Service

Shawngunk Horticulture

Runners' World

Middletown BID



Fourth Annual 4 Mile Run
through Historic
Downtown Middletown, NY

Proud Member of



Run 4 Downtown

**\$350 in Total Cash
Prizes!**

August 15, 2009

Start Times

Women: 9:00

Men: 9:04:46

Kids' Run:

10:30

www.run4downtown.org

Run 4 Downtown
17 North Street
Middletown, NY 10940

Run 4 Downtown

August 15, 2009
2009 Application

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

D.O.B. _____ Age on 8/15/09 _____

Male Female
Please Circle one

4 Mile Run 9:00^{am}
4 Mile Walk 8:30^{am}
Children's 1 Block Run 10:30^{am}
Please Circle one

T-shirt size: S M L XL
Please Circle one

Please check this box if you are a member of the 2009 HVGP

In consideration of accepting this entry, I the undersigned, intending to be legally bound, here, for myself, my heirs, executors and administrators, waive and release the Run 4 Downtown, its directors, event vendors, race/event officials, volunteers, sponsors, their representatives and successors and the City of Middletown, its police department and fire department from all claims of liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature: _____
(Parent or Guardian if under 18 years)

Detach and Return to
Run 4 Downtown
17 North Street
Middletown, NY 10940

Run 4 Downtown

August 15, 2009

Start and Finish near Franklin Square in Historic
Downtown Middletown
(Corner of E. Main, W. Main, North and South Streets)

Returning This Year!

Women start 4 minutes and 46 seconds before the men; First three across the finish line are in the money*!

\$350 in Total Cash Prizes!

(1st: \$200, 2nd: \$100, 3rd: \$50)

There will also be awards for Overall Male & Female winners and age-group awards are three deep in all divisions, male and female. 12-under, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70 & above. No duplication of awards. All entrants in the Kids' 1 Block run get a ribbon.

*HS, NCAA, NAIA athletes
not eligible for cash awards

Entry

4 mile run or walk

\$20 postmarked by August 1, \$25 after,

Children's 1 Block Run

\$6 postmarked by August 1, \$8 after

Make checks payable to

Run 4 Downtown

Race day registration and packet pickup at
Something Sweet Dessert Café, 17 North St.



Run 4 Downtown

Course Records

Male: Art Gunther 20:16 2006

Female: Katie Wittenberg 26:08 2008

Masters

Female: Barbara Sessa 26:15 2006

Male: Calvin Connor 24:09 2008

The course is USATF Certified (# NY-07030-JG) and traffic free.

DIRECTIONS

From Rt. 17 East

Take exit 122. Turn Left onto East Main Street. Continue on East Main for 3.2 miles, and then follow signs for public parking.

From Rt. 17 West

Take exit 122. Turn Right onto East Main Street. Continue on East Main for 3.5 miles, and then follow signs for public parking.

Any Proceeds will support community improvements as we are working in conjunction with the City of Middletown BID to help restore Middletown's Downtown Business District to its vibrant past.

Please note that rollerblades, roller skates, heelies, bicycles, baby joggers and dogs are not permitted during the race.

Commemorative t-shirts and travel coffee mugs guaranteed to the first 250 entrants.

The Run 4 Downtown is dedicated to developing our community through active participation in local events. We are firmly set to showcase the beauty of the Hudson Valley and the historic architecture of our Downtown Business District. The Run 4 Downtown is available to all, regardless of ability.