

**Marshall & Sterling Insurance  
Run 4 Downtown  
Event Details:**

- Packet pickup and live music in Run 4 Downtown Park, Thursday and Friday, August 16 and 17, from 6pm – 8pm.
- Race day registration and packet pickup begins at 7:00am
- Live music featuring First Round begins at 8:00am
- 4-mile walk starts at 8:45am
- 4-mile run – females start at 9:00
- 4-mile run – males start at 9:03:01
- The R4DT Post Race Party begins at 9:15am
- YMCA Funzone opens at 10:00am
- Runners' & Walkers' Brunch begins at 10:00am
- Awards ceremony begins at 10:45am
- Post-race party ends at 12:00pm

This event is not possible without the support of Middletown's



**YMCA Funzone**



The Middletown YMCA will make this a day to remember for your kids! Balloons, parachute games, face-painting, kids' races and much more! Free! (Parents must sign a waiver for kids to run in the kids' races).

**Runners' & Walkers' Brunch  
&  
The R4DT Post-Race Party**

Live Music with Newburgh's hard-rocking band First Round, brunch served up by Shoprite, and, of course, beer and wine compliments of local bars, breweries and wineries.

**Free for All Participants!!**

With a \$10 donation, friends and families that did not run or walk in the Marshall & Sterling Insurance R4DT can get a wristband that will allow them to partake in the Runners' and Walkers' Brunch and Post-Race Party.



**Be a Part of the 4<sup>th</sup> Annual  
Middletown Triple Challenge**

Finish the Classic 5K or 10K on June 3, the Ruthie Dino Marshall 5K on June 10 and the Marshall & Sterling Insurance R4DT on August 18 and you will have completed the Middletown Triple Challenge. Any eligible person can claim their commemorative award during the Marshall & Sterling Insurance R4DT post-race party and be a part of the Triple Challenge Competitors' Group photo (immediately following the awards ceremony).

Join us Thursday evenings, May 24 – August 16, for the Orange Regional Medical Center Training Runs. Starting time is 6pm and water is provided at the end. Upon finishing, stay and enjoy the Middletown Summer Concert Series held in Run 4 Downtown Park (adjacent to Something Sweet Café). All abilities welcome.

The Marshall & Sterling Insurance Run 4 Downtown starts and finishes near Franklin Square in Historic Downtown Middletown (Corner of E. Main, W. Main, North and South Streets)

**Run Course Records**

Male: Hadout Mousaab 19:05 2015  
Female: Shelby Greany 22:43 2011

**Masters**

Female: Lillian Kroner 24:10 2009  
Male: Art Gunther 21:11 2011

**The 2018 Gender Challenge**

Women start 3 minutes and 1 second before the men; First SIX across the finish line are in the money\*!

**Over \$1500 in Potential Cash Prizes!**

(\$400, \$300, \$200, \$100, \$75, \$50)

**\$200 For the male and/or female that sets a new course record.**

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, 70-79 and 80 & above. No duplication of awards.

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

Event registration and packet pickup at Something Sweet Dessert Café, 17 North St.  
Thurs. – Fri., August 16-17: 5pm – 8pm  
Saturday, August 18: 7am – 8:30am

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



2018 Event Application

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_ Age on 8/18/18 \_\_\_\_\_

Gender (Please Circle) Male Female

Event (Please Circle ONE event below)

4 Mile Walk  
8:45<sup>am</sup>

4 Mile Run  
9:00<sup>am</sup>

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

**Run / Walk Registration Fee**

\$27 postmarked by June 3, \$30 by August 11, \$33 after

Make checks payable to  
Run 4 Downtown

Or Register Online at [run4downtown.org](http://run4downtown.org)

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  
81 Pine Court  
Middletown, NY 10941

**Commemorative t-shirts and travel coffee mugs are guaranteed to the first 500 registered participants so be sure to register early!**

### The 2017 R4DT

Was presented by



With Support From

**Shoprite**

**Orange Urgent Care**

**Orange Regional Medical Center**

**Quinnz Pinz**

**Something Sweet Dessert Café**

**Touro College**

**IHeart Media**

**Galleria at Crystal Run**

**Alan Turken Insurance Agency**

**Beakes Travel**

**First Federal Savings of Middletown**

**Kathleen Rifkin, Architect**

**Mid-City Transit**

**Middletown BID**

**Middletown Kiwanis Club**

**Middletown YMCA**

**Poor Bobby's Hard Times Tavern**

**RLHI Funeral Home**

**Val Bruni Plumbing & Heating, Inc**

**Dolson Ave Medical**

**Elect Judge Brockett County Court Judge Hannaford**

**Hudson Highlands Dentistry**

**Hutchings' Insurance Agency**

**Mainframe Custom Framing**

**Monhagen Wine & Spirits**

**NeighboRx Pharmacy**

**O'Connell Family Contracting**

**Olde Erie Brew Pub & Grille**

**Quinn Oil**

**T & C Auto**

**Alex Smith**

**Alto Music**

**Any Old Thing**

**Art's Cleaners**

**Beer King**

**Dana Distributors**

**DeFilippi's Bakery**

**DeGraw & DeHann Architects**

**Frank's Custom Shoe Fitting**

**Lite Brite Signs**

**McMickle Agency**

**Neiger's Service Center**

**New York Life**

**Prestige Graphics Services, Inc.**

**Shear Perfection Salon**

**Star Paint & Body Works**

**The Vineyards**

**Todd Lyons Paving**

**U.S. Food Service**

**Warwick Valley Winery**

**Winner's Bracket Awards & Trophies**

**Middletown Fire Department**

**Middletown High School Honor Society**

**Middletown High School ROTC**

**Middletown Lions Club**

**Middletown Police Department**

**Middletown Teachers' Association**

**Orange County Amateur Radio Emergency**

**Side by Side**

## 2018 Sweet Corporate Challenge

The Sweet Corporate Challenge began in 2016 and is an opportunity for businesses, community organizations, or even families to come together in an event that is so much fun that participants often forget that the Marshall & Sterling Insurance R4DT benefits the community!

Teams are divided between small (organizations with 25 or fewer members) and large. One point is scored for each finisher. The winning teams take home the Corporate Cup for the next year and have a \$250 donation made in their name to a charity of their choice.

Team registration for the Sweet Corporate Challenge is free (each participant still registers individually) and is done online at [www.run4downtown.org](http://www.run4downtown.org).

### 2017 Large Division Champions Family First



### 2017 Small Division Champions Val Bruni Plumbing and Heating



Run 4 Downtown  
81 Pine Court  
Middletown, NY 10941

## The 2018 Marshall & Sterling Insurance Run 4 Downtown



## Middletown's 13<sup>th</sup> Annual Four-mile Run/Walk

Along with the

R4DT Post-Race Party

YMCA Funzone for Kids

Sweet Corporate Challenge

Middletown Triple Challenge

**August 18, 2018 at 9<sup>am</sup>**

Franklin Square, Middletown, NY

[run4downtown.org](http://run4downtown.org)