

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

SPONSORED IN PART BY:



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



**23rd Annual
Ruthie Dino-Marshall 5K**
YMCA OF MIDDLETOWN

Sunday, June 9, 2019
5K Run begins at 8:30am
5K Walk begins at 8:35am

USATF certified # NY15101JG

Timing system provided by:
Catskills Timing

Presented By:



PROUD PARTICIPANT OF
the Middletown Triple Challenge.

YMCA OF MIDDLETOWN
81 Highland Avenue, Middletown, NY 10940
(P) 845 344 9622 (W) middletownymca.org

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



23rd Annual Ruthie Dino-Marshall 5K Sunday, June 9, 2019

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

DATE: Sunday, June 9, 2019

TIMES:

RACE PACKET PICKUP & LATE REGISTRATION:

Friday, June 7 5:00 pm-8:00 pm
Saturday, June 8 9:00 am-1:00 pm
Sunday, June 9 7:00 am-8:00 am

PRE-RACE WARM UP: 8:00 am
RUNNERS BEGIN: 8:30 am
WALKERS BEGIN: 8:35 am
KIDS DASH: 10:00 am
AWARDS CEREMONY: 10:30 am

ENTRY FEE: If mailed, must be postmarked by June 1, 2019

\$25.00 5K Pre-entry Fee \$ 5.00 Kids Dash Pre-entry Fee
\$30.00 5K Race Day Registration Fee \$ 8.00 Kids Dash Race Day Registration Fee
FREE INCLUDES: race packet, t-shirt (first 500 5K entries), post race refreshments & barbeque

REGISTRATION:

Please mail or drop off the attached form with a check made payable to the "YMCA of Middletown"

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

Register online at:

middletownymca.org/ruthierun

LOCATION:

The 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

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

ALL YOU CAN EAT FAMILY BARBEQUE

\$5.00 per adult
\$2.00 per child

Racers eat FREE! Just wear your race #.

5K WALK PRIZES

Overall Finishers
Trophies
1st-3rd

Age Group Winners

Medals for the top 3 men & women in each age group

Please contact Kelly Patterson
if you wish to
volunteer or to
donate food/supplies.

WINNERS MUST BE PRESENT TO CLAIM PRIZES.

23rd 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

Name: _____ D.O.B: ___/___/___ Age (as of Race Day): _____

Address: _____ City: _____ State: ___ Zip: _____

Phone #: _____ E-Mail: _____

WALKERS AGE GROUPS

_25 & Under
_26-49
_50 & Over

Sex: Male Female T-shirt size (Adult sizes) : S M L XL XXL

Emergency Contact's Name (If under 18): _____ Phone #: _____

KIDS DASH

_6 & Under _7-9 _10-11

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.

Are you registered for the Middletown Triple Challenge?
_Yes _No

ADDITIONAL DONATION
\$ _____

Racer's Signature: _____ Date: _____

Parent's Signature (If under 18): _____ Date: _____