

CHANGE A LIFE FOREVER

The YMCA's financial assistance program is made possible by the Y's annual Strong Kids Campaign and allows the Y to dramatically change the lives of those who may not be able to afford YMCA services. By contributing to the Strong Kids Campaign you will change the life of someone right here in your community. Please consider making a donation today.



To learn more about the Strong Kids Campaign contact:

SOUTH ORANGE FAMILY YMCA
Ross Miceli
(P) 845 956 1490
(E) rmiceli@middletownymca.org

SPONSORED IN PART BY:



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

The 5K Color Run & Kids Color Dash
South Orange Family YMCA
45 Gilbert St. Ext.
Monroe, NY 10950



Non-Profit Org.
US POSTAGE
PAID
Monsey, NY
Permit No 982



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

RUN FOR FUN

**Todd Lyons Paving
5K Color Run**
Crane Park, Monroe, NY
SOUTH ORANGE FAMILY YMCA

Saturday, July 14, 2018
5K Color Run begins at 9:00am
Kids Color Dash begins at 10:00am

.....
Timing system provided by:
PR Timing
using MYLAPS ProChip and BIB Tag systems.
.....

Presented By:
TODD LYONS
Paving

SOUTH ORANGE FAMILY YMCA
45 Gilbert Street Ext., Monroe, NY 10950
(P) 845 782 9622 (W) www.middletownymca.org

Todd Lyons Paving 5K Color Run

Saturday, July 14, 2018

White t-shirt recommended.

Sunglasses & bandana optional.

DISTANCE: 5 kilometers (3.1 mile) Measured by the Orange Runners Club
DATE: Saturday, July 14, 2018
TIMES: **RACE # & T-SHIRT PICKUP & LATE REGISTRATION:**
 Friday, July 13 5:00 pm-7:00 pm at the Y
 Saturday, July 14 6:30 am-8:30 am at Crane Park

PRE-RACE SNACKS: 7:30 am
 PRE-RACE WARM-UP: 8:30 am
 RUNNERS BEGIN: 9:00 am
 KIDS COLOR DASH: 10:00 am
 BBQ & AWARDS CEREMONY: 10:30 am

ENTRY FEE: **If mailed, must be postmarked by June 29, 2018.**
 \$25.00 5K Color Run through April 30th
 \$30.00 5K Color Run May 1st - July 13th
 \$35.00 5K Color Run Race Day Registration
 \$12.00 Kids Color Dash through July 13th
 \$15.00 Kids Color Dash Race Day
FEE INCLUDES: T-shirt (first 250 registered), pre & post race refreshments and barbeque

REGISTRATION: Please mail or drop off the attached form with a check made payable to the "South Orange Family YMCA"
South Orange Family YMCA
5K Color Run and Kids Color Dash
45 Gilbert Street Ext.
Monroe, NY 10950

Register online at: <http://www.Active.com>

PARKING: South Orange Family YMCA
 45 Gilbert Street Ext
 Monroe, NY 10950
 Commuter Parking Lot on Millpond Pkwy
 (The parking lot is adjacent to Bourbon Street Bar & Grill)

You will be directed to Crane Park.

CONTACT: Michele Bernieri (P) 845 956 1488 (E) mbernieri@middletownymca.org

5K COLOR RUN PRIZES

Age Group Winners

Medals for the top 3 men & women in each age group.
 Winners must be present to claim prizes.

FAMILY BARBEQUE

Children 4 & Under	Free
Children Ages 5-11	\$7.00
Adults 12 & Older	\$10.00

Racers eat FREE! Just wear your race #.

KIDS COLOR DASH PRIZES

All finishers receive medals.

Please contact Michele Bernieri if you wish to volunteer or to donate food/supplies.

5K & Kids Color Run - Race Application

5K COLOR RUN
 7-11 _____ 40-49 _____
 12-15 _____ 50-59 _____
 16-19 _____ 60-69 _____
 20-29 _____ 70+ _____
 30-39 _____

KIDS COLOR DASH
 10 & Under _____

ADDITIONAL BBQ TICKETS
 # Adults @ \$10 = _____
 # Kids @ \$ 7 = _____

VENDORS NEEDED
 Tables & sponsorship opportunities available.

Contact:
 Michele Bernieri
 (P) 845 956 1488
 (E) mbernieri@middletownymca.org

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
 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: _____