

● GREAT DAY! ● GREAT RACE! ● GREAT CAUSE! ●

SURVIVORS8K

26th GMD RUN/WALK



● SUPPORTING HUDSON VALLEY ● CANCER RESOURCE CENTER ●

● GENERAL MONTGOMERY DAY ● SATURDAY ● SEPTEMBER 9 ●

“THE BEST LITTLE RACE IN THE COUNTRY” SINCE 1991.

The Village of Montgomery’s 26th Annual General Montgomery Day 8K (GMD8K)
Proceeds Will Support Hudson Valley Cancer Resource Center

Runners and Walkers

Start at 8:00AM on Saturday, September 9

\$25 pre-registration • **\$30** registration fee day of race

\$15 registration for 15-and-under

LONG SLEEVE T-SHIRTS

guaranteed to all registered by August 20th

Packet pick-up and pre-registration

Village Senior Center • Friday from 4:30PM to 7:00PM

Race Day Registration will begin at 6:45AM

and end promptly at 7:45AM at the Village Senior Center

Age Group & Team Awards

First, Second & Third Overall Female and Male Runners and Walkers

Also awards to Top Male & Female Runner & Walker in each age group:

19 and Under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+ And Winner of Each Team Per Category

ENTRY FORM ° PLEASE PRINT CLEARLY

Name: _____

Address City, _____

State _____ Zip: _____

Phone: _____

E-mail: _____

Signature: _____

Signature of Parent or Guardian if under 18

AGE RACE DAY: _____

Circle Your Choice: **RUNNER** **WALKER**

Circle Your Choice: **MALE** **FEMALE**

Shirt Size (circle one)

S **M** **L** **XL** **XXL (Plus \$2)**

Enter Team Name (Print): _____

Please mail registration form along with a check made payable to:
Hudson Valley Cancer Resource Center • 100 Ward Street (17K) • Montgomery NY 12549

Online Registration & Race Information at:

SURVIVORS8K.ORG

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 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.

WIN!
Local Prizes!

26th
Year

HEALTH
FAIR!

course
certified