

## 2019 Mickey's Team Challenge

Mickey's Team Challenge began in 2016 and is named for Mickey Ward Hock, the matriarch of the 3-time Large Division champions, Family First. Mickey's Team Challenge provides businesses, community organizations, or even families an opportunity to come together and participate in this great annual event as a group, with each member contributing equally to the team's overall score.

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.

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

## 2018 Large Division Champions Family First



## 2018 Small Division Champions Val Bruni Plumbing and Heating



## 2019 Event Application

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Email \_\_\_\_\_

Phone \_\_\_\_\_ Age on 8/17/19 \_\_\_\_\_

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 2, \$30 by August 10, \$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.

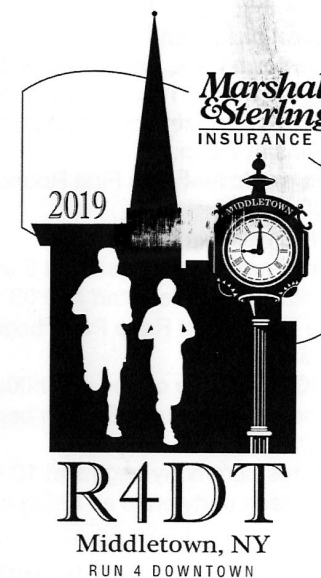
Signature: \_\_\_\_\_

(Parent or Guardian if under 18 years)

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

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

## The 2019 Marshall & Sterling Insurance Run 4 Downtown



## Middletown's 14<sup>th</sup> Annual Four-mile Run/Walk

Along with the

Equilibrium Brewery Post-Race  
Party

Shoprite Post-Race Brunch

YMCA Funzone for Kids

Mickey's Team Challenge

Middletown Triple Challenge

**August 17, 2019 at 9<sup>am</sup>**

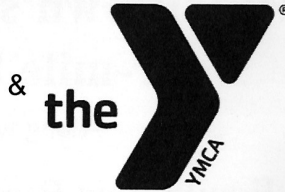
Run 4 Downtown Park, Middletown, NY

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

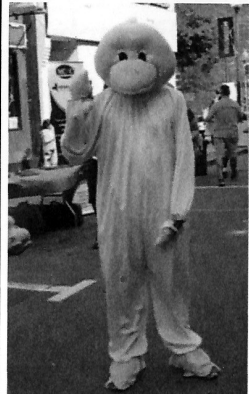
## The 14<sup>th</sup> Annual Marshall & Sterling Insurance Run 4 Downtown Event Details:

- Packet pickup and live music in Run 4 Downtown Park, Thursday and Friday, August 15 and 16, 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 9:03:16
- 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).

### The 2018 R4DT

Was presented by  
**Marshall & Sterling**  
INSURANCE  
With Support From  
City of Middletown  
CPV

Equilibrium Brewery  
IHeart Media  
Orange Regional Medical Center  
Orange & Rockland Call 811  
O'Connell Family Contracting  
Shoprite  
Something Sweet Dessert Café  
Times Herald Record  
Touro College  
Alan Turken Insurance Agency  
Beakes Travel  
Catalyst Paving  
Cornerstone Family Healthcare  
First Federal Savings of Middletown  
Fusco Engineering and Land Surveying  
Galleria at Crystal Run  
Grand Rental Station  
Greater Hudson Bank  
Judge Brockett City Court Judge  
Kathleen Rifkin, Architect  
Mid-City Transit  
Middletown BID  
Middletown Kiwanis Club  
Middletown Lions Club  
Middletown YMCA  
RLHI Funeral Home  
Sleep Inn

### Val Bruni Plumbing & Heating, Inc

Barton & Loguidice  
Cilia's Painting  
Dolson Ave Medical  
Hudson Highlands Dentistry  
JHM Tree Service  
Mainframe Custom Framing  
Monhagen Wine & Spirits  
NeighboRx Pharmacy  
Olde Erie Brew Pub & Grille  
Quinn Oil  
T & C Auto  
Todd Lyons Paving  
Torisi Agway  
Alto Music  
Any Old Thing  
Art's Cleaners  
Chester Printing  
DeGraw & DeHann Architects  
Frank's Custom Shoe Fitting  
Manza Family Farm  
McMickle Agency  
Rhodes to Recovery  
Tapped  
Warwick Valley Winery  
Westar Tech Services  
Winner's Bracket Awards & Trophies  
Cub Scout Pack 63  
Girl Scout Troops 239 & 539  
Middletown Fire Department  
Middletown High School Honor Society  
Middletown High School ROTC  
Middletown Police Department  
Middletown Teachers' Association  
Orange County Amateur Radio Emergency

## Awards

### The 2019 Gender Challenge

Women start 3 minutes and 16 seconds 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

### 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



Be a Part of the 5<sup>th</sup> Annual

## Middletown Triple Challenge

Finish the Classic 5K or 10K on June 2, the Ruthie Dino Marshall 5K on June 9 and the Marshall & Sterling Insurance R4DT on August 17 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).

Event registration and packet pickup at  
Something Sweet Dessert Café, 17 North St.  
Thurs. – Fri., August 15-16: 6pm – 8pm  
Saturday, August 17: 7am – 8:30am

## **The Equilibrium Brewery Post-Race Party & Shoprite Post Race Brunch**

Live Music with Newburgh's hard-rocking band First Round, brunch served up by Shoprite, and, of course, beer and wine compliments of Equilibrium Brewery and Warwick Valley Winery.

**Free for All Participants!!**

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



**New This Year!**

### **Middletown Art Walk**

Live Music • Public Art Displays • Activities  
Friday, August 16, 5 – 9pm, R4DT Park

Join us Thursday evenings, May 23 – August 15, 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.