

The 2021 R4DT

Was presented by



And hosted by the

City of Middletown

With support from

**Equilibrium Brewery
Garnet Health Medical
Center**

**Kathleen Rifkin, Architect
Orange & Rockland Call 811
Shoprite**

Something Sweet Café

Debbie and Bill Beakes

First Federal Savings of Middletown

Grand True Value Rental

Heritage FCU

Law Office of Shawn R O'Connor

Middletown City Court

Mid-City Transit

Mid-Hudson Valley FCU

Middletown BID

Middletown Kiwanis Club

Middletown Lions Club

Middletown Medical

Middletown YMCA

Torrisi Agway

Any Old Thing

Fusco Engineering

Hudson Highlands Dentistry

Mainframe Custom Framing

O'Connell Family Contracting

Olde Erie Brew Pub & Grille

Quinn Oil

Todd Lyons Paving

Touro College

Warwick Valley Winery

Art's Cleaners

Chester Printing

DeGraw & DeHann Architects

Manza Family Farm

McMickle Agency

Touchdown Sports Cards

Girl Scout Troops 239, 251, 485 & 539

Middletown Fire Department

Middletown High School Honor Society

Middletown High School ROTC

Middletown High School Volleyball Team

Middletown Police Department

Middletown Teachers' Association

Orange County Amateur Radio Emergency

2022 Mickey's Team Challenge

Mickey's Team Challenge began in 2016 and is named for Mickey Ward Hock, the matriarch of the 5-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.

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. Each member of a winning team will take home a commemorative medal.

Team registration for Mickey's Team Challenge is free (each participant still registers individually) and is done online at www.r4dt.org.

2021 Large Division Champions Family First



2021 Small Division Champions Something Sweet Dessert Cafe



Run 4 Downtown
17 North Street
Middletown, NY 10941

The 2022 Marshall & Sterling Insurance Run 4 Downtown



Middletown's 16th Annual Four-mile Run/Walk

Part of Middletown's
Rock, Roll and Run
Weekend 2022

Along with the
Equilibrium Brewery Post-Race
Party

YMCA Funzone for Kids
Mickey's Team Challenge
First Responders' Challenge

August 20, 2022, at 9^{am}
Run 4 Downtown Park, Middletown, NY

r4dt.org

The 16th Annual R4DT Event Details

Thursday, August 18

- Packet Pickup R4DT Park, 5 – 8pm
- R4DT Training Run, R4DT Park, 5pm
- Middletown Summer Concert Series, R4DT Park, 6 – 8pm

Friday, August 19

- Packet Pickup R4DT Park, 5 – 8pm
- Middletown Summer Concert Series, R4DT Park, 6 – 8pm
- Jefferson Starship at Paramount Theatre, 8pm

Saturday, August 20

- Packet Pickup and Registration, R4DT Park, 7 – 8:30am
- Walker Start, 8:45am
- Female Start, 9am
- Male Start, 9:03:40am
- Equilibrium Brewery Post-Race Party, R4DT Park, 9:15 – 12noon
- YMCA Funzone for kids, Jerry's Park, 9:30 – 11:30am
- R4DT After Hours Party @ Equilibrium Brewery, Noon – 2pm

This event is hosted by



Join us Thursday evenings, June 2 – August 18, for the Garnet Health Medical Center Training Runs. Meeting time is 5pm at the clock in Run 4 Downtown Park (13-15 North Street) and water is provided at the end. Upon finishing, stay and enjoy the Middletown Summer Concert Series. All abilities welcome.

New in 2022! Rock, Roll & Run Weekend

The City of Middletown is proud to welcome Jefferson Starship and their Mother of the Sun Tour, to the Paramount Theatre on Friday, August 19 at 8pm.

All runners and walkers pre-registered by August 3 will be entered into a lottery for two free tickets, a \$90, value!

One Hundred lucky people will walk away with a pair of tickets! The lottery will be held Thursday, August 4 and winners will be notified by email.



Also New in 2022 First Responders' Challenge!

Local Fire Departments, Police Departments and Ambulance Companies are invited to participate in the Inaugural First Responders' Challenge.

Awards given to the departments that have the most finishers in the 4-mile run/walk.

Team Registration is done at www.r4dt.org.

Awards

The 2022 First to the Finish Battle of the Sexes!

Women start 3 minutes and 40 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: Johannes Motschmann 18:57 2021

Female: Shelby Greany 22:43 2011

Masters

Female: Lillian Kroner 24:10 2009

Male: Art Gunther 21:11 2011

The Equilibrium Brewery Post-Race Party

Live Music with Newburgh's hard-rocking band First Round and, of course, awesome craft beer compliments of Equilibrium Brewery and fine wine compliments of 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 join the Post-Race Party.



2022 Event Application

Name _____

Address _____

City _____ State _____ Zip _____

Email _____

Phone _____ Age on 8/20/22 _____

Gender (Please Circle) Male Female

Event (Please Circle ONE event below)

4 Mile Walk
8:45am

4 Mile Run
9:00am

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

Run / Walk Registration Fee

\$30 (\$15 for participants 12 and younger)

Make checks payable to
Run 4 Downtown

Or Register Online at r4dt.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!