

Sponsors of the 2006 Run 4 Downtown



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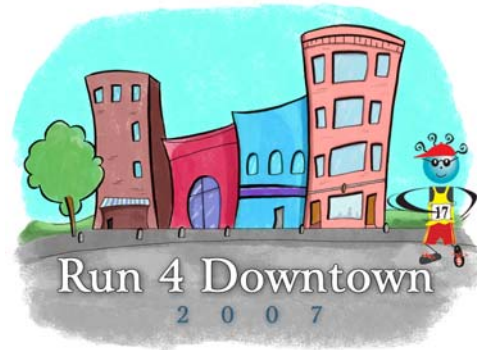
Orange & Rockland

Ralston Lippincott Hasbrouck Ingrassia Funeral
Home

Runners' World

Stella's Café

The Vineyards



August 18, 2007

Second Annual 4 Mile Run
through Historic
Downtown Middletown, NY

Run 4 Downtown

\$250 in Total Cash Prizes!

Start Times

Women: 9:00

Men: 9:05:22

Kids' 1 Block Run:
10:30

www.run4downtown.org

Run 4 Downtown

August 18, 2007

2007 Application

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

D.O.B. _____ Age on 8/18/07 _____

Male **Female**
Please Circle one

4 Mile Run
4 Mile Walk

Children's 1 Block Run
Please Circle one

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

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

Run 4 Downtown

August 18, 2007

Start and Finish near Franklin Square in Historic
Downtown Middletown
(Corner of E. Main, W. Main, North and South Streets)

New This Year!

Women start 5 minutes and 22 seconds before
the men; First three across the finish line are in
the money*!

\$250 in Total Cash Prizes!

(1st: \$150, 2nd: \$75, 3rd: \$25)

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
and 70 & above. No duplication of awards. All
entrants in the Kids' 1 Block run get a ribbon.

***HS, NCAA, NAIA athletes
not eligible for cash awards**

Entry

4 mile run or walk

\$17 postmarked by August 4, \$22 after,

Children's 1 Block Run

\$4 postmarked by August 4, \$6 after

Make checks payable to

Run 4 Downtown



Run 4 Downtown

Course Records

Male: Art Gunther 20:16 2006

Female: Barbara Sessa 26:15 2006

Masters

Female: Barbara Sessa 26:15 2006

Male: Rich Tierney 26:40 2006

The course is USATF Certified
(# NY-07030-JG) and traffic free

DIRECTIONS

From Rt. 17 East

Take exit 122. Turn Left onto East Main Street. Continue on East Main for 3.2 miles, and then follow signs for public parking.

From Rt. 17 West

Take exit 122. Turn Right onto East Main Street. Continue on East Main for 3.5 miles, and then follow signs for public parking.

All proceeds benefit the
Interactive Museum

Please note that rollerblades, roller skates, heelies, bicycles and baby joggers are not permitted during the race.

**Commemorative t-shirts and travel coffee mugs
to the first 250 entrants.**

The Run 4 Downtown is dedicated to developing our community through active participation in local events. We are firmly set to showcase the beauty of the Hudson Valley and the historic architecture of our Downtown Business District. The Run 4 Downtown is available to all, regardless of ability.