



2016 Run for the Gold 5k

The Village of Montgomery's 4th
Annual 5K Run/Walk

Saturday, March 19th at 10:00 am

Proceeds will go to Valley Central Youth Sports

Shirts guaranteed to all registrants before March 1st

Race starts in front of the Montgomery Nursery School, 21 Wallkill Ave., Montgomery



Cameron Fitness Kids Fun Run (8 and under)

immediately following the START of the 5K

\$5 child / \$10 family - Register DAY of race

\$25 Pre-registration Fee / \$30 Day of Race

\$15 Pre-registration Fee (15 and under) / \$20 Day of Race

Pick up bibs and race swag on **Friday, March 18th** from 5-7 pm or on **Saturday, March 19th** from 8:30-9:30 am at **Montgomery Village Hall, 133 Clinton St., Montgomery**

Local Prizes for the First Overall Male and Female Runners and Walkers as well as the Top 3 Male and Female runners in each age group

Age Groups: 12 and under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Name _____ Age Day of Race _____ M F

City, State _____ Phone Number _____

Runner Walker

Email Address _____ Name on Bib _____

Shirt Style (please circle one): Crew Neck (Men's) V-neck

(Women's) **Size:** S M L XL

Mail registration form along with a check made payable to **St. Pat's Ramble** (put **CFOS** in the Memo) to

Erin Sherry, 56 Beyers Road. Middletown, NY 10941

ST. Pat's Ramble Parade Starts at 1PM!!!

Don't forget to check out our website, www.villageofmontgomery.org to register online or to find updated information about the St. Pat's Ramble and Run for the Gold.



St. Pat's Ramble is a component fund of the Community Foundation of Orange and

