



## 2017 Run for the Gold 5K

The Village of Montgomery's 5<sup>th</sup> Annual 5K Run/Walk  
**Saturday, March 18<sup>th</sup> at 10:00 am**

Proceeds will go to local families and organizations through the  
Community Foundation of Orange and Sullivan

Shirts guaranteed to all registrants before March 1<sup>st</sup>

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 **Thursday, March 16<sup>th</sup> from 5-7 pm**

or on **Saturday, March 18<sup>th</sup> from 8:30-9:30 am**

at **Montgomery Village Hall, 133 Clinton St., Montgomery**



**Local Prizes and Custom Medals** for the First Overall Male and Female Runners and Walkers.

**Custom Medals** will be awarded to the **Top 3 Male and Female** runners in **each age group**

Age Groups: 11 and under, 12-15, 16-19, 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): Long Sleeve (Men's) Long Sleeve (Women's)

**Size** (please circle one): S M L XL XXL (please add \$2)

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

Don't forget to check out our Facebook page and website,  
[www.stpatsramblemontgomeryny.com](http://www.stpatsramblemontgomeryny.com) to register online or to find updated  
information about the St. Pat's Ramble and the Run for the Gold 5K.



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