

# CHANGE A LIFE FOREVER

To make a donation to the Capital Campaign and help our Y expand to further meet the needs of your community, simply pick up a donation form at one of our locations.



If you would like to learn more about the Capital Campaign contact:

## SOUTH ORANGE FAMILY YMCA

Michele Bernieri

(P) 845 956 1488

(E) [mberneri@middletownymca.org](mailto:mberneri@middletownymca.org)

**THANK YOU TO OUR RACE SPONSOR:**



HEATING & COOLING  
COMFORT CONTRACTORS

**The Y: We're for youth development,  
healthy living and social responsibility.**

**The 5K Color Run & Kids Color Dash**  
South Orange Family YMCA  
45 Gilbert St. Ext.  
Monroe, NY 10950



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# RUN FOR FUN

## 5K Color Run & Kids Color Dash

At O&R Park, Rt. 208, Monroe, NY  
SOUTH ORANGE FAMILY YMCA

**Saturday, July 16, 2016**

5K Color Run begins at 9:00am

Kids Color Dash begins at 10:00am

Timing system provided by:

**PR Timing**

using MYLAPS ProChip and BIB Tag systems.

## SOUTH ORANGE FAMILY YMCA

45 Gilbert Street Ext., Monroe, NY 10950

(P) 845 782 9622

[www.middletownymca.org](http://www.middletownymca.org)

# 5K Color Run & Kids Color Dash

## Saturday, July 16, 2016

White t-shirt recommended.

Sunglasses & bandana optional.

**DISTANCE:** 5 kilometers (3.1 mile) Measured by the Orange Runners Club  
**DATE:** Saturday, July 16, 2016  
**TIMES:** **RACE # & T-SHIRT PICKUP & LATE REGISTRATION:**  
 Friday, July 15 5:00 pm-7:00 pm at the Y  
 Saturday, July 16 6:30 am-8:30 am at O & R Park

PRE-RACE SNACKS: 7:30 am  
 PRE-RACE WARM-UP: 8:30 am with Roby Desir  
 RUNNERS BEGIN: 9:00 am  
 KIDS COLOR DASH: 10:00 am  
 BBQ & AWARDS CEREMONY: 10:30 am

**ENTRY FEE:** **If mailed, must be postmarked by July 1, 2016.**  
 \$25.00 5K Color Run through March 15th  
 \$30.00 5K Color Run March 16th-July 15th  
 \$35.00 5K Color Run Race Day Registration  
 \$12.00 Kids Color Dash through July 15th  
 \$15.00 Kids Color Dash Race Day  
**FEE INCLUDES:** T-shirt (when pre-registered by June 30th), pre & post race refreshments & barbeque

**REGISTRATION:** Please mail or drop off the attached form with a check made payable to the "South Orange Family YMCA"  
**South Orange Family YMCA**  
**5K Color Run and Kids Color Dash**  
**45 Gilbert Street Ext**  
**Monroe, NY 10950**

Register online at: <http://www.Active.com>

**PARKING:** South Orange Family YMCA 45 Gilbert Street Ext Monroe, NY 10950  
 Commuter Parking Lot in Monroe Exit 129 off Rt. 17

You will be directed to O&R Park from both lots.

**CONTACT:** Michele Bernieri (P) 845 956 1488 (E) mbernieri@middletownymca.org

### 5K COLOR RUN PRIZES

#### Age Group Winners

Medals for the top 3 men & women in each age group.  
 Winners must be present to claim prizes.

### KIDS COLOR DASH PRIZES

All finishers will receive medals.

### ALL YOU CAN EAT FAMILY BARBEQUE

Children 4 & Under	Free
Children Ages 5-11	\$7.00
Adults 12 & Older	\$10.00

Racers eat FREE! Just wear your race #.

Please contact Michele Bernieri if you wish to volunteer or to donate food/supplies.

## 5K & Kids Color Run - Race Application

<b>5K COLOR RUN</b>	
7-11	40-49
12-15	50-59
16-19	60-69
20-29	70 +
30-39	
<b>KIDS COLOR DASH</b>	
12 & Under	
<b>ADDITIONAL BBQ TICKETS</b>	
# Adults @ \$10 =	
# Kids @ \$ 7 =	
<b>VENDORS</b>	
\$50/table	
FREE w/4 runners.	
Please submit the 4 runner's applications together.	
Description:	

Name: \_\_\_\_\_ D.O.B: \_\_\_/\_\_\_/\_\_\_ Age (as of Race Day): \_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_ Zip: \_\_\_

Phone #: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Sex:  Male  Female T-shirt size (Adult sizes) :  S  M  L  XL

Emergency Contact's Name (If under 18): \_\_\_\_\_ Phone #: \_\_\_\_\_

In consideration of accepting this entry, I, the undersigned, intending to be legally bound for myself, my heirs, executors and administrators, waive and release any and all claims for damages I may have against the YMCA of Middletown, all sponsors, race volunteers, their representative, successors and assigns for any and all injuries suffered by me in said events. I attest and verify that I am physically fit and have sufficiently trained for the competition of this race. I understand that failure to fill out this form correctly and it its entirety will disqualify me to place for an award.

Racer's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent's Signature (If under 18): \_\_\_\_\_ Date: \_\_\_\_\_