

Come out and support health initiatives in our region. By competing in United Way's General Montgomery Day 8K, you are able to show support for United Way and your community. Run or walk as an individual or as a team to win the traveling team trophy.

About United Way

United Way of the Dutchess-Orange Region and its many community partners work to achieve positive, lasting change for your family, friends and neighbors. Giving to United Way helps those you care about most. Your support of the 8K race helps us get to our "finish line" - a stronger, healthier community for us all.

About General Montgomery Day

Since 1991, General Montgomery Day celebrations have been kicked off by the GMD8K - the 8K race for runners and walkers for all ages dubbed "the best little race in the country." Started by local runners, walkers and business leaders, the race was meant to be a "good healthy way for families to start General Montgomery Day."

The course, which winds through the village of Montgomery, has become an annual "must" for runners and walkers. It attracts hundreds of entrants each year and has raised thousands of dollars for United Way's community fund.

LIVE UNITED



United Way of the
Dutchess-Orange Region

www.uwdor.org



"The Best Little Race In The Country. Since 1991"

RUN, WALK & LIVE UNITED
2014 UNITED WAY/GMD8K



GENERAL MONTGOMERY DAY 8K • SATURDAY, SEPTEMBER 6

*Featuring the Len Vandermark Race Walk T-Shirts for first 300 race applicants
Fast, accurate computer timing system U.S.A.T.F CERTIFIED COURSE*

RUN, WALK & LIVE UNITED SEPTEMBER 6, 2014

General Montgomery Day 8K
United Way of the Dutchess-Orange Region
30 Scott's Corners Drive, Suite 102
Montgomery, NY 12549



LIVE UNITED



United Way of the
Dutchess-Orange Region

2014 8K RUN/WALK APPLICATION

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

D.O.B _____ Age on 9/6/14 _____

Team Name _____

Please Circle One

Runner

Walker

Please Circle One

Male

Female

Please Circle T-shirt Size

S

M

L

XL

Please check box if you are a member of 2014 HVGP

In consideration of accepting this entry, I, the understated, intending to be legally bound, hereby, for myself, my heirs, executors and administrators waive and release all rights and claims for damages I may have against the race organizers, United Way of the Dutchess-Orange Region, the Town or Village of Montgomery, NY, the General Montgomery Day Committee and any other supporters or their representatives, successors and assigns for any and all injuries suffered by me in this event. I attest and verify that I am physically fit to participate in this event. I grant permission to all the forgoing 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)



ENTRY DETAILS

Send completed entry forms to:

United Way/GMD 8K
30 Scott's Corners Drive, Suite 102
Montgomery, NY 12549

\$20 if postmarked by August 29

\$25 after August 29

Make Checks Payable to:

United Way of the Dutchess-Orange Region

You may also register online at

www.uwdor.org

WANT TO GET A FREE ENTRY?

Participants who raise \$50 or more for United Way of the Dutchess-Orange Region will receive FREE race entry, a FREE t-shirt and a gift from United Way. Please have sponsors make checks payable to united way/GMD 8K.

RACE REGISTRATION AND PACKET PICK-UP

Village of Montgomery Senior Center

Friday, September 5 -- 3:00-6:00 p.m.

Saturday, September 6 -- 6:30-7:30 a.m.



RACE START TIME -- 8:00 a.m.

DIRECTIONS

From I-87, take Exit 17 for Newburgh and go west on Route 17K for about 8 miles. Turn left at the light at the junction of Route 211 west. Turn right onto Bachelor Street. Follow to Veteran's Memorial Park.

From I-84 take Exit 5 for Route 208. Go north on 208 and turn left on 17K heading west into Montgomery. At the intersection of Route 211 and 17K, turn left on 211. Turn right onto Bachelor Street. Follow to Veteran's Memorial Park.

From Route 17, take Exit 120 for Route 211 east. Follow into Montgomery. Turn left onto Bachelor Street. Follow to Veteran's Memorial Park.

FOR MORE INFORMATION GO TO:

www.uwdor.org

email: sschick@uwdor.org

call: 845-471-1900 x3114



Proud Participant in the
2014 Hudson Valley Grand Prix

