

**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.



United Way of the  
Dutchess-Orange Region

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



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

**RUN, WALK & LIVE UNITED**  
**2013 UNITED WAY/GMD8K**



United Way of the  
Dutchess-Orange Region

**GENERAL MONTGOMERY DAY 8K • SATURDAY, SEPTEMBER 7**

*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 7, 2013**

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



## 2013 8K RUN/WALK APPLICATION

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

D.O.B \_\_\_\_\_ Age on 9/7/13 \_\_\_\_\_

Team Name \_\_\_\_\_

Please Circle One

<b>Runner</b>	<b>Walker</b>
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Please Circle One

<b>Male</b>	<b>Female</b>
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Please Circle T-shirt Size

<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>
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Please check box if you are a member of 2013 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)



### AWARD CATEGORIES

#### INDIVIDUAL AWARDS (Runners & Walkers)

Awards will be given for overall male & female winners.

Age-group awards are three deep in all divisions:  
(male, female) 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70 plus.

#### TEAM AWARDS

**Running Team Trophy** will be awarded to the team with the fastest combined time (3 fastest runners).

**Walking Team Trophy** will be awarded to the team with the most registered walkers.

### 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 30  
\$25 after August 30

**Make Checks Payable to:**

United Way of the Dutchess-Orange Region

You may also register online at  
[www.uwdor.org](http://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 or set-up your online fundraising page here:

[www.uwdor.org/GMD8Kfundraiser](http://www.uwdor.org/GMD8Kfundraiser)

### RACE REGISTRATION AND PACKET PICK-UP

Veteran's Memorial Park, Montgomery

Friday, September 6 -- 4:00-7:00 p.m.  
Saturday, September 7 -- 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](http://www.uwdor.org)

email: [sschick@uwdor.org](mailto:sschick@uwdor.org)

call: 845-471-1900 x3114



Proud Participant in the  
2013 Hudson Valley Grand Prix

