

Come out and support Orange County United Way and help us kick off our 2010/2011 Annual Campaign! By competing in the United Way General Montgomery Day 8K, you are able to show support for the United Way and your community. Run or walk as an individual or as a team to win the Traveling Team Trophy.

### About Orange County United Way

Orange County United Way partners with local nonprofit organizations to provide lasting, positive change for your family, your friends and your neighbors. When you support Orange County United Way, you support those you care about most.

### About General Montgomery Day

Since 1991, General Montgomery Day celebrations have been kicked off by the GMD8K – the 8K race for runners and walkers of 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 a year and has raised thousands of dollars for good causes.



Orange County  
United Way



“The Best Little Race In The Country. Since 1991”



# RUN, WALK & LIVE UNITED UNITEDWAY/2010GMD8K

GENERAL MONTGOMERY DAY 8K • SATURDAY, SEPTEMBER 11

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

RUN, WALK & LIVE UNITED SEPTEMBER 11, 2010

Orange County United Way/GMD8K  
30 Scott's Corners Drive  
Montgomery, NY 12549

# United Way/GMD8K

## 2010 Application

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

D.O.B. \_\_\_\_\_ Age on 9/11/10 \_\_\_\_\_

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

**Male      Female**

Please Circle One

**Runner      Walker**

Please Circle One

T-Shirt size: **S      M      L      XL**

Please Circle One

Please check this box if you are a member of the 2010 HVGP

In consideration of accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against the race organizers, The United Way of Orange County, 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 of the foregoing 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 given for Overall Male & Female winners.  
Age-group awards are three deep in all divisions, male and female - 14-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:**

*Orange County United Way*  
30 Scott's Corners Drive, Ste. 102  
Montgomery, NY 12549

\$20 postmarked by September 3rd  
\$25 after September 3rd

*Make checks payable to:*  
**Orange County United Way**

**YOU MAY ALSO ENTER ONLINE AT**



### ***Want to get a Free Entry?***

Participants who raise \$50 or more for United Way will receive **FREE RACE ENTRY; FREE Long Sleeve T-Shirt & a FREE United Way gift.** Please have sponsors make checks payable to:

**Orange County United Way/GMD8K**

**RACE REGISTRATION AND PACKET PICKUP**  
Veteran's Memorial Park, Montgomery

*Friday, September 10th – 4pm-7pm*  
*Saturday, September 11th – 6:30am*  
**Race Start Time – 8am Sharp!**

### **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.uwoc.org](http://www.uwoc.org)

or

Email - [jwittenberg@uwoc.org](mailto:jwittenberg@uwoc.org)

**Call 845-457-4774**

**Proud Participant in the**  
**2010 Hudson Valley Grand Prix**

