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 Middletown, NY
 Permit No. 732

Ruthie spent her entire life in the Middletown area and was an active part of the community.

She worked with the Middletown School District, as well as here, at the YMCA of Middletown. She was truly an integral part of our association. Her classes were well received and her benevolent nature always had her involved in an array of “Y” activities.

An avid runner, Ruthie was symbolic of our mission. Her dedication to building healthy Spirit, Mind and Body was exemplified in all she did. Ruthie conveyed this enthusiasm for life, to all who knew her.

Because of this, it just seemed a proper tribute to rededicate our road race to Ruthie’s memory. This event raises money each year for the children of our community. The funds raised benefit the Middletown School District Ruthie Dino-Marshall Memorial Fund and the YMCA of Middletown summer camp scholarship fund. Thank you for helping to celebrate an amazing life.

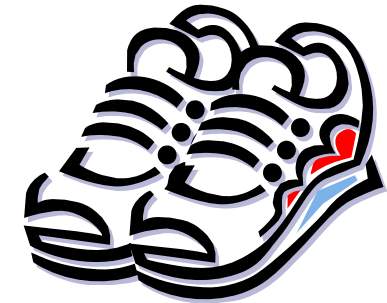
The Ruthie Dino-Marshall
 5K Run/Walk Committee

The Ruthie Dino-Marshall 5K Run/Walk
YMCA of Middletown
81 Highland Avenue
Middletown, NY 10940



81 Highland Avenue
 Middletown, NY 10940
 (845) 344-9622

Ruthie Dino-Marshall
5K RUN/FUN WALK
& YMCA HEALTHY KIDS DAY
Sunday, June 6, 2010



8 Week Pre-Race Training Program
 Members & Non-Members Welcome!
 For: Beginner to Advanced Runners
 Coached By: Barbara Sessa
 Tuesdays & Fridays
 April 13 - June 4
 6:00 - 7:30PM



REGISTER NOW!
 For more information contact
 Debbie Brain
 (845)344-9622 Ext. 245

THE RUTHIE DINO-MARSHALL 5K RUN/FUN WALK & YMCA HEALTHY KIDS DAY SUNDAY, JUNE 6, 2010



YMCA
We build strong kids,
strong families, strong communities.

DISTANCE: 5 kilometers (3.1 mile) Measured by the Orange Runners Club

DATE: Sunday, June 6, 2010

TIMES: RACE PACKET PICKUP & LATE REGISTRATION:
 Friday, June 4 7:00 pm-9:00 pm
 Saturday, June 5 10:00 am-2:00 pm
 Sunday, June 6 7:00 am-8:00 am

PRE-RACE WARM UP: 8:00 am
 RUNNERS BEGIN: 8:30 am
 KIDS DASH: 10:00 am
 AWARDS CEREMONY: 10:30 am
 WALKERS BEGIN: 8:35AM

ENTRY FEE: \$20.00 Pre-entry runners/walkers – **If mailed, must be postmarked by May 29, 2010.**
 \$25.00 Day of Race
 \$ 5.00 Kids Dash
FEE INCLUDES: race packet, t-shirt (first 500 5K entries), all you can eat barbeque & post race breakfast.

REGISTRATION: Please mail or drop off the attached form with a check made payable to the “YMCA of Middletown”
YMCA of Middletown
Ruthie Dino-Marshall Run
81 Highland Avenue
Middletown, NY 10940



LOCATION: The YMCA of Middletown, 81 Highland Avenue.
 Exit 4 (Rt. 17W) off Route 84.
 Take Rt. 211 West to Wisner Avenue, make right.
 Go 3 lights and make left onto Highland Avenue.
 YMCA will be on your right about 200 yards.

MORE INFO: Please call Debbie Brain (845)344-9622 Ext. 245 or Amy Johnson (845)344-9622 Ext. 225.

5K RUN PRIZES

Overall Men's & Women's
 \$200.00 1st Place
 \$100.00 2nd Place
 \$ 50.00 3rd Place

Age Group Winners
 Medals for the top 3 men & women in each age group.

WINNERS MUST BE PRESENT TO CLAIM PRIZES!

5K FUN WALK PRIZES

Overall Finishers
 Trophies
 1st-3rd

Age Group Winners
 Medals for the top 3 men & women in each age group

YMCA HEALTHY KIDS DAY 9:00 AM to 2:00 PM

FAMILY BARBEQUE

\$5.00 per adult
 \$2.00 per child
 Racers eat **FREE!** Just wear your race #.
ALL YOU CAN EAT!

GAMES, PRIZES, MUSIC & MORE!

THE RUTHIE DINO-MARSHALL 5K RUN/FUN WALK

- RUNNERS AGE GROUPS**
- 9 & Under
 - 10-12
 - 13-14
 - 15-19
 - 20-29
 - 30-39
 - 40-49
 - 50-59
 - 60-69
 - 70 & Over

- WALKERS AGE GROUPS**
- 25 & Under
 - 26-49
 - 50 & Over

- KIDS DASH**
- 6 & under
 - 7-9
 - 10-11

ADDITIONAL DONATIONS
\$ _____

Please contact Debbie Brain or Amy Johnson if you wish to volunteer or donate food/supplies.

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 fit its entirety will disqualify me to place for an award.

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 #: _____

Racer's Signature: _____ Date: _____
 Parent's Signature (if under 18): _____ Date: _____