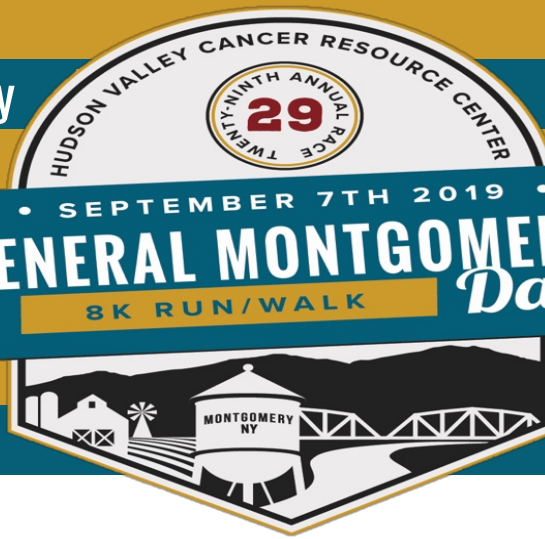


General Montgomery Day

Saturday, September 7

20

19



“The best little race

in the country” since 1991

The Village of Montgomery’s 29th Annual General Montgomery Day Race (GMD8K)
 Proceeds will support Hudson Valley Cancer Resource Center

RUNNERS & WALKERS

Start at 8:00AM on Saturday September 7th

\$25 Pre-registration - \$30 registration fee day of race - \$15 registration for 15-and-under

Course
Certified

Pre-Race
Breakfast

LONG SLEEVE T-SHIRTS
 Guaranteed to all registered by August 20th

PACKET PICK-UP & PRE-REGISTRATION
 Village Senior Center - Friday, September 6th - 4:30 to 7:00PM

RACE DAY REGISTRATION
 Begins at 6:45AM and ends promptly at 7:45 at Village Senior Center

AGE GROUP AWARDS
 First, Second & Third Overall Female & Male Runners & Walkers

ENTRY FORM – PLEASE PRINT CLEARLY

Name _____
 Address _____
 City _____
 State _____ Zip _____
 Phone _____
 Email _____
 Signature _____
 Signature of Parent or Guardian if under 18 _____

Age on Race Day _____

Circle your Choice RUNNER WALKER

Circle your Choice MALE FEMALE

Shirt Size (circle one)
 S M L XL XXL (plus \$2)

Please mail registration from along with a check made payable to:
 Hudson Valley Cancer Resource Center 100 Ward Street (17K) Montgomery, NY 12549

Register online: GMD8K.org

In consideration of your 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 right and claims for damages I may have against the race organizers, the Town or Village of Montgomery, NY, The General Montgomery Day Committee or any other supporters or representatives, succors and assigns for all and any injuries suffered by me in this event. I attest and verify that I am physically fit to participate in this event.