

Run 4 Downtown
81 Pine Court
Middletown, NY 10941

2017 Sweet Corporate Challenge

The Sweet Corporate Challenge began in 2016 and is an opportunity for businesses, community organizations, or even families to come together in an event that is so much fun that participants often forget that the [Marshall & Sterling Insurance](#) R4DT benefits the community!

Teams are divided between small (organizations with 25 or fewer members) and large. One point is scored for each finisher. The winning teams take home the Corporate Cup for the next year and have a \$250 donation made in their name to a charity of their choice.

Team registration for the Sweet Corporate Challenge is free (each participant still registers individually) and is done online at www.run4downtown.org.

2016 Large Division Champions Family First



2016 Small Division Champions Val Bruni Plumbing and Heating



The 2016 ORMC R4DT

Was presented by



With Support From

ShopRite

Something Sweet Dessert Café

Westar Mechanical Services

Touro College

Beakes Travel

First Federal Savings of Middletown

Mid-City Transit

Middletown BID

Middletown Kiwanis Club

Middletown YMCA

Poor Bobby's Hard Times Tavern

RLHI Funeral Home

Val Bruni Plumbing & Heating, Inc

Dolson Ave Medical

Elect Judge Brockett County Court Judge Hannaford

Hudson Highlands Dentistry

Hutchings' Insurance Agency

Mainframe Custom Framing

Monhagen Wine & Spirits

NeighboRx Pharmacy

O'Connell Family Contracting

Olde Erie Brew Pub & Grille

Quinn Oil

T & C Auto

Alan Turken Insurance Agency

Alex Smith

Alto Music

Any Old Thing

Art's Cleaners

Beer King

Dana Distributors

DeFilippi's Bakery

DeGraw & DeHann Architects

Frank's Custom Shoe Fitting

Kathleen Rifkin, Architect

Lite Brite Signs

McMickle Agency

Neiger's Service Center

New York Life

Prestige Graphics Services, Inc.

Shear Perfection Salon

Star Paint & Body Works

The Vineyards

Todd Lyons Paving

U.S. Food Service

Warwick Valley Winery

Winner's Bracket Awards & Trophies

Middletown Fire Department

Middletown High School Honor Society

Middletown High School ROTC

Middletown Lions Club

Middletown Police Department

Middletown Teachers' Association

Orange County Amateur Radio Emergency

Side by Side

The 2017 Marshall & Sterling Insurance Run 4 Downtown



Middletown's 12th Annual Four mile Run/Walk

Along with the

Shoprite Pre-Race Pasta Dinner

Taste of the Towns

R4DT Post-Race Party

YMCA Funzone for Kids

Sweet Corporate Challenge

Middletown Triple Challenge

**August 19, 2017 at 9^{am}
Franklin Square, Middletown, NY**

run4downtown.org

The 12th Annual Marshall & Sterling Insurance Run 4 Downtown Event Details:

- Shoprite Pre-Race pasta dinner 6pm–8pm Friday, August 18, in the King St. Promenade. Live music in R4DT Park.
- Race day registration begins at 7:00am
- Live music featuring First Round begins at 8:00am
- 4 mile walk begins at 8:45am
- 4 mile run – females start at 9:00
- 4 mile run – males start at 9:03:26
- Poor Bobby's Post Race Party begins at 9:15am
- YMCA Funzone opens at 10:00am
- Taste of the Towns begins at 10:00am
- Awards ceremony begins at 10:45am
- Post-race party ends at 12:00pm

This event is not possible without the support of Middletown's



&



YMCA Funzone



The Middletown YMCA will make this a day to remember for your kids! Balloons, parachute games, face-painting, kids' races and much more! Free! (Parents must sign a waiver for kids to run in the kids' races).

Taste of the Towns & Poor Bobby's Post-Race Party

Live Music with Newburgh's hard-rocking band First Round, local restaurants serving samples of your favorite sweet and savory dishes, and, of course, beer and wine compliments of local bars, breweries and wineries.

Free for All Participants!!

With a \$10 donation, friends and families that did not run or walk in the Marshall & Sterling Insurance R4DT can get a wristband that will allow them to partake in the Taste of the Towns and Post-Race Party.



Returning for the Third Year Middletown Triple Challenge

Finish the Classic 5K or 10K on June 4, the Ruthie Dino Marshall 5K on June 11 and the Marshall & Sterling Insurance R4DT on August 19 and you will have completed the Middletown Triple Challenge. Any eligible person can claim their commemorative award during the Marshall & Sterling Insurance R4DT post-race party and be a part of the Triple Challenge Competitors' Group photo (immediately following the awards ceremony).

Join us Thursday evenings, May 25 – August 17, for training runs on the Marshall & Sterling Insurance R4DT course. Starting time is 6pm and water is provided at the end. Upon finishing, stay and enjoy the Middletown Summer Concert Series held in Run 4 Downtown Park (adjacent to Something Sweet Café). All abilities welcome.

The Marshall & Sterling Insurance Run 4 Downtown starts and finishes near Franklin Square in Historic Downtown Middletown (Corner of E. Main, W. Main, North and South Streets)

Run Course Records

Male: Hadout Mousaab 19:05 2015
Female: Shelby Greany 22:43 2011

Masters

Female: Lillian Kroner 24:10 2009
Male: Art Gunther 21:11 2011

The 2017 Gender Challenge

Women start 3 minutes and 26 seconds before the men; First SIX across the finish line are in the money*!

Over \$1500 in Potential Cash Prizes!

(\$400, \$300, \$200, \$100, \$75, \$50)

\$200 For the male and/or female that sets a new course record.

There will also be awards for Overall Male & Female winners and age-group awards are three deep in all divisions, male and female. 12-under, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79 and 80 & above. No duplication of awards.
*HS, NCAA, NAIA athletes not eligible for cash awards

Event registration and packet pickup at Something Sweet Dessert Café, 17 North St.
Thurs. – Fri., August 17-18: 5pm – 8pm
Saturday, August 19: 7am – 8:30am

The run course is USATF Certified (NY-07030-JG) and traffic free.



2017 Event Application

Name _____

Address _____

City _____ State _____ Zip _____

Email _____

Phone _____ Age on 8/19/17 _____

Gender (Please Circle) Male Female

Event (Please Circle ONE event below)

4 Mile Walk
8:45^{am}

4 Mile Run
9:00^{am}

T-shirt size: S M L XL
Please Circle one

Run / Walk Registration Fee

\$22 postmarked by June 5, \$25 by August 12, \$28 after

Make checks payable to
Run 4 Downtown

Or Register Online at run4downtown.org

In consideration of accepting this entry, I the undersigned, intending to be legally bound, here, for myself, my heirs, executors and administrators, waive and release the Run 4 Downtown, its directors, event vendors, race/event officials, volunteers, sponsors, their representatives and successors and the City of Middletown, its police department and fire department from all claims of liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. 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)

Detach and Return to
Run 4 Downtown
81 Pine Court
Middletown, NY 10941

Commemorative t-shirts and travel coffee mugs are guaranteed only to the first 500 registered participants so be sure to register early!