



# CHALLENGE YOURSELF

## The Middletown Triple Challenge

Challenge yourself this race season by participating in the Middletown Triple Challenge. Register for and complete all three of the local races below and receive a finisher's medallion and recognition at the awards ceremony of the last race of the series, the Run 4 Downtown. There is no fee to be a part of the Middletown Triple Challenge.

**Classic 10K**

[www.classic10K.com](http://www.classic10K.com)

**YMCA Ruthie Dino-Marshall 5K**

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

**Run 4 Downtown**

[www.run4downtown.org](http://www.run4downtown.org)

**For more information on the Middletown Triple Challenge contact:  
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