



Orange Runner's Club Bull Run 5K

Sunday September 20, 2009

9:00 a.m. Thomas Bull Memorial Park



Bull Run 2009

5K Race in conjunction with the Annual Orange County Senior Games.

The race will be run entirely on paved roads within Thomas Bull Memorial Park, Montgomery, NY and is accurately measured - **flat & fast!**

Separate application required for Senior Games participation. Enroll in the Senior Games & receive a special Senior Games shirt. For information on the 25th Annual Senior Games or to enroll please contact The Orange County Parks Department (845) 457-4910.

Awards Presented To:

Top 3 overall male & female runners

Top 3 overall male & female walkers

Top 3 male & female in the following age groups

15 & under	30-39	55-59	70-74
16-19	40-49	60 -64	75-79
20-29	50-54	65-69	80-84
			85 & Over

Awards for age groups 55 and over are presented by the Senior Games (**need not enroll in Senior Games to qualify for 55 and over age group awards**).

Separate overall male & female awards (first place only) will also be presented by the Senior Games (**must be enrolled in the Senior Games to qualify**).

There will be no duplication of awards, with the exception of the separate special overall male & female first place awards presented by the Senior Games.

Entry Fee: \$17 preregistered (\$15 ORC, 55, RRC members) \$22 day of race (\$20 ORC, 55, RRC members)

Make Checks Payable to:
"Orange Runners Club"
P.O. Box 2144
Middletown, NY 10940

Name: _____

Address: _____

Birth Date: _____

City: _____

Age on Race Day: _____

State, Zip: _____

Female: _____ Male: _____

E-mail: _____

Phone: _____

Contact for Bull Run Info: Art Ahr (845) 469-1281 or Joe Marchesano (845) 774-7705 mobilityjo@gmail.com

I, the undersigned, hereby affirm that I have full knowledge that there are risks associated with running the 3.1 mile course of the Orange Runners Club Bull Run, and am sufficiently conditioned to participate in this event. I *recognize* that the inherent risks are attributable to various factors including, but not limited to, man-made and natural obstacles and hazards, surface conditions and conduct of myself and other participants. I hereby release and *forever* discharge any and all rights and claims for damages which may be sustained or suffered by me against all sponsors, directors and supporters.

Signature: _____ Date: _____

Parent Signature (if under 18): _____