

ONTEORA MILE RUN

(an ORC Grand Prix Event)

Presented by: The Onteora Runners' Club

Friday, June 5, 2009

(All profits submitted to the ORC Scholarship Fund)



Onteora High School Track

Route 28, Boiceville

(Alcoholic Beverages are prohibited)

Registration begins at 5:30 p.m.

Children's' races (12 and under) begin at 6:00 p.m.

Mile run begins at 7:00 immediately after children's races

Before May 29—\$6.00; \$8.00 race day; children \$3.00

Age groups both male & female

13-19 20-29 30-39 40-49 50-59 60-69 70+

For more info: call Sue Hoger 679-7438

PLEASE PRE-REGISTER

Make check payable to: ORC (Onteora Runners Club)

Mail to: Sue Hoger 322 John Joy Rd. Woodstock, NY 12498

Print-Name _____

Complete

Address _____

Phone _____ D.O.B _____ Age on race day _____ Sex: _____

WAIVER: I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my safety to complete the run. I assume all risks associated with running this event. Having read this waiver, I waive and release the Onteora Runners Club, its officers, directors and agents, the Road Runners Club of America, its officers, directors, agents and employees, and the Onteora School District from all claims or 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. NO REFUNDS, EXCHANGES OR TRANSFERS.

Signature _____ Parent (under 18)