



Orange Runners Club Summer Sizzle Cross Country 5K



Saturday, July 27th, 2024



To Benefit

The Shoe Program

Start Time: 8:00am

Location: Sanfordville Elementary School, 144 Sanfordville Rd, Warwick, NY 10990

Course Description: The Scenic Sanfordville Elementary School XC Course in Warwick, NY, home to a rich history of Cross Country running, including the host of the NYSPHSAA State Championship. All grass, rolling hills, the best XC Course around!

Registration Fee: \$40 General Public - \$35 ORC Members - \$30 under 18.

A portion of your registration goes directly to the Shoe Program to fit underprivileged youth runners!

Mail In Registration: Make Check payable to "Orange Runners Club"

Mail Entries to ORANGE RUNNERS CLUB

PO BOX 2144, Middletown, NY 10940

Awards: Custom Medals for Overall Male & Female
U10, U14, U18, 5yr Age Groups
+ Walking Awards

Shirts: Custom, fully sublimated
Running Singlet to first 200 sign ups

Information: email Justin DePierro at justindepierro@gmail.com

WAIVER: I know that running a Cross Country race 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 ability to safely complete the run. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants including the risk of becoming exposed or infected by COVID-19 or any other known or unknown disease, the effect of the weather including: high winds, hot temperatures, humidity, traffic and the condition of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or inline skates, animals, and radio headsets are not allowed in the race and I will abide by this guideline. Having read this waiver and knowing these facts, and in consideration of your acceptance of my entry, I hereby for myself, waive and release the Orange Runners Club, Inc., its officers and agents, the town of Warwick, the State of New York, Warwick Valley Central School District, all sponsors their representatives and successors, including employees, 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.

Name: _____ Birth date: __/__/__

Age: _____ Circle - RUNNER or WALKER ORC Member - Y or N Under 18 - Y or N

Address: _____ Sex: M F T-Shirt: XS S M L XL

City: _____ State: __ Zip: _____ Phone: (____) _____

E-Mail: _____

Signature: _____ Date: _____

Parent Signature: _____