



ONTEORA RUNNERS CLUB



HARVEST HALF MARATHON and 5K RACES in RED HOOK, NY SUNDAY OCTOBER 5, 2014

An ORC Grand Prix Event
FOR THE ORC SCHOLARSHIP FUND



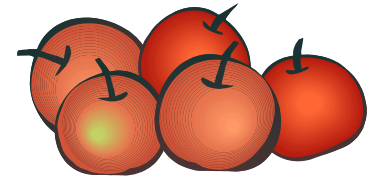
Where: Red Hook Recreation Park, Fruit Budd/ Linden Ave., Red Hook, NY 12571. ** Use Fruitbud Ln entrance by the pavilion- 2nd entrance

What: Half Marathon or 5K in scenic Red Hook, NY

When: 10/05/14 Half Marathon at 10:30 AM; 5K at 10:30 AM

Registration **from 9:15 AM-10:10 AM**

Fees: Half Marathon: \$25 pre-race, \$30 after Sept 25
5K: \$20 pre-race, \$25 after Sept 25



****Long Sleeve Race T-shirts to PREREGISTERED by Sept 25* postmarked by 9/25***

Awards: 10 year age groups

Contact: Lisa Glick 845 625-3473 Runsing9@yahoo.com

\$1.00 discount ORC members

Make checks to "Onteora Runners Club" and mail to Karen Spinozzi
113 Emerson St. Kingston, NY 12401.

Info: www.Onteorarunners.org



Post Race Refreshments!!

If you need more than 2 hours 45 minutes, please let race director know, start early and self time. ** NO dogs or strollers please for safety.

Name _____ Age _____ Male _____ Female _____

Address _____

Email: _____ Phone: _____

Race: 5K ___ Half Marathon ___ T-shirt size S M L XL

In Consideration of accepting this entry, I, the undersigned intending to be legally bound for myself, waive all claims for damages against the race organizers, sponsors, Towns of Red Hook and Tivoli, for all injuries suffered in this event. I attest that I am fit and medically cleared to participate.

Signature _____ Parent, if under 18 _____