



ONTEORA RUNNERS CLUB



HARVEST HALF MARATHON and 5K RACES in RED HOOK, NY SUNDAY OCTOBER 10, 2010

An ORC Grand Prix Event



Where: Red Hook Recreation Park, 99 Linden Ave., Red Hook, NY 12571

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

When: 10/10/10 Half Marathon at 10:30 AM; 5K at 10:30 AM
Registration from 8:30 AM- 10:15 AM

Fees: Half Marathon: \$20 pre-race, \$25 after Sept 30
5K: \$15 pre-race, \$20 after Sept 30

Awards: 10 year age groups

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

Info: \$1.00 discount ORC members pre-race only
T-shirts to first 50 pre registered entrants
Make checks to "Onteora Runners Club" and mail to:
Karen Spinozzi 113 Emerson St. Kingston, NY 12401.

For details see www.harvesthalf.webs.com

Post Race Refreshments!!!



Name _____ Age _____ Male _____ Female _____

Address _____

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 _____