

Top 10 Reasons To Join the Onteora Runners Club

1. **Fun!** The motto of the Onteora Runners Club has always been “run for fun.” People of all ages and abilities can join and have a great time.
2. **Unique Newsletter.** Your club membership earns you a subscription to The Onteora Runner, our entertaining newsletter chock full of race results, news about club members and events, and our beloved editor’s unique commentary.
3. **Best Local Race Calendar.** Each issue of our newsletter includes the area’s most complete calendar of regional running races. You’ll be amazed at how much is going on!
4. **Race Applications.** Our newsletter also includes copies of the official entry forms for all of the most popular races in the area.
5. **Discounts on Entry Fees.** Many local races offer a special reduced entry fee for club members. If you run enough races, you can earn back your club membership dues!
6. **Training Runs.** Club members join together for casual training runs year round, including popular Saturday breakfast runs all winter long
7. **Trail Runs.** If you like to get off the asphalt and into the woods, try our casual weeknight trail rambles in the spring, summer and fall—and snowshoe runs in the winter.
8. **Onteora Grand Prix.** Club members who run a selection of area races each year are eligible to earn points—and prizes—in our Grand Prix competition.
9. **Club Banquet and Awards Ceremony.** Each March, you’ll be invited to our annual banquet, which features delicious food and drink, tons of fun and the award presentations to Onteora Grand Prix winners.
10. **Even more Fun!** The easiest way to stay in shape and become a better runner is to have fun with your running. Joining our club is a great way to start!
11. **Fantastic Web Page.** See <http://www.onteorarunners.org>
12. **Great People.** Young and old, beginners to experienced, sprinters to ultra runners

MEMBERSHIP APPLICATION (Memberships expire 12/31/09 or 12/31/10).

This form is for new members and renewals. *Do not cut!!!!*

Student Under 18 (\$5/ 1 year) General membership [paper newsletter (\$20/ 1 year) Email Newsletter \$15/1 year]
 Student Under 18 (\$10/ 2years) General membership [paper newsletter (\$35/ 2 years) Email Newsletter \$25/2 years]

Name _____ Date of Birth _____
 Address _____ Sex Male Female
 _____ New Member? Yes No
 _____ Phone (____) _____
 General ORC Email _____
 Address if you want your ORC Newsletter by Email _____

Family Membership Information

Name _____ Date of Birth _____ _ M _ F
 Name _____ Date of Birth _____ _ M _ F
 Name _____ Date of Birth _____ _ M _ F
 Name _____ Date of Birth _____ _ M _ F



WAIVER (all members MUST sign) I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities 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 and volunteering to work in club races including, but not limited to, falls, con-tact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Onteora Runners Club and its officers and agents, all sponsors, heir representatives and successors, and the American Association of Running Clubs, its officers, directors, agents and employees, from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. (Each adult member must sign. Parent or guardian must sign for members under 18 years of age.) I/we the undersigned have read and understand this waiver:

Signed: _____
 Signed: _____
 Signed: _____
 Signed: _____
 Date: _____



Checks Payable to Onteora Runners Club and Mail to Doug Freese 60 Lamb Avenue, Saugerties, NY 12477

The ORC is a member of Road Runner Club of America