



ONTEORA MILE RUN



Dietz Stadium Track

Friday, June 10, 2011

A Fun Run for Everyone
(an ORC Grand Prix Event)

Presented by: The Onteora Runners' Club

(All profits go to the ORC Scholarship Fund)

Registration begins at 5:30 p.m.
Children's' races (12 and under) begin at 6:00 p.m.

1st Mile heat begins at immediately after children's races

Before June 3rd—\$8.00; \$10.00 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 Hoyer (845) 679-7438

PLEASE PRE-REGISTER

Make check payable to: ORC (Onteora Runners Club)
Mail to: Sue Hoyer 322 John Joy Rd. Woodstock, NY 12498

Print-Name _____

Address _____

City _____ State _____ Zip _____

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)