



Presented by the Onteora Runners

5K * THE WOODSTOCK RACES * 15K

MONDAY * MEMORIAL DAY * MAY 31, 2010

An ORC Grand Prix Event!

WHAT: Run either a 5K or 15K, both on paved roads in scenic Woodstock

WHERE: Race headquarters at ZENA SCHOOL, Zena & Sawkill Rds., Woodstock
Rt. 28 to Zena Rd. (at light and Stewarts); right on Sawkill OR 212 to Zena Rd. to
straight on Sawkill - school is on left

Monday, Memorial Day, May 31, 2009; 15K starts at 9:00am; 5K starts at 9:45am;
Registration from 7:30am until 15 minutes before race time.

WHY: Both races are scenic and challenging!
Post-race refreshments!
Great looking tee shirts to the first 200 registrants!
Age group awards!

FEES: \$15 pre-race, \$20 after May 24th;
Make checks payable to Onteora Runners Club, mail to Woodstock Races c/o Sue Hoger
22 John Joy RD. Woodstock NY 12498. For info: Sue at 679-7438 or shoger@rcal.org

SPECIAL Please start early and self time if you anticipate needing more than 1:45 to complete the 15K.
We need to get the police squad back for the parade! Early Starters please sign out with your start time at the same day
registration table so we can account for everyone!

Name _____ Age _____ Male _____ Female _____

Address _____

Race: 5K _____ 15K _____

Tee 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, the Towns of Saugerties and Woodstock, for all injuries suffered in this event. I attest that I am fit and medically cleared to participate.

Signature _____ Parent, if under 18 _____