



The Onteora Runners Club Presents:

# \* THE WOODSTOCK RACES \*

## 15K and 5K

### Monday \* Memorial Day \* May 27, 2013

#### ORC Grand Prix Race

Time: Registration from 8:00 am until 20 minutes before each race time.  
15K starts at 9:00 am 5K starts at 9:45 am

Where: ZENA ELEMENTARY SCHOOL on Sawkill Rd, Woodstock

Info: Races are scenic and challenging!  
Post-race refreshments!  
Tee shirts guaranteed for the first 150 registrants  
Age group awards!

Fees: Pre-Registered (postmarked by May 18) \$20 and \$15 ORC members.  
\$25 Race Day Registration all runners.  
Checks payable to ORC, mail to Woodstock Races c/o Rich Gromek 6 Wolf Ct. Unit 1007 Athens, NY 12015. phone: 518-731-7697  
e-mail: [gromekr@aol.com](mailto:gromekr@aol.com)

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 or guardian signature, if under 18)

**SPECIAL REQUEST:** Please start early and self time if you anticipate needing more than 1:45 to complete the 15K. Early Starters please sign out with your start time at the Race day registration table so we can account for everyone!