



ONTEORA RUNNERS CLUB



HARVEST HALF MARATHON and 5K RACES in RED HOOK, NY SUNDAY OCTOBER 6, 2013

An ORC Grand Prix Event
FOR THE ORC SCHOLARSHIP FUND

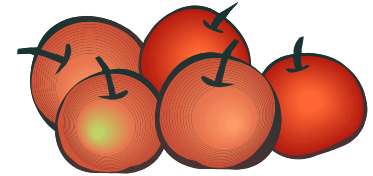


Where: The pavilion in Red Hook Recreation Park, 99 Linden Ave., Red Hook, NY 12571. Use the Fruitbud Drive entrance

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

When: 10/06/13 Half Marathon at 10:30 AM; 5K at 10:30 AM
Registration from 9:15 AM-10:10 AM

Fees: Half Marathon: \$25 pre-race, \$30 after Sept 29
5K: \$20 pre-race, \$25 after Sept 29



****Long Sleeve Race T-shirts to PREREGISTERED by Sept 29* postmarked by 9/29***

Awards: 10 year age groups

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

\$1.00 discount ORC members

Make checks to "Onteora Runners Club" and mail to Karen Spinozzi
113 Emerson St. Kingston, NY 12401.

Info: www.harvesthalf.webs.com or www.Onteorarunners.org



Post Race Refreshments!!

Name _____ Age _____ Male _____ Female _____

Address _____

Email: _____ Phone: _____

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 _____