

RED HOOK HARVEST BREAKFAST RUNS
5K RUN/WALK & 10K RUN

NOTE NEW DATE AND TIME

SATURDAY OCTOBER 3RD 2015

8.30 START

10K IS AN ORC GRAND PRIX RACE

BOTH RUNS TO START AND FINISH AT THE REC PARK IN RED HOOK ENTRANCE AT
FRUIT BUD LANE

SHORT SLEEVE SHIRTS TO ALL PRE-REGISTERED RUNNERS

5K PRE-REGISTERED COST \$20 POSTMARKED 9/19/2015

RACE DAY COST \$25

10K PRE-REGISTERED COST \$25 POSTMARKED 9/19/2015

RACE DAY COST \$30

\$2 OFF FOR ALL PRE-REGISTERED ORC MEMBERS

THIS IS A FUNDRAISER FOR THE ORC SCHOLARSHIP FUND

PLEASE MAKE CHEQUES PAYABLE TO ONTEORA RUNNERS CLUB

SEND CHEQUES TO KAREN SPINOZZI 113 EMERSON STREET

KINGSTON NY 12401

PRIZES FOR OVERALL MALE, FEMALE

MASTERS MALE, FEMALE, NO DUPLICATE AWARDS

MALE, FEMALE, 0-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80 +

PRIZE FOR FIRST MALE/FEMALE IN THE WALK

REFRESHMENTS IN THE FORM OF BREAKFAST FOLLOWING THE RUNS FOR

REGISTERED RUNNERS AND WALKERS

ANY QUESTIONS FEEL FREE TO CONTACT JENNY OR SHERYL

HOLLT71@AOL.COM OR DANWHEELER57@HOTMAIL.COM

Name: _____ Age on race day: _____

Phone: _____ Email: _____

Address: _____

City: _____ State: _____ Zip: _____

T-shirt size adult sizes only please circle one: Small Medium Large X-Large

Waiver and Release

I understand that running and road racing are a potentially hazardous activity. I the undersigned, intending to be legally bound, for myself, for anyone else I am registering, heirs, executors, and administrators waive and release any and all claims I may have against the Red Hook Harvest Breakfast Runs, the town of Red Hook and any other volunteers or organizers of the race. I certify that I am physically fit, and sufficiently trained for this event. I also understand that the course will be open to vehicular traffic during the race, as well as other risks, including, but not limited to, falls, contact with other participants and the conditions of the course. I also release my rights to any photos, video, images, etc taken of me during this event.

SIGNATURE: _____ DATE: _____

