



ONTEORA RUNNERS CLUB RACES 5K & 15K | WOODSTOCK, NY MAY 27, 2018 | MEMORIAL DAY WEEKEND

TIME

7:00 am Registration open (closes 20 minutes before each race time)

8:00 am 15K starts

8:45 am 5K starts

LOCATION

Woodstock Music Lab (Former ZENA ELEMENTARY SCHOOL)

1700 Sawkill Road, Woodstock, NY

COURSES ARE SCENIC AND CHALLENGING

T- SHIRTS FOR THE FIRST 150 REGISTRANTS

AGE GROUP AWARDS | RAFFLE PRIZES

POST-RACE REFRESHMENTS AND LIVE MUSIC

NEW THIS YEAR - CHIP TIMING

\$20 PRE-REGISTRATION | \$25 RACE DAY REGISTRATION

www.zippyreg.com/online_reg/index.php?e=1043

Questions? Contact 845-249-0152 or e-mail: ccobb@hvc.rr.com

Checks payable to **“Onteora Runners Club”**

Mail to: **Woodstock Races c/o Cyndy Borzumato-Cobb**
165 Mill Dam Road, Stone Ridge, NY 12484

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REGISTRATION FORM

NAME _____

AGE _____

DATE OF BIRTH _____

MALE

FEMALE

ADDRESS _____

CITY _____

STATE _____

ZIP _____

PHONE _____

EMAIL _____

EMERGENCY CONTACT & PHONE NUMBER _____

5K RACE (CIRCLE YOUR RACE) **15 K Grand Prix RACE**

(S) **(M)** (CIRCLE T-SHIRT SIZE) **(L)** **(XL)**

Registration must be received by May 1st to receive a t-shirt

I know that running a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Onteora Runners Club, the Town of Woodstock, Town of Saugerties, Woodstock Music Lab and the Road Runners Club of America, all event sponsors, their representatives and successors 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. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I understand that this event does not provide for refunds in the event of a cancellation, and by signing this waiver, I consent that I am not entitled to a refund if the event is cancelled before or during the event.

Signature _____

(Parent or guardian signature, if under 18)

No early start as the 15K is part of the Grand Prix

