

The Onteora Runners Club Membership Form

The motto of the ORC has always been "run for fun." Runners of all ages and abilities, young and old, sprinters to Ultra runners, are all welcome. Membership gets you a 6-8 **newsletters**, **web page** with **calendar** of local races including race forms, online registration and results.

We also offer a series of 10 races each year called the **Grand Prix**. The races change from year to year where runners get awards in the open division, age/gender groups or simply completing all the races. The race distances are 1 mile to a half marathon. In March of each year we host a **club awards luncheon**. We begin the day with a 5k race which is first of the new year Grand Prix races and then off to the banquet room for food, awards, open festivities, then honoring the previous year Grand Prix winners.

We also have a **Facebook group** called the Onteora Runners Club. While the group is open to the public, it contains, training runs, pending races, and a great place to ask questions. It will not take long to feel the **social connection**.

Membership application is January to December(12/31) each year. This form is for both new members and renewals. Please **do not cut the form**. Email the entire form to: Doug Freese, 60 Lamb Ave, Saugerties, NY 12477 and make checks payable to ORC.

Single Student under 18:	1 year \$5, 2 years \$10
Family membership(1 or more adults and children)	1 year \$25, 2 years \$40
Single Adult	1 year \$20, 2 years \$30
Senior Adult(65 or over)	1 year \$15, 2 years \$20



Name _____
Address _____
Phone# _____

Date of Birth: _____
Sex: Male Female
New Member: Yes No
Email Address for Newsletter: _____

Family Members Information

Name _____
Name _____
Name _____
Name _____

Date of Birth _____ Male Female
Date of Birth _____ Male Female
Date of Birth _____ Male Female
Date of Birth _____ Male Female

I agree that as a member of **Onteora Runners Club**, I know that running in and volunteering for organized group runs, social events, and races with this club are potentially hazardous activities, which could cause injury or death. I will not participate in any club organized events, group training runs or social events, unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform all activities associated with the club and am in good health, and I am properly trained. I agree to abide by all rules established by the club, 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 club agree to abide by them. I assume all risks associated with being a member of this club and participating in club activities which may include: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road [insert any specific risks related to your here, e.g. "the alligators who bask in the sun at the corner of 4th and Sunset St..."], 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 to be used in club organized activities and I agree to abide by this rule. Having read this waiver and knowing these facts and inconsideration of your accepting my membership, I, for myself and anyone entitled to act on my behalf, waive and release the Onteora Runners Club, anchored in the city of Kingston, NY, and the Road Runners Club of America, all club sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation with the club, 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 for any legitimate promotional purposes for the club.

Signature of each (Parent or guardian if under 18) _____
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Signature of each (Parent or guardian if under 18) _____
Signature of each (Parent or guardian if under 18) _____

Date _____