

Onteora Runners Club

Dirty Sneaker 5K and Luncheon

Sunday, April 7, 2019

Hurley Mountain Inn
106 Old Route 209
Hurley, NY 12443

Race Director: Deb Domack - 845-242-3479 or
ORCPres@gmail.com



Event is
open to
the
public.

Dirty Sneaker 5K Details

On Site Registration for 5K: 10:00am – 10:45am

5K Start: 11:00am

Kids Race: 11:45am ****NEW****

5K Awards (Overall & Age Group): 11:50am

Pre-Registration

\$10 – Students (18 yrs & under)

\$20 – Adults

\$15 – Seniors (65 years & over)

Race Day

Registration

\$25

***Gently Used Sneakers will be collected and donated to
Family of Woodstock***

Luncheon Details

Italian Style Buffet ~ Cash Bar

Lunch Served at: Noon

2018 Awards Presentation: 12:45pm

Tickets: \$10 Members; \$20 Non-Members (Tickets must be pre-purchased)

Online Registration:

https://www.zippyreg.com/online_reg/index.php?e=1169

Paper Registration:

Make Checks Payable to “Onteora Runners Club”

Mail To: Deb Domack, 385 Dewitt Mills Road, Kingston, NY 12401

Dirty Sneaker 5K Registration Form

(One Form Per Person Please)

Pre-registration Forms Must Be Postmarked by March 29, 2019

Name: _____ Phone: _____

Email: _____ Date of Birth: _____

Emergency Contact Name & Phone: _____

T-Shirt Size: (**Circle One**) S M L XL XXL (to first 75 attendees)

Registration: _____ \$10 Student (18 years & under) – *Pre-Registration*

_____ \$20 Adult – *Pre-Registration*

_____ \$15 Seniors (65 years & over) – *Pre-Registration*

_____ \$25 – *Race Day Registration*

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 in consideration 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 Hurley, the Hurley Mountain Inn, 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, if under 18 _____

Date _____

Luncheon Registration Form

Registration Forms Must Be Postmarked by March 29, 2019

ORC Member Name(s): _____

Guest Name(s): _____

Member Registration: _____ x \$10 = _____

Non-Member Registration: _____ x \$20 = _____

TOTAL = _____