

THE BERNIE STAHL ONTEORA MILE



Dietz Stadium Track, Kingston, NY Wednesday, June 12, 2019

A fun run for everyone!!!

Presented by the Onteora Runners Club, Grand Prix #5

Registration begins at 5:45pm

Children's races (12 and under) begin at 6:30 pm

One mile running heats begin immediately after the children's race
order from fastest to slowest heats

Age group awards both male and female (top 3)

under 12, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80 plus

The Bernie Stahl Memorial Family Award – (combined times for 3 members must
include at least one parent and one child)

For more information: Steve Schallenkamp 845-214-6479 or email ssrun54@aol.com

Fees: \$10 (under 18- \$5)

Make checks to Onteora Runners Club

Mail to: Diana Karron, 130 Flowerhill, Kingston, NY 12401

Name _____

Address _____

City _____

Phone _____ **DOB** _____ **Age Race Day** _____ **Sex** _____

WAIVER: I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my safety to complete the run. I assume all risks associated with running this event. Having read this waiver, I waive and release the Onteora Runners Club, its officers, directors and agents, the Road Runners Club of America, its officers, directors, agents and employees, and the Kingston Consolidated School District, the City of Kingston, and the Dietz Stadium Commission 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.

Signature -----

(Parent or Guardian if under 18)