

Join us for the Onteora Runners Club

Annual Banquet

Saturday, March 13, 2010 at 6:30 p.m. *Twin Lakes Resort in Kingston*

The top 10 reasons to go:

10. NO BANANAS OR BAGELS The chefs at Twin Lakes do a great job with a healthy salad and large selection of meat and potato entrees, including runners' favorites like pasta. Buffet style means you go back again and again.

9. NO MORE BLAH-BLAH EXCUSES Got the winter blahs? Make the most of a chilly evening by doing something other than running out in the cold. Come inside to enjoy good friends and hot food

8. AND THE WINNER IS... They made it to the races. They ran their hearts out. They finished at the top. If you were an overall or age-group winner for 2009, or if you were a survivor, this is when you stand and receive your prize: a very spectacular...**coffee mug!**

7. INFORMAL No assigned seats, and you can leave your black tie at home. But no running tights, **please.**

6. A SEAT AT THE TABLE FOR NON-RUNNERS The Onteora Runners Club presents the dinner, but you don't have to be a member to go. Bring a date or bring a friend, especially if that person is not a runner.

5. START ON THE RIGHT FOOT! How will your running go during 2010? Start out on the right foot with the Onteora Runners Club, and toast a new year of fun and running.

4. CHEAP DATE Or maybe an **inexpensive** date. The going rate for a seat at a banquet like this is \$35 to \$50, but this party is only \$25!

3. LET'S HEAR IT FOR THE VOLUNTEERS You probably think the big prize is the Grand Prix winner, right? But what about the volunteers who help everyone else run free without having to worry about the details? Find out who will be the Volunteer of the Year.

2. HERE'S TO CAMARADERIE, BABY! The Onteora Runners Club is not only about running. Come see why we are known as the club that runs for fun.

1. SURPRISES In addition to music, laughing, and photos from each Grand Prix race, there will be other surprises--some too shocking to mention here.

All of this for just \$25.00 per person, so be sure to sign up by March 7 to reserve your places and join in the festivities with a great group of people and to help kick off the 2010 running and racing season!!

Cash bar. Hors d'ouvres at 6:30 and buffet at 7:30.

Name: _____ Phone: _____

Number attending @ \$25.00 per person: _____

Make checks payable to: Onteora Runners Club

Mail to: Karen Spinozzi, 113 Emerson Street, Kingston, NY 12401

Reservations must be received by 3/7/10!!