

ONTEORA

RUNNERS CLUB RACES WOODSTOCK NY

5K & 15K RACE

MAY 26, 2019 ★ MEMORIAL DAY WEEKEND



- ★ COURSES ARE SCENIC AND CHALLENGING
- ★ T-SHIRTS FOR THE FIRST 100 REGISTRANTS
- ★ AGE GROUP AWARDS
- ★ RAFFLE PRIZES
- ★ POST-RACE REFRESHMENTS AND MUSIC
- ★ CHIP TIMING

7 AM Registration open
(closes 20 minutes before each race time)

8 AM 15K starts

8:45 AM 5K starts

\$20 PRE-REGISTRATION

\$25 RACE DAY REGISTRATION

WOODSTOCK MUSIC LAB

(Former Zena Elementary School)

1700 Sawkill Road Woodstock

www.zippyreg.com/online_reg/index.php?e=1204

QUESTIONS 845-249-0152 or e-mail ccobb@hvc.rr.com

MAKE CHECKS PAYABLE TO *Onteora Runners Club*

SEND TO Woodstock Races c/o Cyndy Borzumato-Cobb
165 Mill Dam Road, Stone Ridge, NY 12484



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NAME

AGE

BIRTH DATE

MALE

FEMALE

ADDRESS

CITY

STATE

ZIP

PHONE

EMAIL

EMERGENCY CONTACT & PHONE NUMBER

SELECT YOUR RACE

5K RACE **15K GRAND PRIX RACE**

SELECT T-SHIRT SIZE

S **M** **L** **XL**

REGISTRATION MUST BE RECEIVED BY MAY 1 TO RECEIVE A T-SHIRT

SIGNATURE

(Parent or guardian, if under 18)

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

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.