



ONTEORA RUNNERS CLUB



# HARVEST HALF MARATHON and 5K RACES in RED HOOK, NY SUNDAY OCTOBER 9, 2011

An ORC Grand Prix Event



**Where:** Red Hook Recreation Park, 99 Linden Ave., Red Hook, NY 12571

**What:** Half Marathon or 5K in scenic Red Hook, NY

**When:** 10/09/11 Half Marathon at 10:30 AM; 5K at 10:30 AM  
Registration from 9:00 AM-10:10 AM

**Fees:** Half Marathon: \$20 pre-race, \$25 after Sept 29  
5K: \$15 pre-race, \$20 after Sept 29

**\*\*Long Sleeve Race T-shirts to PREREGISTERED by Sept 29\* postmarked by 9/29\***

***START AND STOP AT THE PAVILLION (Finishing loop around park removed)***

**Awards:** 10 year age groups

**Contact:** Lisa Glick 845 625 3473 [Runsing9@yahoo.com](mailto:Runsing9@yahoo.com)

\$1.00 discount ORC members

Make checks to "Onteora Runners Club" and mail to Karen Spinozzi  
113 Emerson St. Kingston, NY 12401.

Info: [www.harvesthalf.webs.com](http://www.harvesthalf.webs.com) or [www.Onteorarunners.org](http://www.Onteorarunners.org)

**Post Race Refreshments!!**



Name \_\_\_\_\_ Age \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Address \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Race: 5K \_\_\_\_\_ Half Marathon \_\_\_\_\_ T-shirt size S M L XL

In Consideration of accepting this entry, I, the undersigned intending to be legally bound for myself, waive all claims for damages against the race organizers, sponsors, Towns of Red Hook and Tivoli, for all injuries suffered in this event. I attest that I am fit and medically cleared to participate.

Signature \_\_\_\_\_ Parent, if under 18 \_\_\_\_\_