



ORANGE RUNNERS CLUB 2023 GRAND PRIX



Road Race Series

2023 Race and K&Q List

1. ORC Winter Series 5k Race #4 *	12. Delaware Valley Turkey 5k	* Race counts double Grand Prix Points
2. Chocolate 5k	13. ORC Jingle Jog 4M *	
3. Ellenville Run Like the Wind 5k	14. Knight of Columbus 5k	
4. Ruthie Dino 5k	KING & QUEEN	
5. Firecracker 5k	1. Summer Solstice 8.6M	
6. Delaware Youth Council 10k	2. Turtle Trot 10k	
7. Chelsea Fire 5k	3. Monster 10k	
8. Run 4 Downtown 4M *	4. Storm King 10k	
9. Woodbourne Park 5k	5. Herd the Curd 10k	
10. Shawangunk Valley 5M	6. Roosa Gap 11M	
11. Cider 5M		

Must complete 7 GP races for awards and all K&Q for the award.

Scoring: Best 10 Grand Prix races score, one point for each race after that.

**1st place - 10pts • 2nd - 9pts • 3rd - 8pts • 4th - 7pts • 5th - 6pts
6th - 5pts • 7th - 4pts • 8th - 3pts • 9th - 2pts • 10th - 1pt**

Awards

Top 3 overall male & female
1-19, 20-29
30-39, 40-49
50-59, 60-69
70-79, 80 & over

Iron awards for those who complete all Grand Prix races and a separate award for the completion of all King & Queen races.

Registration

Must sign up by May 21st
\$35 ORC Members
\$40 General Public

2023 GRAND PRIX REGISTRATION

Please make checks payable to Orange Runners Club Grand Prix
Mail to: PO Box 2144 • Middletown, NY 10940

Name: (First) _____ (Last) _____

Address: _____ City: _____

State: _____ Zip: _____ Age on February 26th _____

Phone: _____ Email: _____

Male Female ORC Member

Shirt Size Unisex: X Small Small Medium Large X Large XX Large

Waiver: I know that running and volunteering to work in running races are potentially hazardous activities. I should not enter and run or otherwise participate in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club events, including but not limited to: falls, contact with other participants including the risk of becoming exposed or infected by COVID-19 or any other known or unknown disease, the effect of the weather, including high winds, cold temperatures, high heat and/or humidity, the conditions of the road and traffic on the course, all such risks having been known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for the Grand Prix, I for myself, and anyone entitled to act on my behalf, waive and release the Orange Runners Club, Inc., the USAT&F and all sponsors, their representatives and successors from all claim or liabilities of any kind arising out of my participation in these activities, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature: _____ Date: _____

Parent/Guardian's Signature if under 18: _____

Contact: Director Martin Nowak at Orange Runners Club at www.orangerunnersclub.org