



The Orange Runners Club Presents

JINGLE JOG 2009



A Proud Participant of the Hudson Valley Grand Prix



December 6, 2009 • 10 a.m.

(Walkers: Early start at 9:30 a.m.)

7K RACE

Race starts at Loughran's Pub • Route 94 & Schoolhouse Road • Salisbury Mills, NY

7K Course will take runners and walkers through spectacular views of the Schunemunk Ridge, and of the Moodna Viaduct train trestle.

Holiday-themed costumes are encouraged!

There will be prizes awarded by Santa for the best male and female costumes.

The Jingle Jog is a proud participant of the Toys for Tots program. All runners are encouraged to bring an unwrapped toy with them to benefit a child during this holiday season.

REGISTRATION:

Runners and walkers pre-registered by Nov. 30, 2009:

\$15 for ORC, SS and RRR members*; \$17 for non-members • \$20 after Nov. 30 for all runners and walkers.

Includes souvenirs for all participants, and a buffet lunch which will be served after the race.

Please make checks payable to: ORANGE RUNNERS CLUB and mail to:

ORC c/o Dave Badolato • P.O. Box 2144 • Middletown, NY 10940

FOR MORE INFORMATION:

Call Dave Badolato at: (845) 386-2469 or E-mail Dave at: davebadolato@yahoo.com

AWARDS:

Top 3 overall; 19 and under; 20-29; 30-39; 40-49; 50-59; 60-69; 70 and above.

Walkers will also receive awards.

**Final Race
of the
Hudson Valley
Grand Prix**



Jingle Jog 2009 Registration

Name: (First) _____ Last: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____ Age on Dec. 7th: _____

Male Female ORC Member SS Member RRR Member HVGP** Walker

WAIVER: I know that running and volunteering to work in a road race are potentially hazardous activities. 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 ability to safely complete the run. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effect of the weather including: high winds, cold temperatures, humidity, traffic and the condition of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or inline skates, animals and radio headsets are not allowed in the race, and I will abide by this guideline. Having read this waiver and knowing these facts, and in consideration of your acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Orange Runners Club, Inc., the USATF and its officers and agents, all race 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.

* Orange Runners Club, Sullivan Striders and Rockland Road Runners Club members. **Hudson Valley Grand Prix Participant

Signature: _____ Date: _____

Parent/Guardian's Signature if under 18 _____

