

Thirteenth Annual 2013 Hudson Valley Grand Prix



McMickle Agency
(845)343-0676

Quinn Oil
(845) 291 - 1961



The Laundry Shak (845- 651- SHAK)

The Winners Bracket (845)343-9964
A&C Carpet Care and Floor Specialists (845) 421-7340

The Hudson Valley Grand Prix, since 2001, is a year-long race program designed to encourage friendly competition and achieve personal goals while interspersing excitement and suspense. A variety of distances and difficulty levels encourages goal- inspiring performances by runners exercising perseverance, patience, and vigilance. Come join us as we move into a new year of exciting and unique competition that will stimulate the running community. [The HVGP at one time or another has attracted almost all elite runners in the region, plus dedicated "non-elite runners."] The 16-race program culminates in a luncheon, in January, which is free to all HVGP members and includes gift certificates courtesy of Frank Shoe-Fitting: top 3, male and female overall; & first in class in all qualifying age-groups. The HVGP Board includes veteran athletes John Finnigan, Director; Cliff Davis; Marco Pabon; George Shurter; Steve Brockett; Dave Badolato, ORC liaison; Tom Manza, SSRC liaison. Notice Female cut-off times have changed for this year, as well as a category combination. **Please friend us on Facebook.**

Age Groups	Elite/Non-Elite Cut-Off Times	
	Male	Female
19 and under	20:00	23:00
20-29	19:00	23:00
30-39	18:30	23:30
40-49	19:30	24:00
50-59	20:30	26:00
60-69	22:30	60+ No time
70 and over	30:00	No Category

Must complete at least 9 HVGP events for award eligibility.

Registration through April 28th, 2013, Retroactive scoring goes back 1 race only!
\$23 – General registration (non-ORC or SSRC)
\$18 – ORC or SSRC members
- John Finnigan, Director Hudson Valley Grand Prix (845) 496-1578, or jfinnigan@hvc.rr.com
- Ironman award for those who complete all HVGP races.
- Short-sleeve "wicking" shirts to all participants, including schedule on back, will be distributed upon registration.
- Awards Luncheon: - Free to all HVGP members - Fee for guests.

Race	Contact (assume 845 area code)
------	--------------------------------

1 Herby Waterman Winter Series 5K, Race 4	Bill Schneider, 551-2683, jnowak@hvc.rr.com
2 Shamrock Scramble 5K	Al Favata, 565-1483
3 Hudson Valley 15K (HV15K)	Steve Brockett/ John Finnigan, jfinnigan@hvc.rr.com
4 Chester Kiwanis 5K	E.J. Szulwach, Richard Robillard, richiehr@msn.com
5 The Classic 10K	race@classic10k.com
6 The Lap4Life 4M	Maddalena Reade, 325-3685, maddcasa@yahoo.com
7 Rails and Trails	Maryanne Manza, mmanzal@hvc.rr.com
8 Florida Fun Fest 10K	Tom and Joann Andryshak, jandryshak@me.com
9 Run 4 Downtown 4M	Dave Madden, 401-9108, run4downtown@hvc.rr.com
10 General Montgomery Day 8K	Sarah Schick 457-4774, Sschick@uwdor.org
11 Roosa Gap Roller Coaster 11.5M	Tom Ganz, 791-4864; t_ganz@hotmail.com
12 Newburgh-Beacon Bridge Run 5M	Bill Rosenberg 895-3402, Wrosenb822@aol.com
13 Run 4 the Animals, 4M	Emil Barbosa, bargun99@msn.com
14 Sullivan Striders Falling Colors 8K	Tom Manza, tommanza@aol.com
15 Fall Harvest Fest 7.5M	Jackie Gaillard, 591-4558, jackiegaillard@aol.com
16 ORC Jingle Jog 7K	Dave Badolato, 386-2469, runner419@msn.com

Make Payment to Hudson Valley Grand Prix.

Mail to: HVGP, c/o Cliff Davis 6 Bainbridge Pl., Unit 902, Newburgh, NY 12550

Last Name_ _____ First _____ Age_ _____ (on February 17, 2013) Birth date _____
 Address _____ City _____ State_ _____ Zip Code_ _____

Phone () _____ Email _ _____ Shirt Size: S M L XL

Orange Runners Club Member? Sullivan Striders Member? Best 2012 5K time (or estimate) _____

Category (select one): Male-Elite Female-Elite Male-Non-Elite Female-Non-Elite

(Runners whose times are under age-group cutoff must enter as Elite. Runners whose times are over cut-off may elect to enter as Elite or Non-Elite.)

Waiver: I will abide by each race's rules and waivers for each race that I enter. I for myself and anyone entitled to act on my behalf, waive and release all organizers and volunteers of each race, the Orange Runners Club, The Sullivan Striders, the HVGP committee, and any sponsors 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 on the part of the persons named in this waiver. I know entry fees are non-refundable and non-transferable for any reason.

Signature _____ Date _____ Amount Paid _____ Cash Check

(Signature of parent or guardian if under 18 years of age.)

1/2/2008

Please cut along line and print

www.orangerunnersclub.org (Scoring updates)
www.sullivanstriders.org (Scoring updates)



Score best 9 races

#	Distance	Race	Date	Town, County	Overall		Age Group	
					Race	Cum.	Race	Cum.
1	5K	Herby Waterman Winter Series 5K, # 4	Feb. 17	Middletown, Orange				
2	5K	Shamrock Scramble	Mar. 17	Walkill, Ulster				
3	15K	Hudson Valley 15K (HV15K)	Apr. 28	Blooming Grove, Orange				
4	5K	Chester Kiwanis 5K	May 25	Chester, Orange				
5	10K	The Classic 10K	June 2	Middletown, Orange				
6	4M	The Lap4Life	June 22	Newburgh, Orange				
7	4M	Rails and Trails	July 21	Fallsburg, Sullivan				
8	10K	Florida Fun Fest 10K	Aug. 11	Florida, Orange				
9	4M	Run 4 Downtown	Aug. 17	Middletown, Orange				
10	8K	General Montgomery Day 8K	Sept. 7	Montgomery, Orange				
11	11.5M	Roosa Gap Roller Coaster	Sept. 29	Wurtsboro, Sullivan				
12	5M	Newburgh- Beacon Bridge Run	Oct. 13	Newburgh, Orange				
13	4M	Run4The Animals	Oct. 20	New Windsor, Orange				
14	8K	Sullivan Striders Falling Colors 8K	Nov. 2	Rock Hill, Sullivan				
15	7.5M	Fall Harvest Fest	Nov 10	Cornwall-on-Hudson, Orange				
16	7K	ORC Jingle Jog 7K	Dec. 1	Salisbury Mills, Orange				

SCORING DETAIL - Score Best 9 Races

Total Points =

- Each participant is inserted into either the Overall Male or Overall Female category.

- Additionally, each participant is inserted into one of four primary categories: Male-Elite, Female-Elite, Male-Non-Elite; Female-Non-Elite.

- Finally, each participant is inserted into his or her respective age groups.

- Points are calculated based on all the HVGP entrants for that race. **Non-HVGP entrants will not affect scoring.**

Age Group Scoring (Add one point for each race completed. Maximum score = 106 points.)

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

Overall Scoring (Maximum score = 900 points.)

1st place-100 pts, 2nd -90 pts, 3rd -80 pts, 4th -70 pts, 5th -60 pts, 6th -50 pts, 7th -40 pts, 8th -30 pts, 9th -20 pts, 10th -10 pts