



# ORANGE RUNNERS CLUB

# 2024 GRAND PRIX

## Road Race Series



### 2024 Grand Prix and K&Q Races

|                                   |                                |
|-----------------------------------|--------------------------------|
| 1. ORC Winter Series 5k Race #4 * | 13. Tappan FD 5k               |
| 2. Shamrock Scramble 5k           | 14. Delaware Valley Turkey 5k  |
| 3. Delaware River Run 5k          | 15. ORC Jingle Jog 4Mi *       |
| 4. Chester Kiwanis 5k             | <b>KING &amp; QUEEN SERIES</b> |
| 5. Rhulen (R4) 5k                 | 0. Classic 10k                 |
| 6. Smallwood FD 5k                | 1. Summer Solstice 8.6M        |
| 7. George Washington Day 5k       | 2. Turtle Trot 10k             |
| 8. Run 4 Downtown 4 Mi *          | 3. Monster 10k                 |
| 9. Warwick Labor Day 5k           | 4. Storm King 10k              |
| 10. Woodbourne Park 5k            | 5. Herd the Curd 10k           |
| 11. Shawangunk Valley 5M          | 6. Roosa Gap 11 Mi             |
| 12. Live.Love.Serve 4H 5k         |                                |

\* Race Counts  
Double Grand  
Prix Points

**Must complete 8 GP races to qualify for awards.**

**Scoring: Best 11 Grand Prix races score,  
one point for each race after that.**

1<sup>st</sup> place - 10pts • 2<sup>nd</sup> - 9pts • 3<sup>rd</sup> - 8pts • 4<sup>th</sup> - 7pts • 5<sup>th</sup> - 6pts  
6<sup>th</sup> - 5pts • 7<sup>th</sup> - 4pts • 8<sup>th</sup> - 3pts • 9<sup>th</sup> - 2pts • 10<sup>th</sup> - 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 25th  
\$40 ORC Members  
\$45 General Public

### 2024 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 11th \_\_\_\_\_

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](http://www.orangerunnersclub.org)

Signup online: [runsignup.com/Club/NY/Middletown/OrangeRunnersClubGrandPrix](http://runsignup.com/Club/NY/Middletown/OrangeRunnersClubGrandPrix)