



The ORANGE RUNNERS CLUB

5K Winter Series 2024



January 14th & February 4th & 11th & 25th 2024 – 11:00 AM
Walkers –10:45 AM

Winter Series 2024 / Grand Prix /King & Queen Deal

Triple Play – Register for all Winter Series 4 races plus Grand Prix 2024 includes King & Queen of the Mountain Series - \$20 off combined cost.
Family registrations for the Triple Play discount 1 per family.



USATF
MEMBER CLUB

Registration Cost:

ORC or other Running Club	Pre-registered	Day of Race	Senior Special (65 & over)	Family (Max 4 People) ¹	Triple Play Series plus 2024 GP & K/Q
Active Military	\$70 Series	\$85 Series	\$55 Series	\$190 Series – Pre \$210 race day	\$85 Series – Pre \$100 race day
Students	\$30 per event	\$35 per event	\$25 per event		Senior Special \$70 Series – Pre \$85 race day
Police/Peace Officers	\$85 Series	\$100 Series	\$80 series	\$235 Series –Pre \$260 race day	\$110 Series – Pre \$125 race day
Non-Member	\$35 per event	\$40 per event	\$30 per event		Seniors- \$105 - Pre \$120 race day

¹ Family is defined as people living at same address. Max 2 adults.

Register for ORC Winter Series online at: runsignup.com

Paper applications **MUST** be received in the club PO Box 2144

3 business days before the event to be valid.

For additional information call Martin Nowak (845) 344-4719 and [website](https://www.orangerunnersclub.com); Orange Runners Club, PO Box 2144, Middletown, NY 10940

5K Course is at Middletown Community Campus (Psych Center)

Directions to Start

Route 17 East or West to Exit 121 West (Route 84 West) to Exit 3W (17M). Right at end of ramp, onto 17M (Dolson Ave.). Left at County Road 108. CR 108 becomes CR 78. Continue on CR 78 to Maple Hill Elementary School entrance at Egerton Ave Take a right onto Egerton Ave into the Middletown Community Campus. Turn left on Empire Dr. Then right on Ashley Ave. Turn left on Seward Ave.

Monetary awards presented to top 3 overall male and female winners.
 Top male and female finishers in age groups (1 deep) will receive a free race entry to the ORC Jingle Jog in December 2024.

Top 3 Walkers will receive free ORC Jingle Jog race entry

Standings are based upon best three times in the four races.
 Must complete three races to be eligible.

If a race is canceled, based upon best two of the three races.
 AGE GROUPS: 12 and under, 13-19, 20-29, 30-39; 40-49; 50-59, 60-69, 70-79, 80+

Notes: Awards may be presented at a later date or mailed based on health or weather restrictions. Participants must run/pay for all 4 races to qualify for a Winter Series 2024 shirt.



Race Reg.



ORC WINTER SERIES AND GRAND PRIX COMBINED REGISTRATION FORM



The ORANGE RUNNERS CLUB

5K Winter Series 2024

GRAND PRIX Road Race Series

2024 Grand Prix, K&Q Race List



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 4M *
4. Chester Kiwanis 5k	KING & QUEEN
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 11M
12. Live.Love.Serve 4H 5k	

* Race counts double Grand Prix Points

**Grand Prix and K&Q Registration \$40 ORC Members, \$45 General Public
Must Complete 8 GP Races for awards and all K&Q for an award.**

**Scoring: Best 11 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

ORC WINTER SERIES / GRAND PRIX / K&Q REGISTRATION

Name (First): _____ Last: _____

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

Age on 2/25/24 : _____ e-mail: _____ Phone # : _____

Male Female ORC Member Other Club: _____ Donation to ORC: \$ _____

Winter Series: All Races Race 1 Race 2 Race 3 Race 4 All 4 Races/Grand Prix/K&Q

RUNNER WALKER Shirt Size: S M L XL Amount enclosed: \$ _____

WAIVER: I know that running a road race is a potentially hazardous activity. 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 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, 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 hereby for myself, waive and release the Orange Runners Club, Inc., its officers and agents, the City of Middletown, the State of New York, Middletown Psychiatric Center, Cornell Cooperative Extension of Orange County, all sponsors their representatives and successors, including employees, 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.

Signature: _____ Date: _____

Parent Signature (if under 18): _____