












## Greetings!

Thank you for signing up and we hope you are looking forward to the first race of the 2025 Winter Series this Sunday, January 12<sup>th</sup> at 11AM.

Unlike last year, the weather is looking to be very good for the race on Sunday.

Fri 1/10	Sat 1/11	Sun 1/12	Mon 1/13	Tue 1/14
36°   23°F	32°   24°F	39°   21°F	40°   22°F	26°   18°F
				
Mostly Sunny	AM Snow Showers	Mostly Sunny	Partly Cloudy	Mostly Cloudy
 -- in	 -- in	 0 in	 0 in	 0 in

You may be interested to know that the Orange Runners Club's Winter Series is one of the longest continuously running race series, *if not the longest* in Orange County!

*It was even held during the pandemic years when most other races were shut down.*

This is a testament to the resilience and endurance of our local running and walking community *to which, you are now a part.*

That said, we do wish you good speed for race #1 but also that you enjoy the event and the opportunity to get out and embrace the season with comradery in our running community.

Please review the information below for race day.

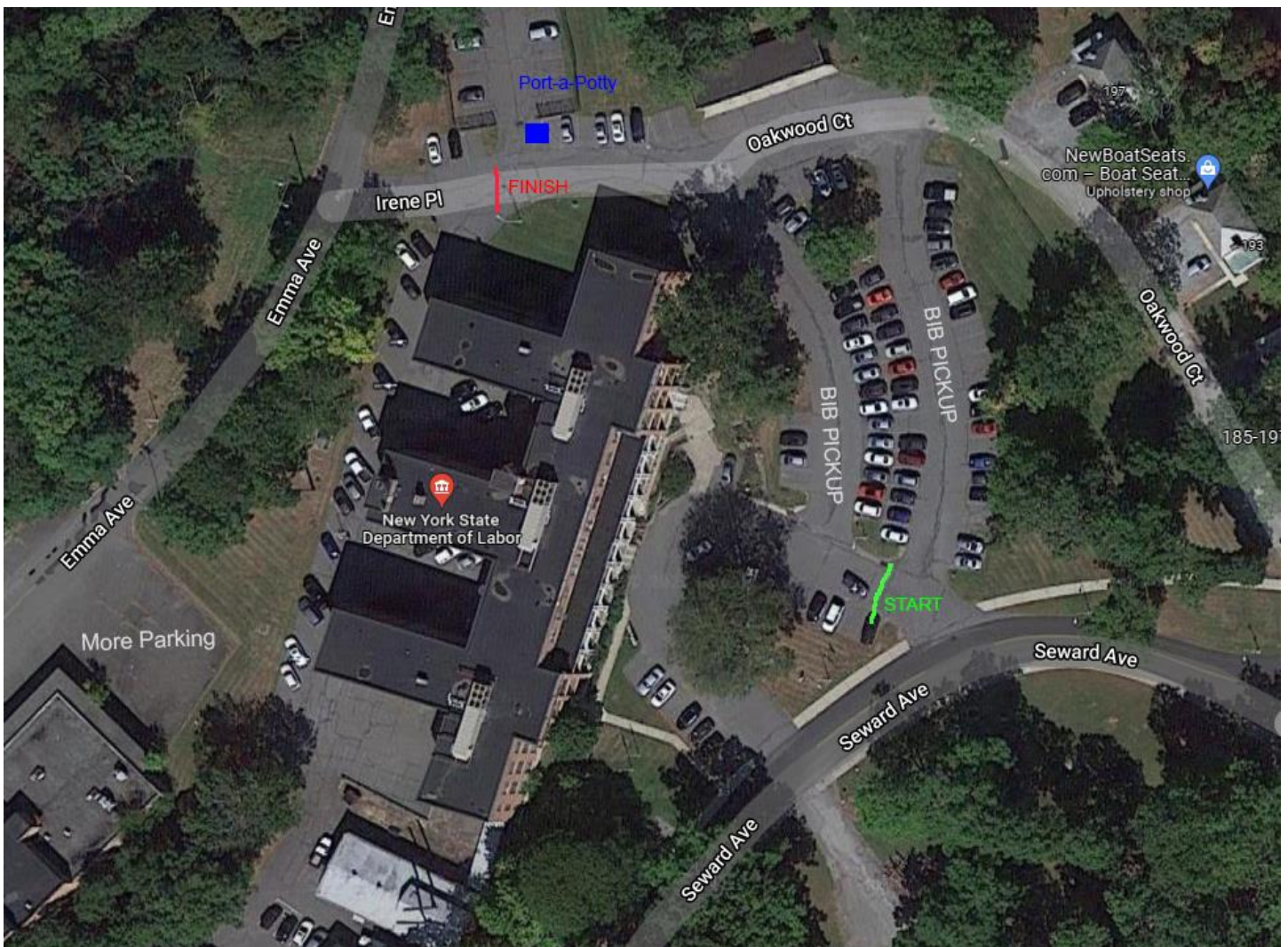
## RACE DAY DETAILS

## BIB PICKUP

Plan to pick up your bib before the race. Bib pickup starts about **9:00 AM** race day in the parking lot near [18 Seward Ave. Middletown, NY](#), ([Google Map link](#)) and also see the image below.

*There will be a person(s) present to help you and race day registrations will be available. Please come early if you need to register or change anything so that the start is not held up. – Thank you!*

**Race Day** parking can be found off Emma Ave, near the finish line. Please do not park in the Fei Tian College or Northern Academy parking lots. Thank you!



## ABOUT YOUR BIB

1. The race will be timed using an RF ID tag attached to your bib.
2. You will need to keep the same bib (*and number*) for all 4 races in the Winter Series, so please don't fold or bend your bib or you risk breaking the chip and not getting timed.
3. Your bib should be worn on the outermost layer of clothing on the front of your body if possible so the number is visible and to ensure it gets read by the timing equipment.

**Tip** - Put your racing bib in a safe place *in your car* so you will not forget it for the next race. If you do lose or forget your bib, please see the race timer **BEFORE** the race.

## RACE COURSE

The 5k course is on Middletown Community Campus (*formerly the Psych Center*) starting near 18 Seward Ave, [[map](#)] and is two loops with a turnoff to the finish on the 2nd loop. Review the Winter Series Course map using the link here: [Winter Series Course Map](#) or on the club's website.

## RUNNERS – START TIME 11:00 AM

We are back to using a 'gun' start for the winter series.

And it's suggested the faster runners put themselves up front to prevent running over the slower runners when the 'gun' goes off.

If you are not sure where you need to be for the start, *likely you should not be in front!*

## WALKERS - START TIME 10:45 AM

Since the walk category also has awards, all those registered in the walk and leaving at 10:45 must walk the entire course. If you plan to jog any part of it, or are not sure, please switch to being a runner so as not to take an award from someone who entirely walks the course. Keep in mind that the runners will be following you so please give them wide berth, (*and a cheer*) when they run by.

Please let us know if you need us to switch your category (from runner to walker or walker to runner).

## SAFETY

As all races take place on the Middletown Community Campus which is open but not heavily trafficked and is ideal for a road race. The surface is all pavement but being in Winter there is high probability for hazards such as snow, water, and ice that can make it potentially more of a challenge, but that is what you signed up for. *Correct?*

So, run smart, and ask an [ORC](#) member for winter running tips that I am sure they would be glad to share. Keep alert, and exercise caution. If you see trouble, please report it. Also, let those who have been trained to help and guide you do their jobs and please follow their instructions. *Thank you!*

## RACING ETIQUETTE

1. Do not litter the course with gel-packs, bottles, or discarded masks.
2. *Spit with care.*
3. Port-a-potty will be open, please clean up after yourself.
4. It's okay to run additional cool-down laps, but avoid the finish line and obey the rules of the road.
5. Please drive to *slowly to exit* the venue after your run.

## RACE RESULTS

Results will be posted on the [Orange Runners Club](#) homepage and the [General Race Calendar](#) shortly after the race, and don't forget to chill-out with a smile.

*Remember, it is a best 3-out-of 4 series.*

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Please enjoy and *benefit* from the Winter Series, and good running to you.

Race Directors and the Orange Runners Club

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If you have NOT already agreed to the USATF Waiver on RunSignUp,

[here is one to print and bring.](#)

*Also available on the [ORC Website.](#)*

Thank you.