



# The ORANGE RUNNERS CLUB

## 5K Winter Series 2022



**January 16<sup>th</sup> & 30<sup>th</sup> & February 13<sup>th</sup> & 27<sup>th</sup>, 2022 – 11:00 AM**  
**Walkers –10:45 AM**

### Winter Series 2022 / Grand Prix Deal

**Double Play** – Register for all Winter Series 4 races plus Grand Prix 2022  
 - \$20 off combined cost.  
 Family registrations for the Double Play discount 1 per family.



**USATF**  
MEMBER CLUB

### Registration Cost:

ORC/RRR	Pre-registered	Day of Race	Senior Special (65 & over)	Family (Max 4 People) <sup>1</sup>	Double Play Series plus 2022 Grand Prix
Active Military	\$65 Series	\$80 Series	\$50 Series	\$180 Series – Pre \$200 race day	\$70 Series – Pre \$85 race day
Students		\$25 per event	\$30 per event		\$20 per event
Police/Peace Officers	\$80 Series	\$95 Series	\$75 series	\$225 Series –Pre \$250 race day	\$90 Series – Pre \$105 race day
Non-Member	\$30 per event	\$35 per event	\$25 per event		Seniors- \$85 Series – Pre \$100 race day

<sup>1</sup> Family is defined as people living at same address. Max 2 adults.

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.

Register for ORC Winter Series online at: <https://register.chronotrack.com/r/65199>  
 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](#); Orange Runners Club, PO Box 2144, Middletown, NY 10940

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 2022.

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 COVID-19 restrictions. Participants must run/pay for all 4 races to qualify for a Winter Series 2022 shirt.



# ORC WINTER SERIES AND GRAND PRIX COMBINED REGISTRATION FORM



## The ORANGE RUNNERS CLUB 5K Winter Series 2022



### GRAND PRIX Road Race Series



#### 2022 Grand Prix Race List

- |                                   |                                |
|-----------------------------------|--------------------------------|
| 1. ORC Winter Series 5k Race #4 * | 8. George Washington Day 5k    |
| 2. Shamrock Scramble 5k           | 9. Run 4 Downtown 4M           |
| 3. Delaware River Run 5k          | 10. Warwick Lions Labor Day 5k |
| 4. Chester Kiwanis 5k             | 11. General Montgomery Day 8k  |
| 5. Rock Hill Run & Ramble 5k      | 12. Police Chase 5k            |
| 6. SMVFD Fighting Fires 5k        | 13. Pine Bush Ambulance 5k     |
| 7. Turtle Trot 10k                | 14. ORC Jingle Jog 4M *        |

\* Race counts double Grand Prix Points

**Grand Prix Registration \$25 ORC Members, \$30 General Public**

**Must Complete 7 Races for Awards.**

**Scoring: Best 10 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

### ORC WINTER SERIES & GRAND PRIX REGISTRATION

Name (First): \_\_\_\_\_ Last: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Age on 2/27/22 : \_\_\_\_\_ e-mail: \_\_\_\_\_ Phone # : \_\_\_\_\_

Male  Female  ORC Member  RRR Donation to ORC: \$ \_\_\_\_\_

Winter Series:  All Races  Race 1  Race 2  Race 3  Race 4  All 4 Races and Grand Prix

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): \_\_\_\_\_