



# ORANGE RUNNERS CLUB

# 2019 GRAND PRIX SERIES

SPONSORED BY WINNERS'S BRACKET - 343-9964

QUINN OIL, INC - GOSHEN, NY - 291-1961

& FRANKS CUSTOM SHOE-FITTING – MIDDLETOWN, NY

### Awards

- Top 3 overall male & female
- 19 and under
- 20-29
- 30-39
- 40-49
- 50-59
- 60-69
- 70 and over

### Registration

Must sign up by April 30<sup>th</sup>, 2019  
 \$22 ORC, SSRC members  
 \$27 general registration

Ironman awards for those who complete all 12 races  
 Short sleeve shirt to all participants

### 12 race series:

**Must complete 6 races for awards.**

**Scoring: Best 9 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

### RACES

- |                                  |  |
|----------------------------------|--|
| 1. ORC Winter Series 5K Race #4  | 7. Turtle Trot                         |
| 2. Shamrock Scramble 5K Walkkill | 8. Run 4 Downtown Middletown           |
| 3. Chocolate Run 5K              | 9. Run for Recovery 5K                 |
| 4. Delaware River Run 5K         | 10. Police Chase 5K Orange County Park |
| 5. Chester Kiwanis 5K            | 11. Delaware Valley Turkey Trot 5K     |
| 6. Rhulen 5K Rock Hill           | 12. Jingle Jog 4M Middletown           |

### 2019 GRAND PRIX REGISTRATION

Please make checks payable to Orange Runners Club  
 Mail to: George Shurter • 102 Schoolhouse Road • Middletown, NY 10940

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

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Age on February 24th \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Male  Female  ORC Member  SS Member

Shirt Size/Male -  Small  Medium  Large X-Large  XX – Large

Shirt Size/Female -  Small  Medium  Large  X-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 races, including but not limited to: falls, contact with other participants, the effect of the weather, including 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: \_\_\_\_\_