

# 2013 Hudson Valley Grand Prix – The 5K Series



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The Hudson Valley Grand Prix has decided to introduce a new concept for 2013, **The 5K Series**. It is a year-long race program designed to encourage friendly competition and achieve personal goals while interspersing excitement and suspense. All of the races will be 5K to encourage both new and old runners to participate at a distance achievable by most. These races are designed to encourage goal- inspiring performances by runners exercising perseverance, patience, and vigilance. Come join us as we move into a new exciting chapter of the HVGP that will stimulate the running community. The 15-race program culminates in a luncheon, in January, which is free to all HVGP members and includes gift certificates courtesy of Frank's Shoe-fitters: top 3, male and female overall; & first in class in all qualifying age-groups. The HVGP Board includes veteran athletes John Finnigan, Director; Cliff Davis; Marco Pabon; George Shurter; Steve Brockett; Dave Badolato, ORC liaison; Tom Manza, SSRC liaison. There is only one category for each age group (male & female). **Please friend us on Facebook.**

## Age Groups: ( Men and Women Categories)

Under 12, 13 – 19, 20's, 30's, 40's, 50's, 60's, 70's

Must complete at least 9 events to qualify for awards , under 12 only 7 events required.

## Registration through April 28, 2013,

Retroactive scoring goes back 2 races

- \$18 – Non-affiliated runners
- \$15 – ORC & SSRC Members
- \$12 – Under 12 and club member (ORC/SSRC)
- Short Sleeve shirts to all participants, including schedule on back
- John Finnigan – Director Hudson Valley Grand Prix
- [jfinnigan@hvc.rr.com](mailto:jfinnigan@hvc.rr.com), (845) 496-1578

## Race

## Contact (assume 845 area code)

1	Herby Waterman Winter Series 5K, Race 4	Bill Schneider, 551-2683, <a href="mailto:jnowak@hvc.rr.com">jnowak@hvc.rr.com</a>
2	1 <sup>st</sup> Lt. Mark Dooley Race of Honor	Bob Earl, <a href="mailto:bgearl@optonline.net">bgearl@optonline.net</a> ,
3	Hudson Valley 5K	Steve Brockett/ John Finnigan, <a href="mailto:jfinnigan@hvc.rr.com">jfinnigan@hvc.rr.com</a>
4	Delaware River Run	John Faggione, <a href="mailto:pjrec@frontiernet.net">pjrec@frontiernet.net</a> , 854-4045
5	Safe Harbors of the Hudson Off-Broadway Run	June Henley, <a href="mailto:jhenley@safe-harbors.org">jhenley@safe-harbors.org</a> , 562-6940
6	Ruthie Dino Marshall 5K	Debbie Brain, <a href="mailto:dbrain@middletownymca.org">dbrain@middletownymca.org</a> , 956-1501
7	Rhulen Rock Hill Run & Ramble	Suzy Loughlin, <a href="mailto:sloughlin@firestorm.com">sloughlin@firestorm.com</a> , 794-3600 x5026
8	Goshen Great American Weekend 5K	Rob Dickover, <a href="mailto:dickover@dddblaw.com">dickover@dddblaw.com</a> , 294-9447
9	SMVFD Fighting Fires 5K	Matt Burns, <a href="mailto:fightingfires5k@yahoo.com">fightingfires5k@yahoo.com</a> , 807-8209
10	Forestburgh 5K	Gary Berson, <a href="mailto:gberson@aol.com">gberson@aol.com</a>
11	Otisville 5K Rumble	Nick Amendola, <a href="mailto:veeteeggee87@gmail.com">veeteeggee87@gmail.com</a>
12	Warwick Lions 5K	George McManus, <a href="mailto:mcmanus@warwick.net">mcmanus@warwick.net</a> , 986-3054
13	Maybrook 5K	Linda Larosa, <a href="mailto:llarosa@villageofmaybrook.com">llarosa@villageofmaybrook.com</a> , 427-2717
14	Pine Bush Ambulance Run	Sue Spinato, <a href="mailto:smspinato@earthlink.net">smspinato@earthlink.net</a> , 744-5391
15	Knights of Columbus Jingle Jog 5K	Bill Gaa, <a href="mailto:wgd2001@gmail.com">wgd2001@gmail.com</a> , 570 - 491-2097

**Make Payment to Hudson Valley Grand Prix.**

**Mail to: HVGP, c/o Cliff Davis 6 Bainbridge Pl., Unit 902, Newburgh, NY 12550**

Last Name: \_\_\_\_\_ First: \_\_\_\_\_ Age: \_\_\_\_ (on February 17, 2013) Birth date: \_\_\_\_\_

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

Phone (\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_ Shirt Size: S M L XL

Orange Runners Club Member? \_\_\_\_ Sullivan Striders Member? \_\_\_\_

**Waiver:** I will abide by each race's rules and waivers for each race that I enter. I for myself and anyone entitled to act on my behalf, waive and release all organizers and volunteers of each race, the Orange Runners Club, The Sullivan Striders, the HVGP committee, and any sponsors 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 on the part of the persons named in this waiver. I know entry fees are non-refundable and non-transferable for any reason.

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_ **Amount Paid** \_\_\_\_\_ **Cash** **Check**

(Signature of parent or guardian if under 18 years of age.)

1/2/2008

*Please cut along line and print*



[www.orangerunnersclub.org](http://www.orangerunnersclub.org) (scoring updates)

[www.sullivanstriders.org](http://www.sullivanstriders.org) (scoring updates)

**Score best 9 races**

#	Race	Date	Town, County	Overall		Age Group	
				Race	Cum.	Race	Cum.
1	Herby Waterman Winter Series 5K, # 4	Feb. 17	Middletown, Orange				
2	1 <sup>st</sup> Lt Mark Dooley, Race of Honor	Mar. 24	Modena, Ulster				
3	Hudson Valley 5K	Apr. 28	Blooming Grove, Orange				
4	Delaware River Run	May 5	Port Jervis, Orange				
5	Safe Harbors	May 19	Newburgh, Orange				
6	Ruthie Dino Marshall	June 9	Middletown, Orange				
7	Rhulen R4	June 15	Rock Hill Sullivan				
8	Great American 5K	July 6	Florida, Orange				
9	SMVD Fighting Fires	July 7	Smallwood, Sullivan				
10	Forestburgh 5K	Aug. 17	Forestburgh, Sullivan				
11	Otisville Rumble	Aug. 25	Otisville, Orange				
12	Warwick Lions 5K	Sept. 2	Warwick, Orange				
13	Maybrook 5K	Oct. 26	Maybrook, Orange				
14	Pine Bush Ambulance Run	Nov. 10	Pine Bush, Orange				
15	K of C Jingle Jog	Dec. 7	Matamoras PA				
<b>SCORING DETAIL - Score Best 9 Races</b>				<b>Total Points =</b>			

- Each participant is inserted into either the Overall Male or Overall Female category.

- - Finally, each participant is inserted into his or her respective age groups.

- Points are calculated based on all the HVGP entrants for that race. **Non-HVGP entrants will not affect scoring.**

**Age Group Scoring (Add one point for each race completed. Maximum score = 105 points.)**

1<sup>st</sup> place-10 pts, 2<sup>nd</sup> -9 pts, 3<sup>rd</sup> -8 pts, 4<sup>th</sup> -7 pts, 5<sup>th</sup> -6 pts, 6<sup>th</sup> -5 pts, 7<sup>th</sup> -4 pts, 8<sup>th</sup> -3 pts, 9<sup>th</sup> -2 pts, 10<sup>th</sup> -1 pt

**Overall Scoring (Maximum score = 900 points.)**

1<sup>st</sup> place-100 pts, 2<sup>nd</sup> -90 pts, 3<sup>rd</sup> -80 pts, 4<sup>th</sup> -70 pts, 5<sup>th</sup> -60 pts, 6<sup>th</sup> -50 pts, 7<sup>th</sup> -40 pts, 8<sup>th</sup> -30 pts, 9<sup>th</sup> -20 pts, 10<sup>th</sup> -10 pts