



# ORANGE RUNNERS CLUB

## 2022 GRAND PRIX

### Road Race Series

#### 2022 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

#### 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

#### Awards

Top 3 overall male & female

1-19, 20-29

30-39, 40-49

50-59, 60-69

70-79, 80 & over



#### Registration

Must sign up by May 15th

\$25 ORC Members

\$30 General Registration

Ironman awards for those who complete all races

### 2022 GRAND PRIX REGISTRATION

Please make checks payable to Orange Runners Club Grand Prix  
Mail to: PO Box 2144 • Middletown, NY 10940

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

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

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Age on February 27th \_\_\_\_\_

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

Male  Female  ORC Member

Shirt Size Unisex:  X Small  Small  Medium  Large  X Large  XX 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 events, 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, 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: \_\_\_\_\_

Contact: Director Martin Nowak at Orange Runners Club at [www.orangerunnersclub.org](http://www.orangerunnersclub.org)