

JINGLE JOG 2013

7K RACE

USATF Certification # NY-0847-JG

December 1, 2013 • 10 a.m.

Starts at Salisbury Mills Fire Department
Route 94 & Schoolhouse Road • Salisbury Mills, NY

(Across from Loughran's Pub)

7K Course has spectacular views of the Schunemunk Ridge, and the Moodna Viaduct train trestle.

REGISTRATION

(Race day • 7:30 to 9:30 a.m.)

Runners and walkers pre-registered by **Nov. 20, 2013:**

\$22 for ORC and SS members • **\$24** for non-members • **After Nov. 20: \$25**

Walkers and early starters start at 9:45 a.m.

Walkers and early starters ARE NOT eligible for awards. Course support limited to water stops only, until start of race.
HVGP members must start at 10 a.m.

AWARDS

Top 3 overall; 19 and under; 20-29; 30-39; 40-49;
50-59; 60-69; 70 and above.

SPECIAL AWARDS:

First place overall male and female winners
will win a cash prize equivalent to double their
finishing times. (Example: 20:00 = \$40.00)

Plus, a free entry into Jingle Jog 2014.

ALSO:

Unique giveaways for the first 200 registrants.
Unique awards for overall and age group winners.
Buffet lunch served by Loughran's Pub after the race.

Holiday-theme costumes encouraged!

There will be prizes awarded by Santa for the best
male and female costumes.

New This Year! Couples Combined Times Competition (optional)

The pre-registered couple with the best combined times will win dinner, and dessert, compliments of
Something Sweet Dessert & Café, 17 North Street, Middletown, NY.

(Check the "couple" box and add your partner's name and age on the registration form below.)

FOR MORE INFORMATION:

Call, or E-mail, Dave Badolato at:
(845) 386-2469 or (845) 662-1590 • davebadolato@yahoo.com

**Final Race of the
Hudson Valley
Grand Prix!**

**The Jingle Jog will be benefiting
the Pulmonary Fibrosis Foundation.**

Jingle Jog 2013 Registration

Please make checks payable to: ORANGE RUNNERS CLUB and mail to:
ORC c/o Dave Badolato • P.O. Box 113 • Otisville, NY 10963

(Online registration is available through the orangerunnersclub.org website. Look for link in the Race Calendar.)

Special prize to the first male and female who pre-register!

Name: (First) _____ (Last) _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____ Age on Dec. 1st: _____

☐ Male ☐ Female ☐ Couple ☐ ORC Member ☐ SS Member ☐ HVGP ☐ Walker/Early Starter

WAIVER: I know that running and volunteering to work in a road race are potentially hazardous activities. 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, 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, for myself and anyone entitled to act on my behalf, waive and release the Orange Runners Club, Inc., the USATF and its officers and agents, all race sponsors, their representatives and successors, 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.

Name of person you are coupled with for the Combined Times Competition: _____ Age of partner: _____ (Male and female couples only)

Signature: _____ Date: _____

Parent/Guardian's Signature if under 18 _____



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