



The ORANGE RUNNERS CLUB

5K Winter Series 2023



January 15th & 29th & February 12th & 26th, 2023 – 11:00 AM
Walkers – 10:45 AM

Winter Series 2023 / Grand Prix / King & Queen Deal

Triple Play – Register for all Winter Series 4 races plus Grand Prix 2023 plus King & Queen of the Mountain Series - \$20 off combined cost.

Family registrations for the Triple 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) ¹	Triple Play Series plus 2023 GP & K/Q
Active Military	\$65 Series	\$80 Series	\$50 Series	\$180 Series – Pre \$200 race day	\$80 Series – Pre \$95 race day
Students	\$25 per event	\$30 per event	\$20 per event		Senior Special \$65 Series – Pre \$80 race day
Police/Peace Officers	\$80 Series	\$95 Series	\$75 series	\$225 Series –Pre \$250 race day	\$100 Series – Pre \$115 race day
Non-Member	\$30 per event	\$35 per event	\$25 per event		Seniors- \$95 Series – Pre \$110 race day

¹ Family is defined as people living at same address. Max 2 adults.

Register for ORC Winter Series online at: runsignup.com

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](https://www.orangerunnersclub.com); 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 2023.

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 health or weather restrictions. Participants must run/pay for all 4 races to qualify for a Winter Series 2023 shirt.

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.



Race Reg.



ORC WINTER SERIES AND GRAND PRIX COMBINED REGISTRATION FORM



The ORANGE RUNNERS CLUB 5K Winter Series 2023

GRAND PRIX Road Race Series

2023 Grand Prix, K&Q Race List



- | | |
|------------------------------------|-------------------------------|
| 1. ORC Winter Series 5k Race #4 * | 12. Delaware Valley Turkey 5k |
| 2. Chocolate 5k | 13. ORC Jingle Jog 4M * |
| 3. Ellenville Run Like the Wind 5k | 14. Knight of Columbus 5k |
| 4. Ruthie Dino 5k | KING & QUEEN |
| 5. Firecracker 5k | 1. Summer Solstice 8.6M |
| 6. Delaware Youth Council 10k | 2. Turtle Trot 10k |
| 7. Chelsea Fire 5k | 3. Monster 10k |
| 8. Run 4 Downtown 4M * | 4. Storm King 10k |
| 9. Woodbourne Park 5k | 5. Herd the Curd 10k |
| 10. Shawangunk Valley 5M | 6. Roosa Gap 11M |
| 11. Cider 5M | |

* Race counts double Grand Prix Points

Grand Prix and K&Q Registration \$35 ORC Members, \$40 General Public
Must Complete 7 GP Races for awards and all K&Q for an award.

Scoring: Best 10 Grand Prix races score,
one point for each race after that.

1st place - 10pts • 2nd - 9pts • 3rd - 8pts • 4th - 7pts • 5th - 6pts
 6th - 5pts • 7th - 4pts • 8th - 3pts • 9th - 2pts • 10th - 1pt

ORC WINTER SERIES / GRAND PRIX / K&Q REGISTRATION

Name (First): _____ Last: _____

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

Age on 2/26/23 : _____ 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/Grand Prix/K&Q

☐ 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): _____



PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

Bib # _____

Event Name: Orange Runners Club Winter Series 2023

Event Date(s): 1/15/2023, 1/29/2023, 2/12/2023, 2/26/2023

Event Location: Seward Ave. Middletown, NY

Sanction #: 142454, 142455, 142456, 142457

For and in consideration of USA Track & Field, Inc. ("USA Track & Field" or "USATF") allowing me, the registrant, to participate in the USA Track & Field sanctioned event I am registering for herein (the "Event" or "Events"); I, for myself, and on behalf of my spouse, children, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

- I hereby represent that (i) I am at least eighteen (18) years of age (or this Agreement is also agreed to by my parent, natural guardian, or legal guardian (the "Guardian")); (ii) I am in good health and in proper physical condition to participate in the Event; and (iii) I am not under the influence of alcohol or any illicit or prescription drugs which would in any way impair my ability to safely participate in the Event. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Event, that I am responsible for my own safety and well-being at all times and under all circumstances while at the Event site.
- I understand and acknowledge that participation in track & field, road running, race walking, cross country, mountain, ultra, and trail running Events is inherently dangerous and represents an extreme test of a person's physical and mental limits. I understand and acknowledge the risks and dangers associated with participation in the Event and sports of track & field and related activities, including without limitation, the potential for serious bodily injury, sickness and disease (including communicable disease), permanent disability, paralysis and loss of life; loss of or damage to equipment/property; exposure to extreme conditions and circumstances; contact with other participants, spectators, animals or other natural or manmade objects; dangers arising from adverse weather conditions; imperfect course or track conditions; land, water and surface hazards; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event Organizers (as defined in Section 4 below); and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions or the actions or inactions of others participating in or organizing the Event, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses which I incur as a result of my participation in any Event, except to the extent caused by the gross negligence and/or willful misconduct of any of the Released Parties (as defined in Section 4 below).
- I agree to be familiar with and to abide by the Rules and Regulations established for the Event, including but not limited to the Competition Rules adopted by USA Track & Field and any safety regulations established for the benefit of all participants. I accept sole responsibility for my own conduct and actions while participating in the Event, and the condition and adequacy of my equipment.
- I hereby release, waive and covenant not to sue, and further agree to indemnify, defend and hold harmless the following parties, as relevant and applicable in each instance: USATF, its members, clubs, associations, sport disciplines and divisions; United States Olympic Committee (USOC); the event directors, the host organization and the facility, venue and property owners or operators upon which the Event takes place; and any other organizers, promoters, sponsors, advertisers, coaches and officials for this Event; law enforcement agencies and other public entities providing support for the Event; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees and volunteers (Individually and collectively, the "Released Parties" or "Event Organizers"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Event, except to the extent caused by the gross negligence and/or willful misconduct of any of the Released Parties. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which may be incurred as the result of such claim, except to the extent caused by the gross negligence and/or willful misconduct of any of the Released Parties, as relevant and applicable in each instance.
- As a condition of my participation in the Event, I hereby grant USA Track & Field, the event director and host organization a limited license to use my name, likeness, image, photograph, voice, video, athletic performance, biographical and other information (collectively, "Likeness"), in any media platform or format whatsoever, and to distribute, broadcast and exhibit these without charge, restriction or liability, but only for the purposes of advertising or promoting the Event, USATF, or the sport of Athletics. The foregoing grant, however, does not constitute consent for USATF or any third party to use my Likeness in an endorsement of any product or service without my specific written consent.

I hereby warrant that I (or the Guardian, if I am under the age of 18) am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by accepting it (including the rights of my spouse, children, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns), acknowledge that I have accepted this Agreement without any inducement, assurance or guarantee, and intend for my acceptance to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

If the participant is under the age of 18, the Guardian hereby agrees to release and discharge the Released Parties as follows: a) The Guardian acknowledges and understands that the Event is inherently dangerous and represents an extreme test of a person's physical and mental limits. Further, the Guardian acknowledges and understands the Risks, as defined above. b) The Guardian acknowledges the rights waived by both the Guardian and the participant by accepting this Agreement. c) The Guardian acknowledges that the Guardian will indemnify the Released Parties from any and all Liability which may arise out of, result from, or relate in any way to the participant's participation in the Event, except to the extent caused by the gross negligence and/or willful misconduct of any of the Released Parties.

Participant Name (or Guardian): _____	Age: _____	Date of Birth: _____/_____/_____	Male	Female
Minor Name #1: _____	Age: _____	Date of Birth: _____/_____/_____	Male	Female
Minor Name #2: _____	Age: _____	Date of Birth: _____/_____/_____	Male	Female
Minor Name #3: _____	Age: _____	Date of Birth: _____/_____/_____	Male	Female

Home Address: _____ Home Tel.: (_____) _____

Team Name _____ Email Address _____

X _____ / _____
Signature of Participant or Guardian Date Signed

Revised 5/2020