

# Eleventh Annual *2011 Hudson Valley Grand Prix*



**McMickle Agency**  
**(845)343-0676**

*Winner's Bracket* (845)343-9964  
*Patterson Painting* (845)534-7673

The Hudson Valley Grand Prix, now in its eleventh year, is a year-long race program designed to encourage friendly competition and achieve personal goals while interspersing excitement and suspense. A variety of distances and difficulty levels encourages goal-inspiring performances by runners exercising perseverance, patience, and vigilance. Come join us as we move into a new year of exciting and unique competition that will stimulate the running community. [The HVGP at one time or another has attracted almost all elite runners in the region, plus dedicated "non-elite runners."] The 16-race program culminates in a luncheon, in January, which is free to all HVGP members and includes gift certificates courtesy of Groo's Athlete's Action: 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; Abby Billias, Drew Priest; Todd Jennings, ORC liaison; Kim Klemen, SSRC liaison.

Age Groups	Elite/Non-Elite Cut-Off Times	
	Male	Female
19 and under	20:00	22:00
20-29	19:00	21:30
30-39	18:30	20:30
40-49	19:30	22:30
50-59	20:30	25:00
60-69	22:30	27:00
70 and over	30:00	35:00

**Must complete at least 9 HVGP events for award eligibility.**

**Registration through April 10th, 2011,**  
**Retroactive scoring goes back 1 race only!**

- \$22 – General registration (non-ORC or SSRC)
- \$17 – ORC or SSRC members**
- \$12 – Special Mini-Grand Prix - 12 & under only
- John Finnigan, Director Hudson Valley Grand Prix  
**(845) 496-1578, or jfinnigan@hvc.rr.com**
- Ironman award for those who complete all HVGP races.
- Short-sleeve "wicking" shirts to all participants, including schedule on back, will be distributed upon registration.
- **Awards Luncheon:** - Free to all HVGP members  
- Fee for guests.

## *Special 7-Race Mini Grand-Prix* (12 & Under Male and Female Only.)

**Best 4 of 7 (all 5K distances):** (Winter Series Race 4, Shamrock Scramble, Chester, Rowley Cup @ the Classic 10K, Goshen, The Monster, Roosa Gap 5K)

Race	Contact (assume 845 area code)
1 Herby Waterman Winter Series 5K, Race 4	Bill Schneider, 551-2683, jnowak@hvc.rr.com
2 Shamrock Scramble 5K	Al Favata, 565-1483
3 Hudson Valley 15K (HV15K)	Steve Brockett/ John Finnigan, jfinnigan@hvc.rr.com
4 Delaware River Run 5K	John Faggione, 858-4045, pjrec@frontiernet.net
5 Chester Kiwanis 5K	E.J. Szulwach, Richard Robillard, richiehr@msn.com
6 The Classic 10K	race@classic10k.com
7 The Lap4Life 4M	Maddalena Reade, 325-3685, maddcasa@yahoo.com
8 Goshen Great American Weekend 10K	Rob Dickover, dickover @dddblaw.com
9 The Monster Classic 10K	Orshii Boldiis, 239-2107 (days), oboldiis@hotmail.com
10 Run 4 Downtown 4M	Dave Madden, 401-9108, run4downtown@hvc.rr.com
11 General Montgomery Day 8K	Julie Wittenberg 457-4774 JWittenberg@uwoc.org
12 Roosa Gap Roller Coaster 11.5M	Bill Norton, 888-2107; wgn@frontiernet.net
13 Newburgh-Beacon Bridge Run 5M	Bill Rosenberg 895-3402, Wrosenb822@aol.com
14 Sullivan Striders Falling Colors 8K	Kim Klemen, 283-8944, kk@jacobowitz.com
15 Fall Harvest Fest 7.5M	Jackie Gaillard, 591-4558, jackiegailard@aol.com
16 ORC Jingle Jog 7K	Dave Badolato, 386-2469, runner419@msn.com

## Make Payment to 2011 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 20, 2011) Birth date \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

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

Orange Runners Club Member?  Sullivan Striders Member?  Best 2010 5K time (or estimate) \_\_\_\_\_

Category (select one): Male-Elite  Female-Elite  Male-Non-Elite  Female-Non-Elite

**Special Mini Grand Prix for 12 & Under Only:** Male-12 & Under  Female-12 & Under

*(Runners whose times are under age-group cutoff must enter as Elite. Runners whose times are over cut-off may elect to enter as Elite or Non-Elite.)*

**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, Groo's Shoes, New Balance, Rowley, The McMickle Agency, Winner's Bracket, 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**

#	Distance	Race	Date	Town, County	Overall		Age Group	
					Race	Cum.	Race	Cum.
1	5K	Orange Runners Club Winter Series 5K, # 4	Feb. 20	Middletown, Orange				
2	5K	Shamrock Scramble	Mar. 20	Wallkill, Ulster				
3	15K	Hudson Valley 15K (HV15K)	Apr 10	Blooming Grove, Orange				
4	5K	Delaware River Run	May 1	Port Jervis, Orange				
5	5K	Chester Kiwanis 5K	May 28	Chester, Orange				
6	10K	The Classic 10K	June 12	Middletown, Orange				
7	5K	The Lap4Life	June 25	Newburgh, Orange				
8	10K	Goshen Great American Weekend 10K	July 2	Goshen, Orange				
9	10K	The Monster Classic	Aug. 7	Monticello, Sullivan				
10	4M	Run 4 Downtown	Aug. 20	Middletown, Orange				
11	8K	General Montgomery Day 8K	Sept. 10	Montgomery, Orange				
12	11.5M	Roosa Gap Roller Coaster	Sept. 25	Wurtsboro, Sullivan				
13	5M	Newburgh- Beacon Bridge Run	Oct. 9	Newburgh, Orange				
14	8K	Sullivan Striders Falling Colors 8K	Nov. 5	Rock Hill, Sullivan				
15	7.5M	Fall Harvest Fest	Nov 13	Cornwall-on-Hudson, Orange				
16	7K	ORC Jingle Jog 7K	Dec. 4	Salisbury Mills, Orange				

### SCORING DETAIL - Score Best 9 Races

**Total Points =**

- Each participant is inserted into either the Overall Male or Overall Female category.
- Additionally, each participant is inserted into one of four primary categories: Male-Elite, Female-Elite, Male-Non-Elite; Female-Non-Elite.
- 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 = 106 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