

## **2009 EMPIRE RUNNERS/FLEET FEET GRAND PRIX RULES**

**Final overall scoring will be your best 11 out of 14 races. 2009 Grand Prix races are:**

1. 1/01/09 Resolution Run 5K
2. 2/15/09 Valley Ford Relay 4 X 2.75 miles
3. 3/15/09 Ilsanjo Classic 4 miles and 10 miles
4. 4/05/09 Loop de Loop 14 mile and Relay (2 X 7 miles)
5. 5/03/09 Jackrabbit Derby 3 miles
6. 6/10 & 24, 7/8 & 22, 8/7 Summer Track Series (4 Weds and a Fri; all ages)
7. 6/20/09 River Front Relay 2 X 3.1 miles
8. 7/04/09 Kenwood Footrace
9. 8/02/09 Salmon Creek Beach Run 5 miles or 2 miles
10. 8/29/09 Phil Widener Empire XC Open 3.43 miles
11. 9/06/09 Annadel Loop 7 miles
12. 11/08/09 Run to stop hunger 10K (Fleet Feet sponsored)
13. 11/29/09 McGuire's Breakfast Run 3K and 10K
14. 12/19/09 Last 10K and Final 2 mile

### **Scoring:**

Empire Runners who are current members on the day of the race and new members joining on race day will score in that race.

### **Regular races:**

The first place ER finisher will receive 100 points, 2<sup>nd</sup> place 99 points and so on for both men and women. If there is a short and long race at the same event (example- Ilsanjo has a 4m and 10m race) 4 people will score 100 points.

### **Relays:**

Valley Ford Relay and River Front Relay have 3 categories: Men (75%-100% men), Coed (50%-75% women), Women (100% women). Teams must have at least 50% Empire Runners to be eligible to score. The first place team from each category will receive 100 points, 2<sup>nd</sup> place team 99 points and so on. Loop de Loop Relay will be scored as a handicapped race with the 1<sup>st</sup> team scoring 100 points, 2<sup>nd</sup> team scoring 99 points and so on. If you run on 2 teams you will score in the higher placing team in its category.

### **Summer Track Series (5 Wednesdays and a Friday)**

25 points will be given to each person who participates in one or more events per track meet. There is a maximum of 100 points possible for all track meets combined. There are no volunteer points for this event unless previously arranged with the race director. Race director will score 100 points.

Age divisions are as follows: <10, 10-13, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+  
Your age group will be determined by your age on your 1<sup>st</sup> race of the year on/after 1/1/08.

Club members must participate in five races in order to be eligible to receive a

Grand Prix award.

**Volunteers** at races receive 75 points (Note: I am considering extra points for volunteers of certain positions in the Kenwood Footraces). It is the responsibility of the race director to provide volunteer names to series Director after race. Racedirectors receive 100 points.

**Prizes:**

The 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> overall scoring women and men will be awarded \$100, \$75 and \$50 in the form of a gift certificate from Fleet Feet Sports of Santa Rosa to be awarded at the annual banquet. Overall top 6 finishers will be eliminated from age group awards. Age group awards will be given to the top 3 of each division for both women and men. Prizes TBD.

The Series Director will endeavor to score each event as accurately as possible but mistakes and omissions inevitably will happen. Corrections will be made upon notification to the director up to 30 days after the results of an event have been published in the newsletter. Results will become official after that.

The Series Director has the authority to make changes to the above rules from time to time throughout the year as may be necessary due to changing situations. Changes will be published in the newsletter and posted on the website as soon as possible. Any problems or disputes regarding the series will be settled at the sole discretion of the Series Director with emphasis placed on maintaining a series that is fair for all participants.

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2009 Grand Prix Director