

2010 EMPIRE RUNNERS/FLEET FEET GRAND PRIX POINT SERIES RULES

Final overall scoring will be your best 11 out of 14 races. 2010 Grand Prix races are:

1. 1/01/2010 Resolution Run 5K
2. 2/21/2010 Valley Ford Relay 4 X 2.75 miles
3. 3/14/2010 Ilsanjo Classic 4 miles and 10 miles
4. 4/11/2010 Loop de Loop 14 mile and Relay 2 X 7 miles. **(Extra 10 pts. To 14 mile participants).**
5. 5/02/2010 Jackrabbit Derby 3 miles
6. 6/15 & 29, 7/13 & 27, 8/10 Summer Track Series, see below for scoring (5 Tuesdays; all ages)
7. 6/19/2010 River Front Relay 2 X 3.1 miles
8. 7/04/2010 Kenwood Footrace **(Volunteer points only, 90 pts. No race points this year.)**
9. 8/01/2010 Salmon Creek Beach Run 5 miles or 2 miles
10. 8/28/2010 Phil Widener Empire XC Open 3.43 miles
11. 9/05/2010 Annadel Loop 7 miles
12. 11/08/2010 Run to stop hunger 5K and 10K (Cosponsored with Fleet Feet)
13. 11/28/2010 McGuires Breakfast Run 3K and 10K
14. 12/18/2010 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.

The first place ER finisher will receive 100 points, 2nd place 99 points and so on for both males and females. Exception this year is with the full Loop de Loop, 14 mile solo. Those running the full Loop De Loop will get an extra 10 points added to their placement points. In other words first place will get 110 points and so on. 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, 99 points and so on. Race Directors get 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 1st race of the year on/after 1/1/2010.

Club members must participate, run or volunteer, in five races in order to be eligible to receive a Grand Prix award.

Volunteers:

Those people selected by the Race Director as volunteers of a specific event will receive 75 points. It is the responsibility of Race Director to provide volunteer names to the series Director. This year the Kenwood Footraces will have volunteer points only, at an amount of 90 points. There will also be Track Series volunteer points this year. Track Series volunteers will receive 25 points for each track meet they volunteer at to a maximum of 75 points. The volunteer can combine 25 participant points from a track meet that they did not volunteer at in order to get the maximum 100 points for the track series. You can not receive both volunteer and participant points during the same track meet.

Relays:

Valley Ford Relay, four person, River Front Relay and Loop de Loop Relay, two person, 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, 2nd place team 99 points and so on. This year the Loop de Loop Relay will also be scored with the same three categories as the Valley Ford Relay and the River Front Relay. If you run on 2 teams you will score in the higher placing team in its category. Runners competing in the full 14 miles at the Loop De Loop event will receive an extra 10 points added to their base score.

Summer Track Series (5 Tuesdays)

25 points will be given to each person who participates in one or more event per Track meet. There is a maximum of 100 points possible for all track meets combined. In other words, compete in at least one event in four meets and you will get 100 points. Compete at five Track Meets you still get a maximum of 100 points. (See Volunteers above for information on volunteer points during the track series meets).

Prizes:

The 1st, 2nd and 3rd overall scoring females and males will be awarded \$125, \$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 in the form of gift certificates will be given to the top 3 of each division for both females and males. First place will get \$25, second place \$20 and third \$15 gift certificates from Fleet Feet Sports of Santa Rosa.

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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2010 Grand Prix Director