



Grand Prix Road Race Series for 2011

Goals:

- Offer a competitive series of races that is attractive to top-tier regional athletes, including open, masters, and age-graded.
- Highlight many of the USATF Adirondack region's best running events at a variety of road race distances with approximately one race per month beginning with the Runnin' of the Green event in March and ending with the Troy Turkey Trot in November.
- Provide a tangible benefit for runners who purchase a USATF membership.

Eligibility:

- Must have a 2011 Adirondack USATF membership
- Must meet minimum age requirements for USATF

<u>Category</u>	<u>Month/2011</u>	<u>GP EVENT</u>
Open / Masters M & F Website: http://www.hmrrc.com/index.cfm?method=Race.Schedule	(Sat) March 12	Runnin' Green 4M (Green Island)
Open / Masters M & F Website: http://www.hmrrc.com/View/PDFs/RaceApplicaitons/DelmarDash2011RaceApplication.pdf	(Sun) April 10	Delmar Dash 5M (Delmar)
Masters M & F Website: http://www.hmrrc.com/View/PDFs/RaceApplicaitons/MastersChampionship2011_2.pdf	(Sat) April 30	Bill Robinson 10K (Guilderland)
Open / Masters M & F Website: http://www.usatfadir.org/entryforms/Memorial_Mile_App_2011.pdf	(Mon) May 30	Memorial Mile (Glens Falls)
Open / Masters M & F Website: http://www.ok5krace.com/	(Sat) June 11	OK Kinderhook 5K (Kinderhook)
Open / Masters M & F Website: http://www.adirondackrunners.org/images/DistanceRun2011.pdf	(Sun) June 26	ADIR Classic 10M (Lake George)
Open M & F Website: http://www.saajcc.org/run.cfm	(Sun) Sept 18	Dunkin' 5K (Albany)
Masters M & F Website: http://watervliet.com	(Fri) Sept 23	Arsenal 5K (Watervliet)
Open / Masters M & F Website: http://www.uticaroadrunners.org/fallingleaves/index.html	(Sun) Sept 25	Falling Leaves 14k (Utica)
Open / Masters M & F Website: http://www.mohawkhudsonmarathon.com/	(Sun) Oct 9	MHR Half Marathon presented by USMC Reserves or MHR Marathon

Open / Masters M & F (Sun) Nov 13

Website: <http://www.stockadeathon.com/>

(Schenectady)

Stockade-athon 15K

Open M & F (Thurs) Nov 24

Website: <http://www.troyny.gov/turkeytrot.html>

Troy Turkey Trot 10k

(Troy)

13 GP events

10 GP scoring events

1M, 5K, 5K, 5K*, 4M, 5M, 10K, 10K*, 14K, 15K, 10M, Half Marathon or Marathon

* 5K and 10K have different races for open and masters

GP Scoring:	1st	10 points	3rd	6 points
	2nd	8 points	4th -8th	5 points, 4, 3, 2, 1

Highest Point totals in top 6 of 10 events are scored. Perfect score = 60 points.

In case of ties: 1st tie breaker is Head to Head record (2-person tie only).

2nd tie breaker is # wins, 3rd tie breaker is # events scoring points.

Runners can elect to compete for the entire series at their age as of **03/12/2011**

Divisions	Open Men (16-39)	Open Women (14-39)
	Masters Men (40-49)	Masters Women (40-49)
	Age-Graded Men (50+)	Age-Graded Women (50+)

Levels: 1st place, 2nd place, 3rd place, 4th place, 5th place, 6th place

Divisions x Levels (6 x 6 = 36)

\$5,200 Cash Prizes + \$300 in Gift certificates:

30 Cash Prizes, 6 Gift Certificates Awarded

	Open M & F	Masters M & F	Age-graded M & F
First Place:	\$400	\$300	\$300
2 nd Place:	\$300	\$200	\$200
3 rd Place:	\$200	\$100	\$100
4 th Place:	\$150	\$ 75	\$ 75
5 th Place:	\$100	\$ 50	\$ 50
6 th Place:	\$ 50 gift cert	\$ 50 gift cert	\$ 50 gift cert
Total	\$1200	\$775	\$775 = \$5,500

USATF GP Series Questions: hamletbryans@nycap.rr.com

OR: pjglove@aol.com

USATF Scoring & Membership: eventinfo@usatfadir.org



155 Wolf Rd Albany NY 12205
 (518) 459-FEET
www.fleetfeetalbany.com



Contributions to the awards package also from participating Grand Prix races and

