



## Grand Prix Road Race Series for 2009

### 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 Stockade-athon in November.
- Provide a tangible benefit for runners who purchase a USATF membership.

### Eligibility:

- Must have a 2009 Adirondack USATF membership
- Must meet minimum age requirements for USATF

<b>Category</b>	<b>Month/2009</b>	<b>GP EVENT</b>
Open / Masters M & F <b>Website:</b> <a href="http://hmrrc.com/View/PDFs/RaceApplicaitons/09green2.pdf">http://hmrrc.com/View/PDFs/RaceApplicaitons/09green2.pdf</a>	(Sat) March 07	Runnin' Green 4M (Green Island)
Masters M & F <b>Website:</b> <a href="http://www.hmrrc.com/index.cfm?method=Race.Schedule">http://www.hmrrc.com/index.cfm?method=Race.Schedule</a>	(Sat) April 25	Bill Robinson 10K (Guilderland)
Open M & F <b>Website:</b> <a href="http://www.kingstonclassic.com">http://www.kingstonclassic.com</a>	(Sun) April 26	Kingston Classic 10K (Kingston)
Open / Masters M & F <b>Website:</b> <a href="http://adirondackrunners.com/race_schedule.htm">http://adirondackrunners.com/race_schedule.htm</a>	(Mon) May 25	Memorial Mile (Glens Falls)
Open / Masters M & F <b>Website:</b> <a href="http://www.uticaroadrunners.org/pages/sizzleinfo.html">http://www.uticaroadrunners.org/pages/sizzleinfo.html</a>	(Sun) June 21	Summer Sizzle 5M (Utica)
Open / Masters M & F <b>Website:</b> <a href="http://adirondackrunners.com/Distance_run_info.htm">http://adirondackrunners.com/Distance_run_info.htm</a>	(Sun) June 28	ADIR Classic 10M (Lake George)
Open M & F <b>Website:</b> <a href="http://www.saajcc.org">http://www.saajcc.org</a>	(Sun) Sept 13	Bruegger's Bagel 5K (Albany)
Masters M & F <b>Website:</b> <a href="http://watervliet.com">http://watervliet.com</a>	(Fri) Sept 25	Arsenal 5K (Watervliet)
Open / Masters M & F <b>Website:</b> <a href="http://www.uticaroadrunners.org/fallingleaves/index.html">http://www.uticaroadrunners.org/fallingleaves/index.html</a>	(Sun) Sept 27	Falling Leaves 14k (Utica)
Open / Masters M & F <b>Website:</b> <a href="http://www.hmrrc.com/index.cfm?method=Race.mhrm">http://www.hmrrc.com/index.cfm?method=Race.mhrm</a>	(Sun) Oct 11	USMC Half Marathon <b>or</b> MHR Marathon
Open / Masters M & F <b>Website:</b> <a href="http://www.hmrrc.com/index.cfm?method=Race.Stock">http://www.hmrrc.com/index.cfm?method=Race.Stock</a>	(Sun) Nov 08	Stockade-athon 15K (Schenectady)



**12 GP events**

**9 GP scoring events**

1M, 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:**      1<sup>st</sup>      10 points      3<sup>rd</sup>      6 points  
                         2<sup>nd</sup>      8 points      4<sup>th</sup> -8<sup>th</sup>      5 points, 4, 3, 2, 1

**Highest Point totals in top 5 of 9 events are scored. Perfect score = 50 points.**

In case of ties: 1<sup>st</sup> tie breaker is Head to Head record (2-person tie only).  
2<sup>nd</sup> tie breaker is # wins, 3<sup>rd</sup> tie breaker is # events scoring points.

Runners can elect to compete for the entire series at their age as of **03/07/2009**

**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:**    1<sup>st</sup> place, 2<sup>nd</sup> place, 3<sup>rd</sup> place, 4<sup>th</sup> place, 5<sup>th</sup> place

Divisions x Levels (6 x 5 = 30)



**\$5,000 Cash Prizes: 30 Cash Prizes Awarded plus Merchandise**

	<b>Open M &amp; F</b>	<b>Masters M &amp; F</b>	<b>Age-graded M &amp; F</b>
First Place:	\$400	\$250	\$250
2 <sup>nd</sup> Place:	\$300	\$200	\$200
3 <sup>rd</sup> Place:	\$200	\$100	\$100
4 <sup>th</sup> Place:	\$150	\$ 75	\$ 75
5 <sup>th</sup> Place:	\$100	\$ 50	\$ 50
<b>Total</b>	<b>\$1150</b>	<b>\$675</b>	<b>\$675</b>

USATF GP Series Questions: [hamletbryans@nycap.rr.com](mailto:hamletbryans@nycap.rr.com)

OR: [pjglove@aol.com](mailto:pjglove@aol.com)

USATF Scoring & Membership: [eventinfo@usatfdir.org](mailto:eventinfo@usatfdir.org)

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155 Wolf Rd Albany NY 12205  
(518) 459-FEET  
[www.fleetfeetalbany.com](http://www.fleetfeetalbany.com)



PO Box 12304  
Albany, NY 12212  
[www.hmrrc.com](http://www.hmrrc.com)