



Grand Prix Road Race Series for 2010

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 2010 Adirondack USATF membership
- Must meet minimum age requirements for USATF

<u>Category</u>	<u>Month/2010</u>	<u>GP EVENT</u>
Open / Masters M & F Website: http://www.hmrrc.com/View/PDFs/RaceApplicaitons/10Runnin_green.pdf	(Sat) March 06	Runnin' Green 4M (Green Island)
Open / Masters M & F Website: http://www.hmrrc.com/View/PDFs/RaceApplicaitons/10Delmar_Dash.pdf	(Sun) April 11	Delmar Dash 5M (Delmar)
Masters M & F Website: http://www.hmrrc.com/View/PDFs/RaceApplicaitons/MastersChampionship2010.pdf	(Sat) April 24	Bill Robinson 10K (Guilderland)
Open / Masters M & F Website: http://www.usatfadir.org/entryforms/Memorial_Mile_App_2010.pdf	(Mon) May 31	Memorial Mile (Glens Falls)
Open / Masters M & F Website: http://kinderhookrunners.org/	(Sat) June 12	OK Kinderhook 5K (Kinderhook)
Open / Masters M & F Website: http://adirondackrunners.com/images/ADKDistanceRunApp2010.pdf	(Sun) June 27	ADIR Classic 10M (Lake George)
Open M & F Website: http://www.saajcc.org/run.cfm	(Sun) Sept 12	Dunkin' 5K (Albany)
Masters M & F Website: http://watervliet.com	(Fri) Sept 24	Arsenal 5K (Watervliet)
Open / Masters M & F Website: http://www.uticaroadrunners.org/fallingleaves/index.html	(Sun) Sept 26	Falling Leaves 14k (Utica)
Open / Masters M & F	(Sun) Oct 10	MHR Half Marathon presented by USMC Reserves

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

or **MHR Marathon**

Open / Masters M & F (Sun) Nov 7

Stockade-athon 15K

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

(Schenectady)

Open M & F (Thurs) Nov 25

Troy Turkey Trot 10k

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

(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.

To score in 6 events, one event distance must exceed 10K.

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 **03/06/2010**

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

Divisions x Levels (6 x 5 = 30)

\$5,200 Cash Prizes: 30 Cash Prizes Awarded plus Merchandise

	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	
Total	\$1150	\$725	\$725	= \$5,200

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

OR: pjglove@aol.com

USATF Scoring & Membership: eventinfo@usatfdir.org

Sponsored by

FLEET FEET



155 Wolf Rd Albany NY 12205
(518) 459-FEET

www.fleetfeetalbany.com