

The LSRC Gran Prix Series will be returning in 2016. The 2016 LSRC Gran Prix tentatively includes 9 races culminating in year- end awards for performance, endurance and participation by club members. The series will only include LSRC races. Beth Gerken and Megan Hutchens will be in charge of the point system. Please contact Megan Hutchens, hutchensmeg@gmail.com, to participate in Gran Prix.

YOU MUST SIGN UP by April 15th – Races before this date will be counted

Races include: 44= Total number of miles for all races

- Resolution 5K Run- January
- Valentines 5K - February
- St. Patty's 7K- March
- PDC Trail 1/2 Marathon- April
- Summer Bummer 5M- June
- Twilight 5K Run- August
- Octoberfest 5K- October
- Turkey Trot 5K- November
- Frosty Four – December
- Jingle Bell Run- December

Point Tracking Information

1. I-27 Cruisers- All members completing at least 27 miles in qualifying events will receive an award. You must sign up with Gran Prix officials to be counted (see above). There are at least 41 miles of races to choose from depending on the distance of the races. Any member serving as Race Director will be credited with double mileage for the longest race in a multi-race event. Any member who serves as a volunteer (either helping with packet pick up or on race day- if you do both you will receive double points) will be credited with the most miles of the longest race in a multi-race event.
2. Mileage Award- An award will be presented to the males and female members who accumulate the most miles for the year in qualifying events. All provisions for race directors and volunteers apply.
3. Volunteer of the Year- An award will be given to those non-runners who help the most at club sanctioned events. These selections will be made by race directors.
4. Victor's Rankings- Points will be earned in each qualifying event in the following Age and Sex groupings. Only place among club members will be counted.

A. Divisions will include:

Female and Male Age Groups

0-14,15-19,20-29,30-39,40-49,50-59,60-69,70+

B. The 1st place finisher in each division at each distance at each qualifying event will earn 10 points, the 2nd place, 9 points, 3rd place, 8 points, and so on down to 1 point for the 10th place finisher. This rewards both performance and participation, i.e., if a runner finishes last in their division, but only 3

other runners in that division attend that race, the last place finisher would still earn 7 points for a 4th place finish. This allows slower runners who attend more races to accumulate additional points over their faster competitors who do not participate as often. For example, a runner who attends 10 events and earns 6 points at each would have more points than a competitor who won each of 5 events he entered, thus rewarding participation and performance. Also, runners may enter any distance available at a qualifying event and still earn points.

C. For each race, the runner's age division will be determined by their age on January 1st of that year. While the runner may have a birthday in February and be competing on race day against one division, the Gran Prix points will be awarded based on January 1 age. For example a runner might turn 40 on February 1 and would be in the 40+ age group for that race, their Gran Prix results will be credited based on their place in the 30-39 age group and will effect that groups standing in that race.

D. Awards will be presented to the top point scorers in each division. Awards will be presented at the January 2017 club/social meeting.

E. To win a "Points" award a member must have run in at least 6 events and volunteered for at least two others. Participants will need to contact the Race Director for volunteer opportunities. While volunteer help is always appreciated after you finish running your race, you must volunteer for an entire race to be counted as a volunteer. In order to be counted as a volunteer, you must contact the race director prior to race day to schedule your job. Race directors will be responsible for reporting all club member volunteers to Gran Prix coordinators. For simplicity in tracking volunteer service, a volunteer will be awarded 1000 points for each race worked up to two races. Further volunteering is greatly appreciated but for scoring purposes in the Gran Prix Victors Rankings only two races will be counted.

F. Gran Prix Series Statistical Updates will appear in the newsletter and on the website monthly when available.