

2010 Rock River Striders Running Club Race Circuit



The Rock River Striders Running Club would like to encourage you to participate in our 2nd Annual Race Circuit. We want to reward you for participating and volunteering in our local races that come about throughout the year. We will gather your points that you earn running in your age group as well as overall results. We would like you to earn points by offering your time for volunteering for these events as well. Here are a few simple rules and guidelines to make this circuit happen.

Rules and Eligibility Requirements:

- 1) You must be a current Rock River Striders Club member. All members are automatically a circuit member. If you are **NOT** a current Rock River Striders Club member, fill out our membership form and mail with check.
- 2) The Race Circuit is free for all Rock River Striders Club members.
- 3) All runners will be assigned to one of the following age groups: Male/Female in 19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70- over.
- 4) Awards will be based on top Male/Female Overall. Awards for age groups will be based on participation in them. We will award up to three places in each age group. Anyone earning 100 points will also receive an award.

Point Structure is as follows:

ROCK RIVER STRIDERS GRAND PRIX CIRCUIT RACE RULES

1. You must be a current Rock River Striders member
2. You must earn 100 points in order to be eligible for awards
3. You must volunteer for at least one race on the circuit. You may run the race as well as volunteer but you only get 10 points, no double dipping.
4. You must submit your results to rick.hammy@gmail.com within 30 days of your race, NO later or it will not be counted. Be sure and check out the website at <http://www.rockriverstriders.com> each month and make sure your points are right and see where you stand!

HOW POINTS WILL BE AWARDED

1. 10 points for each race completed or for volunteering at a circuit race, 15 points for ½ Marathon, and 20 points for a Marathon.
2. 5 extra points for 1st place overall or in your age group
3. 3 extra point for 2nd place and 1 extra point for 3rd place in your age group
4. 3 extra points per P.R. (you can earn up to 3 P.R.'s in a 5K, 3 in a 4 mile race, 3 in a 10K, 3 in any race over 10 miles, for a total of an additional 12 points during the year. You earn a P.R. by beating your previous best time in that distance. P.R.'s are done on a yearly basis starting in January.)
5. 10 extra points for doing June Bug Jog and Reindeer Ramble (that is a total of 20 points each for doing these Races.)
6. You can count 1 race, any distances that is NOT listed in our circuit races.
7. Male and female with the most points will also receive the Rock River Striders Excellence Award
8. We will have an awards banquet in February or March