

Adirondack Runners 2018 Grand Prix

NOTE: I have not seen applications for all the races so this schedule is tentative at this time. Always verify the date of any race you plan on attending.

| <u>Name of Race</u> | <u>Location</u> | <u>Day</u> | <u>Date</u> | <u>Distance</u> |
|--------------------------------|-------------------|------------|-------------|-----------------|
| *1 Polar Cap Run | Lake George | Sat | 02/03/18 | 4 Miles |
| *2 Shamrock Shuffle | Glens Falls | Sun | 03/25/18 | 5 Miles |
| 3 Rotary 5K | Queensbury | Sat | 04/21/18 | 5 K |
| *4 Prospect Mountain Road Race | Lake George | Sat | 05/12/18 | 5.67 Miles |
| *5 TAR Trail series finale | Glens Falls | Tue | 05/29/18 | 5 KM7 |
| *6 Betar 5K | South Glens Falls | Sun | 06/10/18 | 5 KM |
| *7 Race to the Lakes | Lake George | Sun | 06/30/18 | 15 KM |
| 8 Tony Luciano Memorial Run | Hudson Falls | Sun | 08/19/18 | 5 K |
| 9 Spud Run | Hartford | Sat | 10/13/18 | 5 K |
| *10 Goblin Gallop | Glens Falls | Sat | 10/27/18 | 5 K |
| 11 Sarcoma Run | Queensbury | Sat | 11/03/18 | 5 K |
| 12 Hincliffe Thanksgiving | Glens Falls | Thu | 11/29/18 | 3.5 |
| *13 Reindeer Run | Queensbury | Sun | 12/02/18 | 4 Miles |

IMPORTANT NOTICE! Some of these races have not yet posted applications. Always confirm a race is happening before you make plans.

Scoring involves the **(7) best finishes** for each runner.

Scoring is (13) points for 1st place, (11) points for 2nd place, (9) points for 3rd, and one less point down through 1 point for each succeeding place. Finishing will always earn at least (1) point.

To be eligible for an award, **you must serve as a volunteer for at least (1) TAR race.** TAR races are identified by an asterisk (*). Volunteers will be awarded (1) point for each race they volunteer for and can earn as many as 8 volunteer points.

If you should age to an older group during the year, your accumulated points will be carried over to the new age group.

Runners are eligible for points only while they are active members. Lapsed membership will result in lost and unrecoverable points. Link to Membership App can be found here.

<http://www.adirondackrunners.org>

We encourage you to mention to race officials that you are running the race because it is on our Grand Prix schedule.