

Adirondack Runners 2019 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	02/02/19	4 Miles
*2 Shamrock Shuffle	Glens Falls	Sun	03/31/19	5 Miles
3 Rotary 5K	Queensbury	Sat	04/13/19	5 K
*4 Prospect Mountain Road Race	Lake George	Sat	05/11/19	5.67 Miles
*5 TAR Trail series finale	Glens Falls	Tue	05/28/19	5 KM
*6 Betar 5K	South Glens Falls	Sun	06/09/19	5 KM
*7 Race to the Lakes	Lake George	Sun	06/22/19	15 KM
*8 Hudson River Ramble	North Creek	Sat	08/03/19	8 Miles
9 Tony Luciano Memorial Run	Hudson Falls	Sun	08/18/19	5 KM
10 Spud Run	Hartford	Sat	10/19/19	5 KM
*11 Goblin Gallop	Glens Falls	Sat	10/26/19	5 KM
12 Strides Against Sarcoma	Queensbury	Sat	11/02/19?	3.5 Miles
13 James P. Hinchliffe 5K	Glens Falls	Thu	11/28/19	5 KM
*14 Reindeer Run	Queensbury	Sun	12/01/19	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 not earn points but are eligible for special prize drawings.

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.