

# Adirondack Runners 2017 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	02/04/17	4 Miles
*2 Shamrock Shuffle	Glens Falls	Sun	03/26/17	5 Miles
3 Rotary 5K	Queensbury	Sat	04/15/17	5 K
*4 Prospect Mountain Road Race	Lake George	Sat	04/29/17	5.67 Miles
*5 Betar 5K	South Glens Falls	Sun	06/11/17	5 K
*6 Moreau Mile	South Glens Falls	Sun	06/11/17	1 Mile
7 Run for the Ages	Queensbury	Sat	06/17/17	5K
*8 Adirondack Distance Run	Lake George	Sun	06/25/17	10 Miles
*9 Race The Train	Riparius	Sat	08/05/17	8.4 Miles
10 Tony Luciano Memorial Run	Hudson Falls	Sun	08/20/17	5 K
11 Spud Run	Hartford	Sat	10/15/17	5 K
*12 Goblin Gallop	Glens Falls	Sat	10/28/17	5 K
13 Stockade-athon	Schenectady	Sun	11/12/17	15 K
14 Operation Santa Run	Hudson Falls	Sat	11/18/17	10 K
*15 Reindeer Run	Queensbury	Sun	12/03/17	4 Miles

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

Scoring is (13) points for 1<sup>st</sup> place, (11) points for 2<sup>nd</sup> place, (9) points for 3<sup>rd</sup>, 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.