

The 2012 High Desert Runners Grand Prix Points Contest!

The High Desert Runners Club Grand Prix is a one-year contest in which members compete through a variety of club-related experiences, primarily completing races, volunteering, and participation in club-sponsored events. The purpose of the contest is to encourage fun and competition among club members, as well as increase participation and service to the activities of the club. Each Grand Prix finalist's efforts are rewarded with an exclusive high-quality commemorative prize.

The winners of the contest and full results for the Grand Prix will be announced at the club's Annual Dinner in February.

Eligibility

To be a Grand Prix Finalist, and thereby become eligible for a Grand Prix award, you must fulfill the following requirements within the calendar year:

1. You must be a club member.
2. You must race (and/or race-direct) in a minimum of three Grand Prix race events.
3. You must also volunteer in at least one club/Grand Prix race. Upcoming eligible Grand Prix, club, and contract races are listed each month on the website.

Awards at Year End

Grand Prix Champion: One male and one female from any of the Grand Prix Age Groups with the greatest total points. Grand Prix Age

Group Awards: Top 3 Male and Female Finalists in each age group. Every Grand Prix Finalist will receive a unique Grand Prix prize.

Age Groups -Male and Female: under 12, 12-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 and over

Age group placing at any particular race will be based on your age on the day of the race; however, age groups used for the Grand Prix will be determined by your attained age at the end of the Grand Prix Season – December 31, 2012.

Contact Dale Lister at rundalel@gmail.com with questions about the Grand Prix.

Points? How do I earn points?

1. Grand Prix Race Scoring

There are 5 Grand Prix race events in 2012. Other races may be added at the discretion of the High Desert Runners board.

Grand Prix races will be scored as follows:

- First, second, third, fourth, and fifth place **overall**, male and female, receive 11, 10, 9, 8, and 7 points respectively. Top five overall runners will not get any other points for their age group placement.
- **Age group** points awarded to the first five in each group, receiving 6, 5, 4, 3, 2 points respectively. The top five overall finishers will be removed from age group finishers when determining the first 5 age group finishers for points.
- 1 point will be awarded for any non-placing finish in any Grand Prix race.

2012-Grand Prix Race Events

Nutty Runners 5k

Summer Cross Country Series

Totally AV Fair Wave Race

Toys for Tots 5K

Jingle Bell Jog 5K

Summer Cross Country Series Race Scoring: To be eligible to receive any points for racing in this series the participant must have competed in races on at least 3 different dates. Points will be awarded as follows:

- Racing points will be awarded for the finale of the series.
- Racing points will be awarded for each participant's highest other finish in the series.
- 1 additional racing point will be awarded for each other week of the series in which a participant has raced (or volunteered)

2. Bonus Race Scoring

Grand Prix participants may also earn racing/placing points for out of area races. Scoring for each of these races will be identical to the Grand Prix races. Participants may earn bonus points at a maximum of 5 races per year. Participants may earn points once for each of the following distances:

- 5K
- 10K
- Half Marathon
- Marathon
- Any other race distance

3. Volunteer Point Scoring

1 point for each club race, grand prix series race or club event

A race director will receive 7 club race volunteer points. The race will count as one of the three races that the race director is required to run. In the case of co-race directors, the extra points may be shared among the co-directors, but only one of the co-directors may count that race as one of their three required-to-run Grand Prix races.

Due to longer duration, some race volunteering will receive 2 points instead of the usual single point. 2 volunteer points will be

awarded for certain duties at the discretion of the race director and Grand Prix director.
3 volunteer points will be awarded for organizing or hosting a trail run or similar event.

4. Activity Point Scoring

- 1 point per issue for contributing one or more credited photographs or other graphical content that appears in the HDR newsletter; 2 points per issue for contributing one or more credited articles to the newsletter. No more than 6 points may be earned in this way, regardless of the number of newsletter submissions.
- 1 point for each monthly club meeting attended.
- 1 point will be awarded for participation in club sponsored non-competitive runs such as the Trail Series, Poppy Trot, etc.
- 1 point will be awarded for regular participation in club practice runs. These points will be awarded based on 75% attendance each month. For example, runners who participate in the Tuesday night track workout 3 out of 4 Tuesdays in a month will be awarded a point.

Tiebreaker Rule

In the event of a tie in Total Points for Championship or in any Age Group, the competitor leading in the following factors will be named the winner:

1) Most Grand Prix Race points. 2) If the competitors are still tied, then Number of Club Races completed. 3) If the competitors are still tied, then most Volunteer Points.

If the competitors are equal in all of the above, then a true tie exists and both will be awarded the title.