

# Adirondack Runners 2016 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        | 02/06/16    | 4 Miles         |
| *2 Shamrock Shuffle            | Glens Falls     | Sun        | 03/20/15    | 5 Miles         |
| 3 Rotary 5K                    | Queensbury      | Sat        | 04/16/16    | 5 KM            |
| *4 Prospect Mountain Road Race | Lake George     | Sat        | 04/30/16    | 5.67 Miles      |
| *5 Betar 5K                    | So.Glens Falls  | Sun        | 06/12/16    | 5 KM            |
| *6 Moreau Mile                 | So. Glens Falls | Sun        | 06/12/16    | 1 Mile          |
| 7 Run for the Ages             | Queensbury      | Sat        | 06/18/16    | 5K              |
| *8 Adirondack Distance Run     | Lake George     | Sun        | 06/26/16    | 10 Miles        |
| *9 Race The Train              | Riparius        | Sat        | 08/06/16    | 8.6 Miles       |
| 10 Tony Luciano Memorial Run   | Hudson Falls    | Sun        | 08/21/16    | 5 KM            |
| 11 Spud Run                    | Hartford        | Sat        | 10/15/16    | 5 KM            |
| *12 Goblin Gallop              | Glens Falls     | Sat        | 10/29/16    | 5 KM            |
| 13 Stockadeathon               | Schenectady     | Sun        | 11/13/16    | 15 KM           |
| 14 Operation Santa Run         | Hudson Falls    | Sat        | 11/19/16    | 10 KM           |
| *15 Reindeer Run               | Queensbury      | Sun        | 12/04/16    | 4 Miles         |

To be eligible for an award, you must also serve as a volunteer for at least 1 TAR race.

These races are identified by an asterisk (\*)

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

Scoring is 13 points for 1st place, 11 points for 2nd place and 9 down through 1 point for each succeeding place.

Finishing will always earn at least 1 point. **1 point will also be awarded for each TAR race you serve as a volunteer.**

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.

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