

Adirondack Runners 2023

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.

April 15—Helderberg to Hudson Half Marathon, Albany

April 22—Rotary 5K, SUNY Adirondack, Qby

May 13—Prospect Mountain Road Race, LG. 5.6 Mile

*May 30 —Trail Series final race 5K, Cole's Woods, GF

June 3 –Rail Trail to the Bridge 5K Granville

*June 11—Betar 5K, So. Glens Falls

*June 24—Adirondack 7 Mile Race to the Lakes

August 6—Cerveza Shuffle, 10K , Saratoga (updated)

Sept. 30—Adk. Distance Festival 10K in Chestertown

Oct 8—Hartford Spud Run 5K, Hartford

*October 28—Goblin Gallop 5K, Glens Falls

November 5—Fall Back 5 mile Trail Race, Saratoga

November 12 -HF Run 4 Kids 5k, Hudson Falls

*December 2—Reindeer Run 5K , Queensbury

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 and you must complete at least two (2) Grand prix races.** 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.