

2025 Adirondack Runners Club Grand Prix

[illegible]

Barbara	Joudry	60-69		1	1		2	2	2
Elizabeth	Lawler	<20	1			1	2	2	2
Joanne	Underwood	60-69	1			1	2	2	2
Margaret	Wallace	70-79	1	1			2	2	2
Carol	Bodette	50-59				1	1	1	1
Lyndsey	Cahill	40-49	1				1	1	1
Kathy	Chambers	60-69				1	1	1	1
Janet	Dickey	60-69				1	1	1	1
Alessandria	Fasulo	<20				1	1	1	1
Vincenzia	Fasulo	20-29				1	1	1	1
Shannon	Grommes	50-59				1	1	1	1
Lisa	Lorman	60-69				1	1	1	1
Heather	Pauquette	40-49	1				1	1	1
Linda	Pollock	70-79	1				1	1	1
Diane	Zeccola	70-79		1			1	1	1

The Races:

- SS** Shamrock Shuffle
- HTH** Helerberg to Hudson Half
- PM** Prospect Mountain Roadrace
- RTL** Race to the Lake
- FC** Firecracker 4
- CS** Cerveza Shuffle 10K
- ADF** Adirondack Distnace Festival 10K
- AM** Adirondack Marathon
- LPH** Lake Placid Half
- FB** Fall Back 5M
- STO** Stockade-athon 15K

Scoring involves the best **seven (7) finishes** for each runner in each GP series. Scoring is 13 points for 1st, 11 points for 2nd place, 9 points for 3rd, and one less point for each succeeding place. Finishing always earns at least 1 point. Points will not transfer between long and short courses.

If you should age up to an older group during the year, your accumulated points will be carried over to the new age group.

To be eligible for an award, **you must serve as a volunteer for at least (1) TAR club race and you must complete at least two (2) Grand Prix races in a series to be eligible for a award in that series.**

Volunteers will not earn points but are eligible for special prize drawings.