

Richmond Road Runners Club

Grand Prix Competition - 2017

RRRC's Grand Prix (GP) is a free running competition that encourages and rewards speed, participation and volunteerism.

Basic Requirements to Qualify as a GP Finalist

All GP participants in the Open and Masters Divisions must run 5 RRRC Club races.

All GP participants in the Grand Masters Division must run 4 RRRC Club races.

All GP participants must volunteer for at least one Club race and one Contract race (finish line only).

Rules

The GP year runs from December 30th (with packet pick-up for First Day 5k) through 6 a.m. December 30th of the calendar year

To participate in the GP Competition, you must:

- Be a RRRC member in good standing throughout the GP year
- Register online (RunSignUp) for GP between October 1 and February 19 (no exceptions).

GP age is based on age as of January 1 at the start of the competition year.

Age Groups for males and females are: 0-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84

- There must be at least two competitors in an age group for awarding of GP competition points.

Divisions for male and female are:

- Open 0-39,
- Masters 40-59,
- Grand Masters 60+

All GP participants in the Open and Masters Divisions must run 5 RRRC Club races.

All GP participants in the Grand Masters Division must run 4 RRRC Club races.

All GP participants must volunteer for at least one Club race and one Contract race (finish line only).

RRRC reserves the right to cancel or add a race as the need arises.

Running with another runner's bib is cause for automatic disqualification from the competition.

Grand Prix Points

Running

All GP points will be awarded to only GP Competition runners. No other runners earn GP points.

GP points and placing are awarded to GP Runners only for each RRRC Club race (no contract races):

- Top five overall GP male and female finishers receive 11, 10, 9, 8 and 7 GP points respectively and do not receive any points within their age group.
- GP male and female finishers who place 1st through 5th in each age group receive 6, 5, 4, 3, and 2 GP points.
- All other GP male and female finishers receive 1 GP point for finishing.

Volunteering

Race Directors for any Club race or race series, who are GP competitors, will receive 6 GP volunteer points and will receive a race credit in lieu of running the race. (Cul-de-sac 5K Series will constitute one RD credit.) In the case of co-Race Directors, the volunteer points will be split, but only one RD will get running credit.

Volunteering at an event should be for the duration of the event and will earn 1 GP volunteer point (with the exception of double and triple scoring races for volunteer points explained later).

- RRRC Club race and Contract race events typically consist of the following:
 - Club race packet Pickup (day before or day of)
 - Club race day course or finish line setup, marshalling, water stops
 - Contract race day course or finish line setup
 - Truck driving, unloading and loading (Club or Contract)
 - Race timing and finish line duties (Club or Contract)
- Volunteers are strongly encouraged to sign up in RunSignUp before the event.
- Volunteers MUST sign the Volunteer Sign Up Sheet at the event legibly to receive credit.

No GP volunteer credit will be given for events at which the volunteer also races that day.*

*Pre-running a race for Grand Prix credit will only be allowed if **volunteering the day of the race** and only with **pre-approval** directly from the Grand Prix Coordinators. Pre-running must be done the day of the race.

Double and Triple point scoring: Due to the longer duration and/or potentially harsher weather, some race volunteers will receive 2 or 3 volunteer points instead of the usual single point.

- 2 GP volunteer points for working the day of Frostbite 15k and Patrick Henry Half Marathon.
- 2 GP volunteer points for these contract races: 15k or longer; and contract races outside of Henrico or Chesterfield counties or the City of Richmond.

- 3 GP volunteer points for working the day of the Bear Creek 10 Mile Trail Run.
- Double or triple points will only be awarded for working on the actual day of event!
- Any prior activities, such as package pickup, will be awarded 1 point.

Activities

Any sanctioned event that the RRRC Volunteer Coordinator has solicited volunteers for and sanctioned by the GP coordinator:

- Expos for Richmond Marathon or Monument Avenue 10k
- Richmond Marathon Bus Tour Guide
- RVA Streets Alive

Miles and Minutes:

- Editor receives 6 volunteer points per issue inclusive of all content provided
- GP competitors receive 1 point for graphical content and 2 points for written content (Max 3 points per issue)

Scholarship Committee member: 1 point

Attending monthly Club meeting: 1 point

- Officers and Board members, since elected, and are there to perform their official duties will not receive points.

Prepping for or working during the Annual Banquet (or another authorized social event): 1 point

Race day pacers for Richmond Marathon

Grand Prix Standings and Awards

The calculations for this contest are derived from published race results, volunteer lists, club minutes, etc., which are generally found on the club website (www.rrrc.org) or the newsletter (Miles and Minutes). Year-to-date point standings will be published quarterly on the website.

It is the responsibility of the member to notify grandprix@rrrc.org within two months of posting with any corrections or errors. Discrepancies WILL NOT be fixed after this time due to the impact on the competition and competitors.

End of GP Year scoring:

- Top 3 Divisional GP male and female finishers are based on cumulative points are removed from further scoring in age groups.
- The top 3 Age Group GP male and female finishers based on cumulative points are then scored.
- Remaining GP competitors are finalists.

Tiebreaker

In the event of a tie in GP points in either the Divisions or Age Groups, the tiebreaker will be:

- Most Club races point
- If still tied, most Club races completed;
 - Race Director's credit for running the race counts as completed
- If still tied, then most volunteer points
- If still tied, both will be awarded the title, and competitors below will bump up to complete the standings.

Awards

Each Division Champion 1st through 3rd male and female, each Age Group winner 1st through 3rd male and female, and each GP Finalist will receive a gift and free entry for him/herself and a guest to the RRRC Annual Banquet.

There are two new awards to the 2017 Grand Prix

- **Iron Runner** - You must run all the club races that are posted by January 1, 2017, except for the one at which you volunteer. (You do not need to run any Club race that is added after January 1). Iron Runners will receive a special award and gift at the banquet (and the knowledge that you are a beast!)
- **Titanium Runner** - You must run all the Club races required for Iron Runner. The Iron Runner with the highest cumulative placing points only, regardless of gender, will be the Titanium Runner. A special award and gift will be given at the banquet (and the knowledge that you are the Primo, Hottest, most Badass Beast around).

2017 Grand Prix Events

2017 GP Races

- FIRST DAY 5K
- FROSTBITE 15K [Double Volunteer Points]
- SWEETHEART 8K
- HUGUENOT 3 MILE
- CAPITOL TRAIL 10 MILER - Cancelled
- CARYTOWN 10K
- STRATFORD HILLS 10K
- THANKS DAD 5K
- CUL-DE-SAC 5K SERIES (3 separate races on 3 dates – each counts as a separate race for race scoring and volunteer points)
- PONY PASTURE 5K
- MOONLIGHT FOUR MILER
- PATRICK HENRY HALF
- TURKEY TROT 10K
- BEAR CREEK 10 MILE TRAIL RUN [Triple Volunteer Points]
- TOYS FOR TOTS 5K

2017 Contract Races

The Richmond Road Runners Club, for a reasonable fee, supplies race support services to several dozen local running events, using club equipment, club communications in the newsletter and on the website, and the labor of our volunteer members on the day of the event. Some of these events are long-standing, others are lined up just a few months in advance, and some may be cancelled close to the scheduled date. Check the RRRC newsletter and website (www.rrrc.org); they will regularly identify upcoming contract races.

2017 Non-Grand Prix Club Races

Although all Grand Prix races are club races, some club races are not Grand Prix races. The following are club races that are not eligible for racing / placing points, but award single volunteer points to all workers who are not racing there.

- SUMMER TRACK SERIES (evening meets on several dates; each meet counts as a club race for volunteer purposes)

Special Comment on Volunteering

Members provide valuable support to the club and to our running community through a variety of volunteer services, whether on specific occasions or throughout the year. Some of these services are easier to track than others, and not all volunteer services are even foreseen. In addition to the race support services that the Grand Prix contest tracks in awarding points, members make major contributions of time and effort in the following ways:

- The club's general operation, as officers, board members, or function heads of ongoing club programs;
- Special running events that are neither club races nor contract races (notably, the Monument 10k race and the Richmond Marathon) Just because the Grand Prix contest does NOT award points for all these useful services, members should not mistake this for lack of appreciation. The strength of the club--and the positive experiences for individual members--comes from ALL the generous--though frequently unrewarded--ways in which our members support running in Richmond.

Contact the Grand Prix Coordinators at grandprix@rrrc.org with questions about the Grand Prix.