

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

Rules

The GP year runs from January 1 (but will include all days of packet pick-up for First Day 5k of the GP year) through 6 a.m. January 1 of the following calendar year.

- To participate in the GP Competition, you must:
 - **Be a RRRC member in good standing throughout the GP year**
 - **Must register online (RunSignUp) for GP from November 14, 2019 through February 16, 2020**
 - GP age is based on age as of January 1 at the start of the competition year.
- Age Groups for male and female 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+
 - Must have at least two competitors in an age group for GP competition.
- 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).
[Hydration stop volunteers for Winter Marathon Training and volunteering at the Capitol Runs are now considered Contract race volunteering.]
- RRRC reserves the right to cancel any race without substitution.
- Running with another runner's bib is cause for automatic disqualification from the competition.

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 at a Race

- Race Directors that are GP competitors will receive a race credit for any race or race series (The Cul de Sac Series will constitute one RD credit) in lieu of running the race and 6 GP points. Race Directors that direct multiple club races in a year, may only apply 1 race credit, in lieu of running the race, per GP calendar year.
- In the case of co-Race directors, the points will be split, but only one RD will get race credit.
- Volunteering at an event should be for the duration of the event and will earn one 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 should sign up in RunSignUp beforehand (if available) and:
 - **MUST** sign the Volunteer Sign Up Sheet legibly or sign in using RunSignUp to receive credit

- No GP volunteer credit will be given for events at which the volunteer is also racing 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. Pre-runners will only be awarded 1 race credit and no placing points regardless of their time, as their time is not official.**

Double and Triple Point Scoring

- Due to longer duration and/or potentially harsher weather, some race volunteering will receive 2 or 3 points instead of the usual single point.
 - 2 volunteer points will be awarded for working the day of Frostbite 15K, Patrick Henry Half Marathon, and Cap Trail 10 Miler & 5K.
 - 2 volunteer points will be given for contract races: 15K or longer, and contract races outside of Henrico or Chesterfield counties or the City of Richmond.
 - 3 volunteer points will be awarded 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!

Activity Point Scoring

- Any sanctioned event that the RRRRC 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
 - 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 (maximum of 3 points per issue)
 - 1 point for being on the Scholarship Committee
 - 1 point for attending the monthly Board meeting. (Officers and Board members, since elected and there to perform their official duties, will not receive points.)
 - 1 point for Annual Banquet (or other authorized social event) prep or working during.
 - Race day pacers for Richmond Marathon

Points Standings

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 updated regularly on the website. **It is the responsibility of the member to notify grandprix@rrrc.org within two months of the race or volunteer event with any corrections or errors to the points awarded for that race or volunteer activity. Discrepancies will not be fixed after this time due to the impact on competition and competitors.**

End of GP Year Scoring

- 3 Divisional GP male and female finishers are based on cumulative points and 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 points
 - 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 plus a guest to attend the RRRC Annual Banquet.

Iron Runner - You must run all of the club races that are posted by January 1, 2020, except for one club race (your choice) at which you must volunteer. (In the event that additional club races are added after January 1, 2020, you will not be required to run those additional races.) You must also volunteer at the finish line of one contract race, as this is part of Grand Prix. You will receive a special award and gift at the banquet (and the knowledge that you are a beast!)

Titanium Runner - You must meet all of the requirements listed to be an 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 Runner around).

2020 Grand Prix Races

FIRST DAY 5K

FROSTBITE 15K (double volunteer points)

SWEETHEART 8K

HUGUENOT 3 MILER

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

PATRICK HENRY HALF MARATHON (double volunteer points)

POOP LOOP 4ISH MILER

CAP TRAIL 10 MILER & 5K (double volunteer points) – running either race counts for points

TURKEY TROT 10K

BEAR CREEK 10 MILER (triple volunteer points)

TOY RUN 5K

2020 Contract Races

The Richmond Road Runners Club 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 social media, newsletter and website (www.rrrc.org); they will regularly identify upcoming contract races.

2020 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 (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;
- Volunteering at running events that are neither club races nor contract races. Most notable are the Monument Avenue 10K and the Richmond Marathon/Half Marathon/8K and their training teams.

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 the greater Richmond area.

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

