

2023 Grand Prix Rules

¹RRRC'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 packet pick-up days 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
 - Register online (RunSignUp) for GP from **November ??, 2022**, through February **11, 2023** (no exceptions).
 - 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+

To be designated as a GP Finalist must achieve the following three criteria:

1. A GP participant in the Open and Masters Divisions must run **5 RRRC Club races**. A GP participant in the Grand Masters Division must run **4 RRRC Club races**.
 2. A GP participant must volunteer at a minimum of **one Club race**.
 3. A GP participant must volunteer at a minimum of **one Contract** race (finish line only) [Hydration stop volunteers for WMT 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).
- The 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 **or volunteering at a race.**

Volunteer scoring

- Race Directors that are GP competitors will receive a race credit for any race or race series (Each Cul-de-sac Series race will constitute one RD credit) instead of running the race and 6 GP points. Race Directors that direct multiple club races in a year may only apply for one race credit, instead 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 earn one GP volunteer point (except for 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)
- Hydration stops for WMT (considered Contract race volunteering)
- **The Governor's Monthly Runs (considered Contract race volunteering)-DELETE?**

Volunteers should sign up in RunSignUp beforehand (if available) and:

MUST sign the Volunteer Sign Up Sheet legibly to receive credit.

Just a thought- do we want to make this a google doc? We can set it up in a spreadsheet so each race has page. That way we can have only one link for people to remember. YOU never have to wait for sign in sheets to be sent to you and most importantly- you will be able to read their name

No GP volunteer credit will be given for events at which the volunteer is racing that day.

****Running virtually for Grand Prix credit will be allowed if volunteering the day of the race for Grand Prix credit. Virtual runners will only be awarded 1 race credit and no placing points regardless of their time, as their time is not official.**

Grand Prix volunteer points are awarded for volunteering before race day (ie packet pick up) and running race day.

Iron Runners will be able to earn race and volunteer points for the same race.

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 and Patrick Henry Half Marathon.
- 2 volunteer points will be given for contract races that are 15K or longer and for 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!
- Any prior activities including package pickup, etc. will be awarded 1 point.

Activity Point Scoring

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

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)

Other points:

- 1 point for being on the Scholarship Committee
- 1 point for attending the monthly Board meeting.
- 1 point for attending each Exec Committee Meeting.
- 1 point for Annual Banquet (or other authorized social event) prep or working during.
- 1 point for Race Day pacers for Richmond Marathon

Points Standings

The calculations for the Grand Prix are gathered from published race results, volunteer lists, club minutes, etc., which are published 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. **If you want to change it to Live Tracking you can. I recommend you keep this as is because of the next sentence. You don't want people coming to you in December asking about a missed point in January.** There will be absolutely no changes made or discrepancies corrected after one month from the official quarterly release of the spreadsheet. The GP contest has grown dramatically in recent years, and tracking competitors is time-consuming. It is incumbent on the competitor to check the spreadsheet promptly. Often changes will influence another competitor's standing, and it is unfair to them to make changes after an extended period.

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 the RRRC Annual Banquet.

We have added 2 special awards to the Grand Prix:

Iron Runner - You must run 15 of the 17 club races named below. Also volunteer at 2 club races (your choice) and volunteer at the finish line of one contract race. 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 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).

GRAND PRIX RACE EVENTS 2022

1. First Day 5K
2. Frostbite 15K (double volunteer points for race day volunteering)
3. Sweetheart 8K
4. Huguenot 3 MILER
5. Carytown 10K
6. Stratford Hills 10K
7. Thanks Dad 5K
8. Cul-De-Sac 5K #1
9. Cul-De-Sac 5K #2
10. Cul-De-Sac 5K #3
11. Pony Pasture 5K
12. Ashland Half Marathon (double volunteer points for race day volunteering)
13. Twilight 5K
14. Capital Trail 10 miler

15. Turkey Trot 10K
16. Bear Creek 10 miler (triple volunteer points)
17. Toy Run 5K

2022 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 longstanding; others are lined up just a few months in advance or canceled close to the scheduled date. Check the RRRC social media, emails, newsletter, and website (www.rrrc.org), which regularly identify upcoming contract races and provide links to the volunteer registration site.

RRRC uses RunSignUp for volunteer registration for these contract races. You can identify RRRC volunteer opportunities at these contract races by looking for events listed as “**RRRC Volunteers for Name of Race (Club Contract Race).**”

2022 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 not racing workers.

- 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 our running community through various 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, RRRC members make significant contributions of time and effort in the following ways:

- As officers, board members, or function heads of ongoing club programs and the club's general operation.
- Volunteering at other running events in the community that are neither club races nor contract races. Monument Avenue 10K, Richmond Marathon/Half Marathon/8K, and their training teams are notable.

Just because the Grand Prix contest does NOT award points for all these valuable services, members should not mistake this for lack of appreciation. On the contrary, 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.