

2026 Grand Prix Rules

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

I. Participation Rules

- A. The GP year runs from January 1 through December 31 of each calendar year, but will include packet pickup volunteering efforts that may occur in the previous calendar year for the First Day 5K.
- B. To participate in the GP Competition, you must:
1. Be a RRRC member in good standing throughout the GP year.
 2. Register online (RunSignUp) for GP from December 1, 2025 through February 11, 2026 (no exceptions).
- C. Age Groups for male and female are: 9 & under, 10-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+. GP age is based on age as of January 1 at the start of the competition year.
- D. To be designated as a GP Finalist, participants must achieve the following three criteria:
1. A GP participant aged 59 & under must run **5 RRRC Club races**. A GP participant aged 60 and over 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 Winter Marathon Training (WMT) shall be considered Contract race volunteering.
- E. RRRC reserves the right to cancel any race without substitution.
- F. Running with another runner's bib is cause for automatic disqualification from the competition.
- G. Grand Prix participants should plan ahead. Exceptions are not made if events get canceled, or you get sick and there are no other point earning opportunities before the end of the Grand Prix year.

Commented [1]: These dates need to be discussed as a Board

II. Points

- A. Running
1. All GP points will be awarded to GP Competition runners only. No other runners earn GP points.

2. GP Race Points and GP Bonus Race Points are awarded to GP Runners only for each designated Grand Prix RRRC Club race (no-contract races). Note- not all RRRC races are GP races.
3. All GP female and male finishers receive one GP Race Point for finishing a GP Designated Race or virtually running a GP Designated Race. Virtual runners are not eligible for Bonus Race Points related to placement or timing.
4. The top 3 overall female and male finishers will receive an additional 8, 7, and 6 Bonus Race Points, respectively, and do not receive any Bonus Race Points for placement within their gender/age group.
5. GP female and male finishers who place 1st through 5th in each gender/age group, excluding runners who placed in the top 3 overall in their gender, shall receive an additional 5, 4, 3, 2, and 1 Bonus Race Points, respectively.
6. If a GP designated event offers two or more races on the same day at different distances, participants in each GP designated race will receive a GP Race Point for finishing that race. However, the RRRC Board shall designate only one of these designated GP races as a race that will provide runners with Bonus Race Points in the manner prescribed in Sec. II.A.4 and II.A.5 of the Grand Prix Rules.

B. Volunteer scoring

1. 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 Club Race Volunteer 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.
2. In the case of Race Co-Directors, each Race Co-Director will receive 6 Club Race Volunteer points and will receive one race credit for that race.
3. 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).
4. RRRC Club race and Contract race events typically consist of the following:
 - a) *Club race packet Pickup (day before or day of)*
 - b) *Club race day course or finish line setup, marshalling, water stops*
 - c) *Contract race day course or finish line setup*
 - d) *Truck driving, unloading, and loading (Club or Contract)*
 - e) *Race timing and finish line duties (Club or Contract)*
 - f) *Hydration stops for WMT (considered Contract race volunteering)*

5. No GP volunteer credit will be given for events at which the volunteer is racing that day and leaves shift early.
6. Running virtually for Grand Prix credit will be allowed if volunteering the day of the race for Grand Prix credit.
7. Grand Prix volunteer points are awarded for volunteering before race day (i.e. packet pick up) and running race day.
8. Due to longer duration and/or potentially harsher weather, some race volunteering will receive 2 or 3 points instead of the usual single point.
 - a) *2 volunteer points will be awarded for working the day of Frostbite 15K and Ashland Half Marathon.*
 - b) *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.*
 - c) *3 volunteer points will be awarded for working the day of the Bear Creek 10 Mile Trail Run.*
 - d) *Double or triple points will only be awarded for working on the actual day of the event. Any prior activities including package pickup, etc. will be awarded 1 point.*
9. If a GP participant volunteers for 3 or more Club Races or volunteers for 3 or more Contract Races, that GP participant shall receive **1 additional GP Volunteer Points beyond what they would normally earn** for each race day volunteer effort that constitutes 3 or more volunteer activities in that category. Only race day activities shall qualify for the additional volunteer point.

Commented [GB2]: This makes a clarification on the rule that should remove confusion over races that earn the volunteer more than a single point (Bear Creek, Ashland, etc.)

C. Activity Point Scoring

1. Any sanctioned event that the RRRC Volunteer Coordinator has solicited volunteers for and sanctioned by the GP coordinator:
2. Expos for Richmond Marathon or Monument Avenue 10K
3. Miles and Minutes:
 - a) *Editor receives 6 volunteer points per issue inclusive of all content provided*
 - b) *GP competitors receive 1 point for graphical content and 2 points for written content (Max 3 points per issue)*

4. Other points:
 - a) *1 point for being on the Scholarship Committee*
 - b) *1 point for being on the Grant Committee*
 - c) *1 point for attending the monthly Board meeting.*
 - d) *1 point for attending each Exec Committee Meeting.*
 - e) *3 points for Annual Banquet chair and 1 point for Annual Banquet (or other authorized social event) prep or working during.*
 - f) *1 point for Race Day pacers for Richmond Marathon*
 - g) *6 points for the GP coordinator, or, in the case of GP co-coordinators, 6 points for each co-coordinator.*

III. Documentation of Volunteering

- A. Volunteers should sign up in RunSignUp beforehand (if available).
- B. Volunteers MUST enter volunteering activity on the Google Doc ([LINK](#)) within 1 week (7 days of volunteering)
- C. All volunteer activity must be entered on the Google Doc (including contract races, banquet, etc)

IV. Points Standings

- A. 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).
- B. Year-to-date point standings will be distributed quarterly to all GP participants via email by the GP coordinators for review.
- C. It is incumbent on the competitor to check the spreadsheet and request any modifications promptly. Changes will often influence another competitor's standing, and it is unfair to them to make changes after an extended period.
- D. There will be no changes made or discrepancies corrected after one month from the official quarterly release of the spreadsheet.

V. End of GP Year scoring:

- A. The top 3 Age Group GP male and female finishers based on cumulative points are scored.

- B. Remaining GP competitors are Finalists.
- C. In the event of a tie in GP points in Age Groups, the tiebreaker method will be:
 1. Most Total Volunteer Points, to include Club Race Volunteer Points and Contract Race Volunteer Points; and
 2. If still tied, Most Club Race Points; and
 3. If still tied, Most Club Races completed (to include race credits assigned to Race Directors in lieu of running that race); and
 4. If still tied, Most Club Activity Points; and
 5. If still tied, the title shall be awarded to all participants in the tie, and the participants below shall be bumped up to complete the final standings.

VI. Awards

- A. 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.

VII. GRAND PRIX RACE EVENTS 2026

- A. The following races will be considered Grand Prix races for the 2026 season:
 1. First Day 5K
 2. Frostbite 15K (double volunteer points for race day volunteering)
 3. Sweetheart 8K
 4. Bear Creek 10 miler (triple volunteer points)
 5. Robious Landing 3ish Miler (formerly Huguenot 3 Miler)
 6. Fool's Run Marathon and Half Marathon (Board to select which race receives Bonus Race Points. Double volunteer points for race day volunteering)
 7. Fool's Run 10 Miler and 5 Miler (Board to select which race receives Bonus Race Points)
 8. Pocahontas 8 Miler
 9. Thanks Dad 5K
 10. Cul-De-Sac 5K #1
 11. Cul-De-Sac 5K #2
 12. Cul-De-Sac 5K #3
 13. Pony Pasture 5K
 14. Ashland Half Marathon & 5k (double volunteer points for half marathon race day volunteering)
 15. Twilight 5K
 16. Turkey Trot 10K and 5K (Board to select which race receives Bonus Race Points)

Commented [GB3]: These races need to be decided by the Board

B. The RRRC Board may designate, in a manner prescribed by the Board, up to three (3) Races each year as “Featured GP Races”.

1. This designation may be given to any race at any time within 3 days of race signup cut-off and will be communicated to the GP participants in an expeditious manner by the GP Coordinators.

2. All GP participants who finish a GP Featured Race will receive one additional GP Race Point for completing that race.

3. This additional GP Race point will not be given to GP participants who complete a GP Featured Race virtually.

VIII. 2026 Contract Races

A. 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.

B. 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)**.”

IX. 2026 Non-Grand Prix Club Races

A. Although all Grand Prix races are club races, some club races are not Grand Prix races.

B. The following are club races that are not eligible for racing/placing points but award single volunteer points to all not racing workers.

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

2. T-Rex Race

X. Special Comment on Volunteering

A. 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:

1. As officers, board members, or function heads of ongoing club programs and the club's general operation.

2. 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.

B. 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.

Red text indicates changes from the previous year.