

ARR Grand Prix 2019



A points competition to keep you running all year long.

Looking to step up your game? This annual competition consists of 20 races throughout Phoenix and the state of Arizona. Run in as many or as few as you like. Runners who have run a **minimum of four races** will be eligible for awards at the year's end.

Questions? Email Mike at grandprix@arizonaroadracers.com.

RACE CALENDAR Races and dates subject to changed based on race organizers.

January

- Midnight Madness 5K Double Down (post-midnight), **1/1**
- ARR Desert Classic Half Marathon, **1/26**

February

- Runner's Den Pancake Double Stack 10K/5K total, **2/3**
- Litchfield Park 10K, **2/23**

March

- Mountain to Fountain 15K, **3/3**
- Phoenix Shamrock Half 13.1, **3/17**

April

- Run the Runway 10K, **4/7**
- ARR Open Mile **4/16**

May

- Pine Trail Run 8.6 mile, **5/4**
- ARR Summer Series #1 5K, **5/19**

June

- Meet Me Downtown 5K, **6/1** in Tucson, (night run)
- Foothills Cross Country 3K

July

- Summer Series #4, 5K Kiwanis Park **7/13**

August

- Gaspen in the Aspen 15K

September

- Jerome Hill Climb 4.5 mile **9/1**
- Nike Desert Twilight 5K Cross Country, in Casa Grande

October

- Das Frank Kush (Oktoberfest), 10K

November

- Phoenix 10K Half Marathon (13.1)
- ARR Thanksgiving Classic 10 mile, Peoria **11/28**

December

- Festivus 15K **12/15**

HOW IT WORKS

1. There are 20 Grand Prix races. A runner may compete in as few or as many of the races as they choose. Run a minimum of 4 races to be eligible for awards at the end of the year. Results from only 10 races will count. If a runner runs more than 10 races, only their 10 highest scores will count. Anyone running in 10 or fewer races will have all of their scores included.
2. GP scoring will include only GP registrants who are registered finishers of a GP race. No retroactive registration. Races will only be scored after your GP registration date.
3. Runners score according to their finish place out of all GP registered finishers each race. The first GP runner in each race will score 1,000 points. All others will score based upon a percentile determined by the number of GP runners. If there are ten GP participants, first place will get 1000 points, second place will get 900 points...last place will get 100 points (1000 points/10 runners = 100 point increments).
4. Scores are tallied within age division for each gender. Runners do not change age divisions during the year. A runner's division is set according to their age on the day of their first GP race. Points are awarded without regard to age or gender. Default scoring will be based on gun time; chip time may be used for races with wave/staggered starts.
5. Age groups for both male and females are: 0-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+. For an age group to exist, it must have at least two participants completing 4 races each. In addition, for an individual to win an age group they must run in at least 4 races. If your age group does not have the minimum participation, yours *might* be combined with the next younger age group.
6. There will be awards for the first 2 people in each age group, which will be presented at the ARR awards meeting held in January 2020.
7. Grand Prix standings throughout the year can be found at arizonaroadracers.com.
8. The race dates listed above are subject to change, and should be confirmed prior to race day.
9. The cost is \$5 for ARR members or \$10 for non-members for the entire series. This does not include race entry fees – it is a one-time fee paid to ARR.

To register for the **2019 Grand Prix**, fill out this form and turn it in at the registration table, along with \$5 (ARR members) or \$10 (non-ARR members) – OR – mail it to: **Arizona Road Racers, 428 E. Thunderbird Rd. #425, Phoenix, AZ 85022-5229**. Make all check payable to **Arizona Road Racers**. Online registration available through RunSignUp.com, visit arizonaroadracers.com.

LAST NAME	FIRST NAME	GENDER (CIRCLE ONE)	M	F
CITY	STATE	PHONE	TODAY'S DATE	
E-MAIL	CURRENT AGE	BIRTH DATE (MM/DD/YY)		