

# Coldwell Banker Elite Grand Prix Series

## 2010



## RULES

### **PRIZES**

1. To win any prize, you must run at least seven races.
2. All award winners must be an active member of FARC. The membership will be checked after the last race of the 2010 season.
3. The overall male and female will receive \$500 in prizes.
4. The overall male and female masters will receive \$400 in prizes.
5. Second, third, fourth and fifth male and female will receive \$300, \$200, \$100 & \$50 in prizes.
6. Second, third, fourth and fifth male and female masters will receive \$300, \$200, \$100, and \$50 in prizes.
7. The three top finishers in each age group, Clydesdale and Athena categories will receive a unique award recognizing their accomplishment.
8. First Grand Masters (50+) male and female will receive \$100.
9. All runners finishing seven of the twelve races will receive a unique award recognizing their accomplishment. Submit sizes for awards online at [www.runfarc.com](http://www.runfarc.com) prior to December 12, 2010 to ensure proper sizes.
10. The overall male and female winners from the 2009 Coldwell Banker Elite Grand Prix Series will receive complimentary entries into all 12 races of the 2010 series.
11. Volunteers at FARC events will be entered into a random drawing. Five names will be picked for prizes worth \$100 each. Your name will be entered each time you volunteer, so the more you help out the greater your chances are of winning. News letter stuffing counts as volunteer time.
12. All awards will be given out at the Annual Coldwell Banker Elite Grand Prix Banquet to be held in January, 2011.

### **AGE GROUPS**

Age groups for male and female runners are 19 and under, 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, 85-89, 90-94, 95-99, 100+. Your age on August 1, 2010 will be used to determine which age group you are in. This also includes the master's cutoff. So, if you turn 40 on or before July 31, 2010 you will be scored in the 40-44 category for the Grand prix series.

## **HOW POINTS ARE SCORED**

Males run only against males and females run only against females when scoring grand prix points. Consider each sex as a separate race. In each race, the first place finisher will receive 1000 points; each subsequent finisher will receive 2 fewer points than the finisher before them. So the first 10 finishers will be: first-1000, second-998, third-996, fourth-994, fifth-992, sixth-990, seventh-988, eighth-986, ninth-984 and tenth-982.

Grand champions are determined by adding a runner's best seven scores to get their total championship points. Total championship points are used for overall, masters and age group standings.

## **CLYDESDALE & ATHENA**

You may register for Clydesdale or Athena divisions by August 1, 2010 to qualify for awards. A Clydesdale is any aged male weighing over 200 pounds. An Athena is any aged female weighing over 150 pounds. Register using the form found online at [www.runfarc.com](http://www.runfarc.com)

## **FARCman Extra Mile - BIG CHANGES FOR 2010!**

This year, the FARCman award is not just about racing, but about volunteering in the running community. There will be 3 different ways to earn the FARCman Extra Mile award.

1. Complete all 12 races in the Coldwell Banker Elite Grand Prix Series and volunteer for at least 1 FARC sponsored activity.
2. Complete 11 races in the Grand Prix & volunteer for at least 3 FARC sponsored activities.
3. Complete 10 races in the Grand Prix & volunteer for at least 5 FARC sponsored activities.

In order to qualify, runners may miss no more than 2 races in the Series. Runners will not qualify by volunteering for events in which they participate; i.e. work at packet pick-up and also run in the race. The event director must be aware of your volunteering and provide your name to the Grand Prix Director within 30 days after the event.

The following events are considered eligible for the 2010 FARCman Extra Mile award:

All 12 Coldwell Banker Elite Grand Prix races that you do not complete  
FARC Cross Country Series at Pratt Park  
FARC Track Series at James Monroe  
FARC booth at the MCM Historic Half-Marathon Expo  
FARC Newsletter stuffings  
FRED Events races  
Champion Chase 5K  
YMCA/Civitans 5K  
The Great Train Race  
Grace Oughton Memorial 5K  
Race for McGee 10K  
Young Lives 5K  
Freedom Middle School Harvest Run 5K

## **QUESTIONS OR COMMENTS**

Please email [farc.grand.prix@gmail.com](mailto:farc.grand.prix@gmail.com).