

2016 Eighteenth Annual ARRC Road Race Series

The Series: **Fourteen** races starting in March and finishing in December. Distances range from 5K to 15K to a half marathon. All races are on roads or paved paths except for the DINO Trail Run and the Run the Mounds Race which are both trail runs.

The Requirements: In order to receive points in the Road Series, you must be a member of the **Anderson Road Runners Club** and a member of the **Road Series**. You must designate whether you will be a Walker or Runner for the entire race season. Age group for the season will be determined by the age of the participant on 5/1/2016. For walkers, judged racewalking conventions apply of continuous contact with the ground and straight locked knee in stride motion. No running allowed in the Walk Series Races. Participants must complete a minimum of six (6) races and may be an approved volunteer for at least one race in the series. The Road Race Director(s) must receive prior notification of the runners intent to volunteer and will verify their participation with the director of that event.

Entry Fees: **\$10** to be scored in the series and **\$15** for a single membership or **\$25** for a family membership of the Anderson Road Runners Club.

The series participants also have to pay the registration fee for each race, as set by the race directors. These fees are usually \$13 - \$25. The fees for the half marathons and full marathon can be around \$70.

Age Groups:

Runners: Men and Women 10 & under, 11-12, 13-14, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 -79, 80+, & Heavyweight 190+ lbs (Men Only).

Walkers: Top three Female and Male overall. This could be expanded to ten year age groups, if there is enough participation to justify it.

Age group will be determined by the participant's age as of May 1st of that year. It is the responsibility of the participant to verify that they are in the correct age group and series designation.

Points System: **Points** will be awarded as follows: 1st Place-50pts, 2nd Place-45pts, 3rd Place-40pts. Other age group finishers will be awarded points starting at 35 and decrease by one point per participant (Walker or Runner). The point standings will be posted to this site when available and updated spreadsheets will be at the races depending on the availability of previous race results.

Bonus Points: 50 Points will be awarded to all participants in the Series for completing the Indianapolis Mini-Marathon 13.1-mile race or 5K race. Anyone participating in the Mill Race Marathon, Half Marathon, or 5K in September will also receive 50 points for completing the race of their choice. Also anyone completing the ARRC Thanksgiving Day race, will receive 50 points. Participants who volunteer to assist in any one of the road race series events will earn 50 points; but the race does not count toward the six-race minimum as a volunteer only. Participants may also earn 50 points for volunteering in a second race of the road race series. If you volunteer and are able to run the race, you will receive the 50 points maximum only (not volunteer points plus race points) and by participating in the race it would count towards your six-race minimum. You may volunteer as often as you wish; but you will only earn a maximum of 100 points through volunteering. Race Directors, of a race in the series, participating in the Road Series will earn a race counting towards the six race minimum and 50 points for that race in the Series they are the Director.

Joining Series in Progress: Runners/ Walkers, who decide to join the ARRC Road Series after the first race in the series has been completed and scored, may do so at any time under the following procedure: Runner/ walker must be a member of the Anderson Road Runners Club. Runner/ walker will be scored on all succeeding races.

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Races ran before joining the Road Series (that are in the Road Series) will be handled by scoring the runner at the next available points in their respective age group for only the one previous Road Series Race prior to joining the Series. Other races completed before joining the Road Series will not count towards the Series points.

Runner/ walker's age group is defined as the age of the participant on May 1st of the Series Year.

Disqualifications: Walkers disqualified during a judged walking race in the series will be awarded 25 points for the completed race only, regardless of time.

Miscellaneous: All race dates are accurate as of March 19, 2016. It is the participant's responsibility to confirm their membership status in the ARRC, the Road Series, and the dates and times of events. Points will only be awarded to members of the ARRC. ARRC assumes no responsibility in the event a race date or time is changed. Points will be based upon results provided by the individual races. Please check the results of any events you enter to insure the accuracy of the updated Road Series Points Spreadsheets.

Questions: Questions can be directed to Greg Smith gbsmith1@comcast.net.

Race Directors: Please notify Greg Smith, gbsmith1@comcast.net, of any schedule changes.