

The Adirondack Runners 2011 Grand Prix Schedule

Short Course

	<u>Name Of Race</u>	<u>Location</u>	<u>Day</u>	<u>Date</u>	<u>Distance</u>
1	Key Run	Saratoga	Sat	04/16/11	5 KM
2	Granville Lioness Run	Granville	Sat	05/07/11	5 KM
3	Memorial Mile	Glens Falls	Tue	05/31/11	1 Mile
*4	Moreau Mile	S. Glens Falls	Sat	06/11/11	1 Mile
*5	Betar 5K	S. Glens Falls	Sun	06/11/11	5KM
6	Silks & Satins	Saratoga	Sun	07/30/11	5 KM
*7	Cole's Woods	Glens Falls	Sun	08/14/11	2 Miles XC
8	Tony Luciano Memorial Run	Hudson Falls	Sun	08/22/11	5 KM
9	Spud Run	Hartford	Sat	10/15/11	5 KM
*10	Goblin Gallop	Glens Falls	Sat	10/29/11	5 KM
11	Operation Santa Claus	Hudson Falls	Sat	11/12/11	5 KM
*12	Reindeer Run	Queensbury	Sat	12/03/11	5 KM
13	Saratoga First Nighter Run	Saratoga	Sat	12/31/09	5 KM

Long Course

	<u>Name Of Race</u>	<u>Location</u>	<u>Day</u>	<u>Date</u>	<u>Distance</u>
*1	Polar Cap Run	Lake George	Sat	02/05/11	4 Miles
*2	Shamrock Shuffle	Glens Falls	Sun	03/27/11	5 Miles
3	Key Run	Saratoga	Sat	04/16/11	10 KM
*4	Prospect Mountain Road Race	Lake George	Sat	05/14/11	5.67 Miles
5	Mule Haul	Ft. Hunter	Sun	06/19/11	8 KM
*6	Adirondack Distance Run	Lake George	Sun	06/25/11	10 Miles
7	Race The Train	Riparius	Sat	08/06/11	8.6 Miles
*8	Cole's Woods	Glens Falls	Sun	08/14/11	6 Miles XC
9	Run At The Fair	Greenwich	Mon	08/22/11	5 Miles
10	Schroon Lake Half Marathon	Schroon Lake	Sun	09/25/11/	13.1 Miles
11					
12	Stockadeathon	Schenectady	Sun	11/06/11	15 KM
13	Operation Santa Claus	Hudson Falls	Sat	11/12/11	10 KM

To be eligible for an award, you must also serve as a volunteer for at least 1 TAR race. These races are identified by an asterisk (*).

This applies to races from either the Short or Long courses.

Total accumulative points from both the Long & Short Courses will qualify for the ANIMAL award, male & female, in addition to scoring for Overall and 10 year age groups, male & female, for each course.

Scoring involves the 7 best finishes for each runner.

Scoring is 13 points for 1st place, 11 points for 2nd place and 9 down through 1 point for each succeeding place.

Finishing will always earn 1 point. 1 point will also be awarded for each TAR race that you serve as a volunteer.

If you should age to an older group during the year, your accumulated points will be carried over to the new age group.

Runners are eligible for points only while they are active members. Lapsed membership will result in lost and unrecoverable points.

We encourage you to mention to race officials that you are running the race because it is on our Grand Prix schedule.

Committee: Phil Jessen, Dan Olden, Brian Teague, John Loucks.