

MDRA 2010 Grand Prix Series Form



2010 GRAND PRIX RACES

January: Meet of the Miles (U-M indoors), January 11
February: Frigid 5 (5K), February 7 **NEW & UPDATED!**
March: Human Race 8K, March 28
April: Get in Gear 10K, April 24
May: New Prague Half Marathon, May 8
June: Grandma's Marathon, June 19
July: Boston Scientific Heart of Summer 5K, July 24 **NEW!**

August: Hennepin-Lake 10K, August 1
August: Rochester Half Marathon at the Holiday Inn, August 28
September: Victory 10K, September 6
September: City of Lakes 25K, September 12
October: Twin Cities Marathon, October 3
November: Rocky's Run 5K, November 7

GRAND PRIX ENTRY DETAILS

1. Cost is \$5.00 for the entire series. This is above and beyond the race entry fees, and is a one-time fee paid to the MDRA. GP scoring will include only GP registrants who are registered finishers of a GP race. No retroactive registration; runners registering after Human Race, for example, will not be counted in Human Race's GP results even if they ran it.
2. 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 the percentile in which the runners finish such that the middle finisher will always score 500 points. Points are awarded without regard to age or sex.
3. There are 13 GP races. A runner may compete in as few or as many of the races as they choose; however, 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.
4. Scores are tallied within age division for each sex. Runners do not change age divisions during the year. A runner's division is set according to his division on the day of his first GP score. For example, a runner turning 50 on April 1 would be scored all year in the 45-49 bracket if she runs Human Race as a GP registrant, but would score all year in the 50-54 bracket if her first GP score is after April 1.

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, 70-74, 75-79, 80-84, 85+. In order for an age group to exist, it must have at least two participants, and each participant must complete 2 races.
6. Grand Prix standing information will be included in *RunMinnesota*, and on the MDRA website @ www.runmdra.org and e-mailed to all participants.
7. There will be awards for each age group winner, which will be presented at the MDRA annual party held in January 2011. **Also, Strands will present a special award to anyone who participates in all 13 races.** In addition, anyone participating in at least 10 of the races will get a prize.
8. The dates listed above are the probable dates, but should be reconfirmed as race day approaches.

QUESTIONS?

Email Hal Gensler at hgensler@blco.com

LAST NAME

FIRST NAME

MIDDLE INITIAL

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ADDRESS

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CITY

STATE

ZIP CODE

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PHONE

M OR F

DATE OF BIRTH

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E-MAIL

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LOCATION

A	B	C	D	E	F	G	H	I
J	K	L	M	N	O	P	Q	R
S	T	U	V	W	X	Y	Z	

To register for GRAND PRIX, fill out, and mail this portion with \$5.00 (Check payable to MDRA) to

Hal Gensler
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New River, AZ 85087