



Nashville Striders Grand Prix Series 2011-2012



Eligibility Requirements:

1. **Membership:** Participant must be a current Nashville Striders member on race day to earn credit for running.
2. **Run/Walk Races:** Participant is required to run/walk in a minimum of 6 races, but points will be awarded for up to 8 races. Points will be calculated for the maximum points received.
3. **Volunteer:** Participant must volunteer and not run in at least one designated Grand Prix race.

Explanation of Scoring:

Scoring will be as follows: 1st=5 points, 2nd=4 points, 3rd=3 points, 4th=2 points, 5th=1 point. Only Striders members are awarded points. For example, a third place finisher would receive 5 points if he/she were the first *Nashville Striders member* in his/her age group.

Exception: Points will be awarded 10 deep at the Striders Picnic 5K: 1st=10, 2nd=9 points, etc.

Explanation of Volunteer Requirement:

To be eligible for final awards, participants must volunteer at a minimum of one of the Nashville Striders Grand Prix races and **not run in the race**. Additional volunteer points (up to 4 additional points) can be earned by volunteering at any Nashville Striders race or Striders managed race (where ChampionChip Timing is used) and not running the race.

- ✓ Grand Prix volunteers must sign-up with the Volunteer Coordinator (nstridervolunteer@gmail.com) prior to the race and sign-in with the Volunteer Coordinator on race day to ensure that your name is on the volunteer list.
- ✓ A maximum of 5 volunteer points can be earned.

****For those events where there are multiple races, and at least one race is designated [*] as the GP Race, the volunteer must not run at all at this event to be awarded the qualifying GP Volunteer Point.***

Additional Information:

- ✓ If a runner changes from one age division to another during the course of the Grand Prix Series then point totals will remain in the age division in which credit for running/walking were first earned.
- ✓ Participants are eligible for points in one race only at Shelby Bottoms Boogie and GD Tom King Classic.
- ✓ Grand Prix points will be calculated from three documents: Official Membership Records, Official Race Results, and Volunteer Lists.
- ✓ Awards will be given at the Annual Nashville Striders Summer Picnic 5K to members in each age group who accomplish the qualifications.
- ✓ Special award for female and male participating in the most number of races

Grand Prix Series Races

July-December 2011

July 23—Nashville Striders Picnic 5K
August 6—Smyrna Parks 5K
August 20—Fenton Payne & Fred 5K
September 5—Franklin Classic 10K
October 1—Shelby Bottoms 15K/5K
October 22—Wild Thang 9-Mile Trail Run
November 5—Hoover Run for Hope 5K
November 12—Team Nashville 10 Miler
December 2—Rudolph's Red Nose Run 5K
December 31—Resolution Run 5K

January-July 2012

February 25—Race Judicata 10K
March 10—Gupton Dodge Tom King Classic
Half Marathon & 5K
March 24—Runnin'to Beat the Blues 5K
April 7—Mule Day Kick 5K
April 14—Purity Moosic City Dairy Dash 10K
May 5—Girls on the Run 5K
May 12—The Key Alliance Run for the Homeless 5K
May 28—Memorial Day Dash 5K
June 16—RC Cola & Moon Pie 10 Mile
July 4—Cadillac Firecracker 5k

Schedule subject to change