

2010 ROCK RIVER ROAD RUNNERS RACE CIRCUIT RESULTS CHART

Our philosophy is first and foremost to support races which are local. Consideration is also given to:

- 1) Races directed by RRRR members
- 2) Number of votes races receive from the RRRR membership
- 3) Previous RRRR attendance at these races
- 4) Race management/quality of event/positive experience for participants.
- 5) Final decision made by RRRR Board

*1) Saturday, February 6 th	B-rrry Scurry 4M	Clinton, IA	_____
*2) Saturday, February 27 th	Say No to Snow 5K	Lanark, IL	_____
*3) Sunday, March 21 st	Easter Seals 4M	Clinton, IA	_____
*4) Saturday, May 1 st	Steve Klooster 5K	Fulton, IL	_____
*5) Sunday, May 9 th	QC Distance Classic 13.1M/5K	Rock Island, IL	_____
*6) Saturday, June 5 th	June Bug Jog 5K (7:00pm)	Hampton, IA	_____
*7) Sunday, June 6 th	SMART/Brad Onken 5K	Sterling, IL	_____
*8) Friday, June 25 th	Raging Road Rally 5K	Lanark, IL	_____
9) Saturday, July 3 rd	Walnut Fireman's 5K	Walnut, IL	CANCELLED
10) Saturday, July 3 rd	Reagan Run 5K	Dixon, IL	_____
*11) Saturday, July 10 th	YWCA Race Against Racism	Sterling, IL	_____
*12) Saturday, July 10 th	Moonlight Chase 4M (9:00pm)	Eldridge, IA	_____
*13) Saturday, July 24 th	Pack the Park 2M	Milledgeville, IL	_____
*14) Saturday, August 7 th	Music in Motion 5K	Sterling, IL	_____
*15) Saturday, August 28 th	Cross Country Run 5K	Prophetstown, IL	_____
16) Saturday, September 4 th	Min's Mississippi 4M	Thomson, IL	_____
17) Saturday, September 11 th	Canal Crawl 5K	Rock Falls, IL	_____
18) Saturday, September 18 th	Harvest Hammer 5K or Duathlon	Morrison, IL	_____
19) Sunday, October 2 nd	Autumn on Parade 5K	Oregon, IL	_____
*20) Sunday, October 24 th	Pumpkin Dash 8K/4K	Davenport, IA	_____
*21) Sunday, November 21 st	Run for the Red 5K	DeWitt, IA	_____
22) Saturday, November 27 th	Symphony of Lights 5K	Clinton, IA	_____
23) Friday, December 4 th	Christmas Run 2M	Fulton, IL	_____
*24) Sunday, December 5 th	Reindeer Ramble 5K	Moline, IL	_____
25) WILD CARD RACE			_____

My Results Chart is now complete. Please compile my results at this time. YES NO
 Your signature _____ Today's date _____

A confirmation Receipt of Completion will be sent to you via e-mail or snail mail to your house if no e-mail.

ORANGE TYPE INDICATES RACE IS CONFIRMED. All races will be confirmed when we receive the information.

Race directors: please confirm via phone or e-mail your race date/time to insure accuracy.

We will keep an updated list at www.rockriverroadrunners.org.

INFORMATION

EACH RUNNER IS RESPONSIBLE FOR SUBMITTING HIS OR HER OWN RESULTS CHART. WE CANNOT RECOGNIZE AWARD RECIPIENTS WITHOUT THIS FORM. PLEASE MAIL COMPLETED FORM TO:

JOHN BORAH, RRRR RACE CIRCUIT COORDINATOR

1109 1ST AVENUE
 CLINTON, IOWA 52732
 (563) 503-1552
runmsc69@yahoo.com

In order to keep our files accurate/up to date, and to keep you informed as to the status of the Circuit on the RRRR web-site, please submit via snail mail or e-mail, your results regularly by these dates:

Races 1-8: By June 15th

Races 9-15: By September 15th.

Races 20-24: By December 17th .

ALL RESULTS CHARTS ARE DUE BY: FRIDAY, DECEMBER 17th, 2010 TO QUALIFY FOR AWARDS.

ROCK RIVER ROAD RUNNERS 2010 RACE CIRCUIT GUIDELINES

The RRRR would like to encourage you to participate in our 9th annual Race Circuit. We want to reward you for participating and volunteering in our local races that come throughout the year. We would like you to earn points by offering your time for volunteering for events as well.

Our philosophy is first and foremost to support running those races which are local. We then go by the number of votes races received from the RRRR membership as well as past RRRR attendance at these races. Though some races are on the same day, most are split a.m. and p.m. This will enable runners with conflicts, an opportunity to attend a race. We also factor race management, quality of event, positive experience for participants. Double points are not awarded for attending both in one day, just the normal amount for each. We also strive to provide more options with the number of circuit races for members to earn points and qualify for awards.

Rules and Eligibility Requirements:

1. You must be a current RRRR member.
2. The circuit is free to join although a minimum of 8 circuit races must be run to qualify for awards.
 - 2b. Children 18 and under only need to complete 4 circuit races to qualify for an award.
3. You must mail in the Results Chart by **Friday, December 17th, 2010** to qualify for an award.
4. All participants must declare an Age Group or Division and indicate that on the Results Chart.
5. Participants are based in Age Group/Division **as of the first circuit race** and will remain in that Age Group/Division for the year.
 - Age Group: Male/Female 18-under, 19-29, 30-39, 40-49, 50-59, 60+,
 - Divisions: Clydesdale (200+), Athena (150+), *Walkers Division Male, *Walkers Division Female
 - * Those declaring Walkers Division may neither join nor change Divisions/Age Group during the year.
 - * **All those in Walkers Division must walk the entire race. No running of any segment of the race is allowed.**
6. Awards for age groups will be based on numbers in each.
7. Points structure is as follows:
 - A) 3, 2, 1, 1, 1 etc. for 5K (1st=3 points, 2nd= 2 points, 3rd on down 1 point each)
 - B) 4, 3, 2, 1, etc. for 4M-10M
 - C) 5, 4, 3, 2, 1 etc. for ½ marathon/duathlon
 - D) 6, 5, 4, 3, 2, 1 etc. for marathons
 - E) 3 points will be awarded for volunteering to help at an event, if you are either a race director or staff member of a circuit race.
- ****8. NEW: MEMBERS MUST VOLUNTEER FOR AT LEAST ONE RACE TO QUALIFY FOR AWARDS.
- ****9. NEW: NO MORE THAN 3 RACES THAT A MEMBERS VOLUNTEERS FOR COUNTS FOR POINTS.
10. Tie Breakers will be determined on an as needed basis.
11. A **Club Member of the Year** award will be given for one male and one female runner.
12. Circuit races will count from date of membership. No circuit races will be counted prior to the date a member joins the RRRR.
- 13) **Wild Card race:** Members can select any race, not on our Circuit, to count as credit to the Circuit! Wild Card races will follow the same point structure as Circuit Races. Please submit Date, Name of Race, Location, Distance of race, and your official Finish time on the Results Chart.