

ROCK RIVER ROAD RUNNERS 2008 RACE CIRCUIT RESULTS CHART

1) SATURDAY, FEBRUARY 2 ND	B-rrry Scurry 4M	Clinton, IA	_____
2) SATURDAY, FEBRUARY 23 RD	Say No to Snow 5K	Lanark, IL	<u>Cancelled</u>
3) SUNDAY, MARCH 30 TH	Easter Seals 4M	Clinton, IA	_____
4) SATURDAY, MAY 3 RD	Steve Klooster 5K	Fulton, IL	_____
5) SUNDAY, MAY 11 TH	QC Distance Classic 13.1M/5K	Rock Island, IL	_____
6) SATURDAY, MAY 31 ST	SMART Trail Run 5K	Sterling, IL	_____
7) SATURDAY, JUNE 7 TH	June Bug Jog 5K (7:00pm)	Hampton, IL	_____
8) FRIDAY, JUNE 27 TH	Raging Road Rally 5K	Lanark, IL	_____
9) SATURDAY, JULY 5 TH	Walnut Fireman's 5K	Walnut, IL	_____
10) SATURDAY, JULY 5 TH	Reagan Run 5K	Dixon, IL	_____
11) SATURDAY, JULY 12 TH	Moonlight Chase 4M (9:00pm)	Eldridge, IA	_____
12) SATURDAY, AUGUST 2 ND	Pack the Park 2M	Milledgeville, IL	_____
13) SATURDAY, AUGUST 9 TH	Music in Motion 5K	Sterling, IL	_____
14) SATURDAY, AUGUST 30 TH	Min's Mississippi 4M	Thomson, IL	_____
15) Saturday, August 30 th	Shannon 5K	Shannon, IL	_____
16) SATURDAY, SEPTEMBER 6 TH	Canal Crawl 5K	Rock Falls, IL	_____
17) Saturday, September 13 th	Harvest Hammer 5K or Duathlon	Morrison, IL	_____
18) SATURDAY, OCTOBER 4 TH	Cross Country Run 5K	Prophetstown, IL	_____
19) SUNDAY, OCTOBER 5 TH ,	Autumn on Parade 5K	Oregon, IL	_____
20) SUNDAY, OCTOBER 26 TH	CBRC Pumpkin Dash	Davenport, IA	_____
21) Saturday, November 22 nd	Symphony of Lights 5K	Clinton, IA	_____
22) Friday, December 5 th	Christmas Run 2M	Fulton, IL	_____
23) SUNDAY, DECEMBER 7 TH	Reindeer Ramble 5K	Moline, IL	_____
24) WEDNESDAY, DECEMBER 31 ST	Hardcore 5K	Kewanee, IL	_____
25) WILD CARD RACE (OPTIONAL):	_____	_____	_____

BOLD TYPE INDICATES RACE IS CONFIRMED AS OF JULY 2008. All races will be confirmed as to dates/times as we receive the information. **Race directors: please confirm your race date/time to insure accuracy.** We will keep an updated list at www.rockriverroadrunners.org.

INFORMATION

WE **WILL NOT** BE USING THE ORANGE RRRR RESULTS TAGS AT EACH RACE. EACH RUNNER IS RESPONSIBLE FOR SUBMITTING HIS OR HER OWN RESULTS. WE CANNOT RECOGNIZE AWARD RECIPIENTS WITHOUT THIS FORM. PLEASE MAIL COMPLETED FORM TO:

JOHN BORAH, RRRR CIRCUIT RACE COORDINATOR
1109 1ST AVENUE
CLINTON, IOWA 52732
(563) 593-2224
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 phone or e-mail, your results regularly by these dates:

Races 1-7: By June 15th. **Thank you to those whose submitted results!!!**

Races 8-17: By September 15th.

Races 20-25: By January 5th.

ALL RESULTS CHARTS ARE DUE BY: MONDAY, JANUARY 5TH, 2009 TO QUALIFY FOR AWARDS.

ROCK RIVER ROAD RUNNERS 2008 RACE CIRCUIT GUIDELINES

The RRRR would like to encourage you to participate in our 7th annual Race Circuit. We want to reward you for participating and volunteering in our local races that come throughout the year. We will gather your points that you earn running in your age group as well as overall results. 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. 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 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 January 5th, 2009 to John Borah.
4. All participants will be assigned to one of the following age groups:
*Male/Female 18-under, 19-29, 30-39, 40-49, 50-59, 60+, Clydesdale (200+), Athena (150+)
5. Awards for age groups will be based on numbers in each, up to three awards deep.
6. 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.
7. Tie Breakers will be determined on an as needed basis.
8. A **Club Member of the Year** award will be given for one male and one female runner.
9. Races will count from date of membership. No circuit races will be counted prior to the date a member joins the RRRR.
- 10) Wild Card race:** You get to pick any race, not on our Circuit, to count as credit to the Circuit! Your race will follow the same point structure. Please submit Date, Name of Race, Location, Distance of race, and your official Finish time on the Results Chart.