

2009 PTC Grand Prix Rules

The Peninsula Track Club Grand Prix Race Series is designed to encourage participation in PTC events, promote competition, and reward long-term performance and volunteerism. Grand Prix points are earned based on the results of designated Grand Prix races or by **volunteering** for any PTC race. You don't have to sign up for the Grand Prix. If you are a member and you run a Grand Prix race or volunteer, you automatically earn points. However, ***in order to be eligible for a Grand Prix racing award, you must volunteer for a race at least once during the year.***



THE 2009 PTC GRAND PRIX SCHEDULE:

The 2009 Grand Prix races are:

Joe & Sue Moore Scholarship 5K
Fort Eustis 10K
10K Run for the Heart
Riverside Rehab 5K by the Bay
Coast Guard Day 5K
Smart Smiles 5K
CNU/Oyster Pointer 5K
Mulberry Island Half Marathon
Hilton 5K
Yorktown Battlefield 10 Miler
Run with the Son 5K

GRAND PRIX SCORING: Racing

Points are awarded to the top ten (10) male and female runners in each age group. ***Scoring is as follows:*** 1st place in each age group receives 10 points, 2nd place receives 9, 3rd gets 8 and so on down to the 10th place runner who receives 1 Grand Prix point.

Overall winners receive 10 points plus bonus points based on the number of overall places awarded. For example, if awards go to the **top 3 overall** men and women, both the first place man and first place woman receive 10 points plus 3 bonus points for a total of 13 Grand Prix points. 2nd overall receives a total of 12 points and 3rd receives 11. If the race in question awards the **top five overall**, then the overall winner receives 15, 2nd gets 14 and so on to the 5th place overall who receives 11 points.

The **Masters category** is treated in a similar way. If the top 2 Overall Master runners receive awards, the first masters runner receives 10 points plus 2 bonus points for a total of 12. Second Master thus gets 11 points. If a Master's runner places in the overall standings, however, they will receive the higher of the two Grand Prix point possibilities, regardless of which race trophy they receive. Master's runners are awarded additional points only if the race has a Master's category.

Similarly, if a race has a walking category, Grand Prix points are awarded to the walkers as if the walking category was another age group. However, Grand Prix points are awarded only in those races that have a specific walking category.

There is no limit to the number of Grand Prix racing points that can be earned. ***However, you must be a PTC member in good standing (i.e. dues paid up) the month the Grand Prix event is held in order to receive points for your performance.***

GRAND PRIX SCORING: Volunteering

The PTC Grand Prix is unique in that points can be earned through volunteering. Every time a member volunteers for an event, they receive a three (3) Grand Prix volunteer points.

So how do you volunteer for a race? Simply contact our **Volunteer Coordinator (Nina Stickles, 342-6739 or e-mail: ninastickles@yahoo.com)** and **officially** volunteer for the race of your choice. On race day, show up one (1) hour prior to race time and check in with the Volunteer Coordinator for that race.

If you haven't volunteered before, don't worry. There is little training needed. If you're interested in doing results or helping with the computers, pass that along when you volunteer. Volunteer points are also awarded for participating in **Adopt-a-Highway Litter Getters**, which occur four times a year.

In addition to the 3 volunteer points that are awarded for a volunteer effort, **bonus volunteer points** are awarded for the following conditions:

1) Double points for two races: Each multi-race event, such as **Colonial** or **Mulberry Island**, count as **two races**. If you volunteer, you get double points (six points, 3 for each race). This **does not** apply to 1 mile fun runs, only for events with two fully timed races.

2) Volunteer to be a Race Director, Race Coordinator, or Volunteer Coordinator for a race. The **Race Director receives 10 bonus points** (13 points total), **Race Coordinator** gets **5 bonus points** (8 points total) and the **Volunteer Coordinator** receives **2 bonus points** (5 total for the event).

3) Volunteer Bonus: To reward those who regularly volunteer, members receive **7 bonus points** (for a total of 10 points) for their **third volunteer effort**.

There is no limit to the number of volunteer points that can be earned. However when the Grand Prix points are totaled, **volunteer points cannot exceed the racing point total**. Grand Prix point totals will be tallied each month and listed in **On Your Mark**. The member with the highest Grand Prix point total (combined racing and volunteering) at the end of the year will be the **2009 PTC Grand Prix Champion**.

