

## 2009 Eleventh Annual ARRC Road Race Series

**The Series:** Twelve races starting in April and finishing in December. Distances range from 5K to 15K and one Mini marathon. The October Indianapolis Race provides the opportunity for the choice of 5K, half, or full marathon for 50 points. All races are on roads or paved paths except for the Run the Mounds which is a trail run.

**The Requirements:** In order to receive points in the Road Series, you must be a member of the **Anderson Road Runners Club** and a member of the **Road Series**. You must designate whether you will be a Walker or Runner for the entire race season. Age group for the season will be determined by the age of the participant on 5/1/2009. For walkers, judged racewalking conventions apply of continuous contact with the ground and straight locked knee in stride motion. No running allowed in the Walk in Series Races. Participants must complete a minimum of six (6) races and must be an approved volunteer for at least one race in the series. The Road Race Director(s) must receive prior notification of the runners intent to volunteer and will verify their participation with the director of that event.

**Entry Fees:** \$10 to be scored in the series. \$15 to be a member of the Anderson Road Runners Club  
Or \$25 Family membership

### Age Groups:

**Runners:** Men and Women 10 & under, 11-12, 13-14, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+, & Heavyweight 190+ lbs (Men Only).

**Walkers:** Top three Female and Male overall. Looking to expand walkers to ten year age groups if have enough participation to justify. Will update as season progresses.

Age group will be determined by the participant's age as of May 1<sup>st</sup> of that year. It is the responsibility of the participant to verify that they are in the correct age group and series designation.

**Points System: Points** will be awarded as follows: 1st Place-50pts, 2<sup>nd</sup> Place-45pts, 3<sup>rd</sup> Place-40pts. Other age group finishers will be awarded points starting at 35 and decrease by one point per participant (Walker or Runner). The point standings will be posted to this site when available and updated spreadsheets at races depending upon availability of previous race results.

**Bonus Points: 50 Points** will be awarded to all participants in the Series for completing the Indianapolis Mini-Marathon 13.1-mile race. Anyone participating in the Indianapolis Marathon, Half Marathon, or 5K in October will also receive 50 points for completing the race of their choice. Participants who volunteer to assist in any one of the road race series events will earn 50 points; but the race does not count toward the six-race minimum as a volunteer only. Participants may also earn 50 points for volunteering in a second race of the road race series. If you volunteer and are able to run the race, you will receive the 50 points maximum only (not volunteer points plus race points) and by participating in the race it would count towards your six-race minimum. You may volunteer as often as you wish; but you will only earn a maximum of 100 points through volunteering. Race Directors, of a race in the series, participating in the Road Series will earn a race counting towards the six race minimum and 50 points for that race in the Series they are the Director.

**Joining Series in Progress:** Runners/ Walkers, who decide to join the ARRC Road Series after the first race in the series has been completed and scored, may do so at any time under the following procedure:

1. Runner/ walker must be a member of the Anderson Road Runners Club.
2. Runner/ walker will be scored on all succeeding races.

(cont'd)

## 2009 Eleventh Annual ARRC Road Race Series

3. Races run before joining the Road Series (that are in the Road Series) will be handled by scoring the runner at the next available points in their respective age group for only the one previous Road Series Race prior to joining the Series. Other races completed before joining the Road Series will not count towards the Series points.
4. Runner/ walker's age group is defined as the age of the participant on May 1<sup>st</sup> of the Series Year.

**Disqualifications:** Walkers disqualified during a judged walking race in the series will be awarded 25 points for the completed race only, regardless of time.

**Other Stuff:** All race dates are accurate to May 1, 2009. It is the participant's responsibility to confirm their membership status in the ARRC, the Road Series, and the dates and times of events. Points will only be awarded to members of the ARRC. ARRC assumes no responsibility in the event a race date or time is changed. Points will be based upon results provided by the individual races. Please check the results of any events you enter to insure accuracy and the updated Road Series Points Spreadsheets.

**Questions:** Questions can be directed to Wally Post 765-649-8674 or Greg Smith 765-778-7087.

**Race Directors:** Please notify Wally Post 765-649-8674 or Greg Smith 765-778-7087 of any schedule changes. You may also e-mail the Webmaster.

### Races

Apr 25	Greenway Race Muncie, Ind. Contact: E-mail: <a href="mailto:delgreenways.org">delgreenways.org</a>	Runners 5K Walkers 5K
May 02	Indy Mini-Marathon Indianapolis, Ind. <a href="http://www.500festival.com">www.500festival.com</a>	Runners 13.1 Mi. Walkers 13.1 Mi.
May 16	White River Run Mini-Mini Anderson, Ind. Contact: Frankie St. Phillips 765-683-9294 E-mail: <a href="mailto:saintphili@Hotmail.com">saintphili@Hotmail.com</a>	Runners 10K Walkers 5K.

## 2009 Eleventh Annual ARRC Road Race Series

- |          |   |   |   |
|----------|---|---|---|
| June 27  | Buzzard's Roost 10K<br>Arcadia, Ind.<br>Contact: Evan Achenbach 317-984-3019<br>E-mail: <a href="mailto:achen@netusa1.net">achen@netusa1.net</a>    | Runners 10K<br>Walkers 10K                              | Directions: Take In-19 to<br>266 <sup>th</sup> St. / E Main St. Go<br>West on Main to Dora Ave/<br>Arcadia Rd. Go North on<br>Dora for 1 block to school. |
| July 04  | Chesterfield Optimist 10K<br>Chesterfield, Ind.<br>Contact: Ben Flesher<br>E-mail: <a href="mailto:BBFlesher@Hotmail.com">BBFlesher@Hotmail.com</a> | Runners 10K<br>Walkers 5K<br>765-649-8714               | Mill creek Civic Center<br>Old Chesterfield School<br>Highway 32  |
| July 11  | Lapel CdLS 5K<br>Lapel, Ind.<br>Contact: Scott & Tammy Hersberger<br>Ph: 765-534-3754<br>E-mail:  | Runners 5K<br>Walkers 5K                                |   |
| Aug. 15  | Kernel Klassic 5K<br>Van Buren, Ind.<br>Contact: Dawn Black<br>E-mail: <a href="mailto:dawn.black@popweaver.com">dawn.black@popweaver.com</a>       | Runners 5K<br>Walkers 5K<br>1-800-999-2365<br>Ext. 5344 |   |
| Sept. 12 | Miriam Project 5K Run/Walk<br>Anderson, Ind.<br>Contact: Wally Post<br>E-mail:  | Runners 10K<br>Walkers 5K<br>Ph: 765-649-8674           |   |

## 2009 Eleventh Annual ARRC Road Race Series

Sept.

Oct.                      Black Cat 5K                      Runners 5K  
New Castle, Ind.                      Walkers 5K  
Contact: YMCA  
New Castle

Oct 17                      Indianapolis Marathon, Half Marathon, Lawrence 5K  
Runners and Walkers: Choose a distance  
Indianapolis Marathon Road Runners Club  
P.O. Box 361074  
Indianapolis, In 46236  
Phone: 317-826-1670  
E-mail: [info@indianapolismarathon.com](mailto:info@indianapolismarathon.com)  
[www.indianapolismarathon.com](http://www.indianapolismarathon.com)

Nov. 01                      Run the Mounds 5 Mile Run    Runners 5Mi.  
Mounds State Park                      Walkers 3.1Mi.  
Anderson, Ind.  
Contact: Greg Smith                      765-778-7087  
E-mail: [gbsmith1@comcast.net](mailto:gbsmith1@comcast.net)

Dec. 06                      Kris Kringle 4 Mile Run                      Runners 4Mi.  
New Castle, Ind.                      Walkers 3Mi.  
Contact: Tom Hiner                      765-717-3811  
E-mail: [tah1015613@hotmail.com](mailto:tah1015613@hotmail.com)