

2010 Twelfth Annual ARRC Road Race Series

The Series: **Thirteen** races starting in April and finishing in December. Distances range from 5K to 15K and one or two half marathons. 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 5/1/2010. 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 1st 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, 2nd Place-45pts, 3rd 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.

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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 1st 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 March 1, 2010. 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 24	Greenway Race Muncie, Ind. Contact: E-mail: delgreenways.org	Runners 5K Walkers 5K
May 08	Indy Mini-Marathon Indianapolis, Ind. www.500festival.com	Runners 13.1 Mi. Walkers 13.1 Mi.
May 15	White River Run Mini-Mini Anderson, Ind. Contact: Greg Smith E-mail: gbsmith1@comcast.net	Runners 10K Walkers 5K. 765-778-7087

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- June 19 5K Pink Ribbon Run Runners 5K
New Castle, IN Walkers 5K
Contact: Erin Roan 765-599-2603
E-mail: deltsweetheart@yahoo.com
- July Chesterfield Optimist 10K Runners 10K Mill creek Civic Center
Chesterfield, Ind. Walkers 5K Old Chesterfield School
Contact: Ben Flesher 765-649-8714 Highway 32
E-mail: BBFlesher@Hotmail.com
- July 10 Lapel CdLS 5K Runners 5K
Lapel, Ind. Walkers 5K
Contact: Scott & Tammy Hersberger
Ph: 765-534-3754
E-mail:
- Aug. 07 Miriam Project 5K Run/Walk Runners 10K

Anderson, Ind. Walkers 5K
Contact: Wally Post Ph: 765-649-8674
E-mail:
- Aug. 14
8:00 A.M. Kernel Klassic 5K Runners 5K
Van Buren, Ind. Walkers 5K
Sign up at <http://www.racemyplanet.com/event.php?id=11>.
Contact: *Chrisie Livingston*
cbashcraft@aol.com or 765-934-4888
- Aug. 28
9:00 A.M. DINO llc Runners 5K
Southwestway Park Walkers 5K
8400 Mann Road
Indianapolis, IN
Brain Holzhausen 317-336-7553
E-mail: DINOseries.com

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- Oct. 09 Black Cat 5K Runners 5K
New Castle, Ind. Walkers 5K
Contact: Shelly Neal 765-529-3804
E-mail: sneal@henrycountymmca.org
- Oct 16 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
www.indianapolismarathon.com
- Nov. 07 Run the Mounds 5 Mile Run Runners 5Mi.
2:00 P.M Mounds State Park Walkers 3.1Mi.
Anderson, Ind.
Contact: Greg Smith 765-778-7087
E-mail: gbsmith1@comcast.net
- Dec. 05 Kris Kringle 4 Mile Run Runners 4Mi.
New Castle, Ind. Walkers 3Mi.
Contact: Tom Hiner 765-717-3811
E-mail: tah1015613@hotmail.com