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There is a difference between the 2016 LDR Grand Prix schedule and the **2016 USATF Adirondack Association LDR Championships** schedule.

USATF Adirondack Association's LDR Championships are held in conjunction with some but not all of the Grand Prix events. At our Association Championships the focus is on performance – both individual and team on that day. Winners are honored on site at each Championship event. We will provide USATF Adirondack Association Championship medals at no cost to the races. Championships are scored for individuals – Men/Women, Open/Masters and for Teams – Men/Women, Open/Masters. Please note which divisions will be held at which events on the attached USATF Adirondack Association Championship schedule.

Of course, many races offer their own assortment of team and individual awards separate from any USATF Championship awards. Remember, the Grand Prix is a year-long event with awards only at the completion of the series.

We hope that you runners choose to become members of the USATF Adirondack Association and participate in our Association Championships and in the Grand Prix for 2016.

All of this could not be accomplished without our wonderful partners – the actual races.
Thank you.

Bill Quinlisk, USATF Adirondack Association, Vice-President For LDR/XC, billqxc@verizon.net



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USA TRACK & FIELD ADIRONDACK ASSOCIATION
2016 Long Distance Running Championships

March 12	Saturday, 10am	Runnin' of the Green 4mile	Rotterdam, NY
2016 USATF Adirondack LDR Open /Master, M/W, 4 Mile Road Championships – Individual Only			
June 4	Saturday	38 th Freihofer's Run for Women 5k	Albany, NY
2016 USATF Adirondack Open Women Only, 5k Road Championships – Individual/Team			
June 26	Sunday	40 th Adirondack Distance Classic 10mile	Lake George, NY
2016 USATF Adirondack Open/Master, M/W, 10 Mile Road Championships – Individual/Team			
July 4	Monday	10 th Firecracker 4mile	Saratoga Springs, NY
2016 USATF Adirondack Open /Master, M/W, 4 Mile Road Championships – Team Only			
August 28	Sunday	Thacher Pk. Running Festival Trail 10k	Voorheesville, NY
2016 USATF Adirondack Open/Master, M/W, 10k Trail Championships – Individual/Team			
September 24	Saturday	12 th FAM Fund 5K	Cobleskill, NY
2016 USATF Adirondack Open Men Only, 5k Road Championships – Individual/Team			
September 25	Sunday	35 th Arsenal City 5K	Watervliet, NY
2016 USATF Adirondack Master Only, M/W, 5k Road Championships – Individual/Team			
October 9	Sunday	15 th Hannaford Half-Marathon	Colonie Town Park, NY
2016 USATF Adirondack Open/Master, M/W, ½ Marathon Road Championships – Individual/Team			
October 30	Sunday	Saratoga Classic Cross Country 5K	Saratoga Springs, NY
2016 USATF Adirondack Open/Master, M/W, 5k XC Championships – Individual/Team			
November 13	Sunday	41 st Stockade-athon 15K	Schenectady, NY
2016 USATF Adirondack Open/Master, M/W, 15k Road Championships – Individual/Team			
November 24	Thursday	69 th Troy Turkey Trot 10K	Troy, NY
2016 USATF Adirondack Open/Master, M/W, 10k Road Championships – Individual/Team			

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**Information Sheet for 2016 USATF Adirondack LDR Championships
(Not to be confused with the Adirondack LDR Grand Prix schedule and rules)**

Eligibility:

The 2016 USATF Adirondack Association's Long Distance Running (LDR) Championships are open to all 2016 USATF Adirondack Association members.

Open Division: Male and Female member athletes ages 16+ on the day of the race.

USATF Association Championship medals will be awarded to the top 3 Open Men and Women finishers at all Individual Open Championships.

Masters Division: Male and Female member athletes ages 40+ on the day of the race.

USATF Association Championship medals will be awarded to the top 3 Master Men and Women finishers in each 5-year age group in all Individual Masters Championships as follows: 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94 , 95-99 and 100+

Team Composition:

All team members must be 2016 USATF Adirondack member athletes prior to the start of the race. Team members must all be bona fide members of the same 2016 USATF Adirondack member club in good standing. Team registration forms will be available online at the USATF Adirondack Association website at: <http://www.usatfadir.org/> before each Team Championship event. They must be turned in prior to race day. Complete instructions will be on the forms.

Each runner must enter the race and indicate that they are a 2016 USATF Adirondack member. Club affiliation must be represented on each runner's online membership profile prior to the race. We will not post-date any USATF members who forget to indicate their membership when entering. We will not post-date any runner's club affiliation not updated on their online membership profile prior to the race.

Open Team Divisions:

Open Men 3 to 5 male runners ages 16+ from the same member club.
Open Women 3 to 5 female runners ages 16+ from the same member club.

Master Team Divisions:

M40+ 3 to 5 male runners ages 40+ from the same member club.
M50+ 3 to 5 male runners ages 50+ from the same member club.
M60+ 3 to 5 male runners ages 60+ from the same member club.
M70+ 3 to 5 male runners ages 70+ from the same member club.
M80+ 3 to 5 male runners ages 80+ from the same member club.
F40+ 3 to 5 female runners ages 40+ from the same member club.
F50+ 3 to 5 female runners ages 50+ from the same member club.
F60+ 3 to 5 female runners ages 60+ from the same member club.
F70+ 3 to 5 female runners ages 70+ from the same member club.
F80+ 3 to 5 female runners ages 80+ from the same member club.

More than one team ("B" teams, "C" teams, etc....) may be entered in any division by member clubs.

CROSS COUNTRY EXCEPTION:

Team divisions for the Oct. 30 Saratoga Classic Cross Country Championships are defined as follows:

Open Men:	5 to 9 male runners ages 16+ from the same member club.
Open Women:	5 to 9 female runners ages 16+ from the same member club.
M40+	5 to 9 male runners ages 40+ from the same member club
M50+	5 to 9 male runners ages 50+ from the same member club
M60+	3 to 5 male runners ages 60+ from the same member club
M70+	3 to 5 male runners ages 70+ from the same member club
M80+	3 to 5 male runners ages 80+ from the same member club
F40+	3 to 5 female runners ages 40+ from the same member club
F50+	3 to 5 female runners ages 50+ from the same member club
F60+	3 to 5 female runners ages 60+ from the same member club
F70+	3 to 5 female runners ages 70+ from the same member club
F80+	3 to 5 female runners ages 80+ from the same member club

Team Scoring for USATF Adirondack LDR Championships:

All Road Championships will be scored by calculating the cumulative time of the top 3 runners of each declared team per USATF Competition Rules.

All Trail and Cross Country Championships will be scored by adding the places of the top 3 (Trail) or top 3 or 5 (Cross Country as indicated by team division above). Assignment of places will not include unattached runners, runners on incomplete teams or runners in other divisions. USATF Competition Rules will be used to break ties.

Awards on Race Day:

- Individual: USATF Association Championship medals will be awarded to the top 3 Open Men and Women finishers at all Individual Open Championships. USATF Association Championship medals will be awarded to the top 3 Open Men and Women finishers at all Individual Open Championships.
- Team: USATF Adirondack Association Championship medals will be awarded to the 3 to 5 finishing runners (scorers) of the top 3 teams in each team division at each Open and Master Team Championships for Men and Women as indicated on the schedule.

Questions/Concerns: Contact Bill Quinlisk, USATF Adirondack Association, VP for LDR/XC at:
billqxc@verizon.net