



2015 Grand Prix Schedule

FLEET FEET



Date	Event	Location	Divisions
March			
Saturday 14	Running of the Green 4M	Rotterdam	All
Sunday 29	27 th Delmar Dash 5M	Delmar	All
April			
Sunday 19	Kiwanis Classic Half Mar	Kingston	All
May			
Saturday 16	35 th Bill Robinson 10K	Guilderland	Masters / AG
Monday 25	Memorial Mile	Glens Falls	All
Saturday 30	37 th Freihofer's Run	Albany	Open Women
June			
Saturday 6	17 th OK 5K	Kinderhook	All
Sunday 21	39 th ADK 10M	Lake George	All
July			
Saturday 4	9 th Firecracker 4	Saratoga Springs	All
September			
Saturday 26	11 th FAM Fund 5K	Cobleskill	Open Men
Sunday 27	34 th Arsenal 5k	Watervliet	Masters / AG
October			
Sunday 11	33 rd MHR Marathon	Schenectady	All
Sunday 18	3 rd Saratoga Classic XC 5K	Saratoga Springs	All
November			
Sunday 8	40 th Stockade-athon 15K	Schenectady	All
Thursday 26	68 th Troy Turkey Trot 10K	Troy	Open M F

Grand Prix Series – Mission Statement

To provide a tangible benefit to **USATF Adirondack** runners who earn valuable Grand Prix points that may result in cash awards / gift certificates and recognition at the year end USATF Adirondack Awards banquet. The Grand Prix series highlights many of the Adirondack Region's best competitive races. The series is made possible with the support of Grand Prix sponsors **Fleet Feet Sports Albany/Adirondack** and the **Hudson Mohawk Road Runners Club (HMRRC)**; in addition to significant contributions from participating series races and **USATF Adirondack Association**.

Grand Prix Rules

The series is scored within six divisions;

Open Men / Open Women	Age 16 to 39
Masters Men / Masters Women	Age 40 to 49
50+ Age-Graded Men / Women	Age 50 to 80+

Top 8 USATF ADIR finishers in each division earn points;

1st = 10 points

2nd = 8 points

3rd = 6 points

4th through 8th = 5 points, 4, 3, 2, 1

50+ divisions scored using most current age-graded tables

Highest Point totals in 6 races are accumulated for final score

Perfect score = 60 points (6 race wins x 10 points)

Tiebreakers

In case of ties;

1st tiebreaker - Head to Head Competition (2 person only)

2nd tiebreaker - Number of wins

3rd tiebreaker - Number of Events scoring points

36 Cash Prizes (top 6 point earners in 6 divisions) will receive prizes at the USATF Adirondack Awards Banquet. **Total Prize Purse - \$7350**

Prize Allocation – for each of six divisions

1st - \$400

4th - \$150

2nd - \$300

5th - \$100

3rd - \$200

6th - \$75 Gift Certificate to **Fleet Feet Sports**

USATF Adirondack – 11 LDR Championships

Date:	Time	Event	Championship
March 14	10:00AM	ROG 4	4 mile
May 16	9:00AM	35 th Bill Robinson	10K Masters M / W
May 30	9:45AM	37 th Freihofer's RW	5K Women's Open
June 21	7:30AM	39 th ADK Distance Classic	10 mile
July 04	9:00 AM	9 th Firecracker 4	Team / Club
Sept 26	10:00AM	11 th FAM 5K	5K Men's Open
Sept 27	10:00AM	34 th Arsenal 5K	5K Masters M / W
Oct 11	8:30AM	33 rd MHR Marathon	Marathon
Oct 18	10:00AM	Saratoga Classic XC	5K Cross Country
Nov 08	8:30 AM	40 th Stockade-athon	15K
Nov 24	8:00 AM	68 th Troy Turkey Trot	10K



