

Walking Grand Prix and Walking Participation for 2007-modified 18Aug07

<u>Race</u>	<u>Date</u>	<u>Race A</u>	<u>Date</u>	<u>Race B</u>
1	1/1/2007	Hair of the Dog (RP Kale)	3/10/2007	Angel Flight
2	1/6/2007	Distance Series 20K	1/27/2007	Distance Series 25K
3	2/17/2007	Distance Series 30K	3/18/2007	Shamrock Marathon
4	2/3/2007	Norfolk Half Marathon (RP Kale)	4/14/2007	Dismal Swamp Half Marathon (RP Kale)
5	4/28/2007	Chesapeake Bay 10K (RP Kale)	5/26/2007	Elizabeth River Run 10K
6	6/8/2007	Women's Distance Festival 5 K	7/31/2007	Memorial Scholarship 5K
7	8/18/2007	Strider Mile		
8	9/22/2007	ODU Accounting 5K	12/15/2007	Davis Corner 5K
9	9/27/2007	Neptune 8K	11/10/2007	Town Center 5K
10	11/17/2007	Cape Henry 10 mile		
11	11/22/2007	Turkey Trot 10K	12/1/2007	Wachapreague 7.7 mile (on the VA Eastern Shore)

Grand Prix points will be awarded to the first 5 Tidewater Strider member finishers as follows: 20-15-12-10-8. The top three men and women completing at least 6 races and meeting the volunteer requirement will receive awards. If two races are listed on a single line above, only one of those races will qualify for points for any single runner. The fastest male and female in Race A will earn 20 points for that race and no points in Race B shown on the same line. If the same individuals (i.e. the ones who won Race A) complete Race B shown on the same line they will be ignored for Grand Prix points for Race B. The remaining fastest male and female walkers in Race B will each earn 20 points for Race B. The next fastest male and female walkers in Race A, excluding those earning 20 points for either Race A or B will earn 15 points for Race A. This will continue until all available points are awarded. For example, the same ten men enter both race 1A and 1B above and finish in the following order for both races: A, B, C, D, E, F, G, H, I, J. Points will be awarded as follows:

	<u>Race A</u>		<u>Race B</u>
A	20	B	20
C	15	D	15
E	12	F	12
G	10	H	10
I	8	J	8

Each of the above races plus the following will be Walking Participation Races this year.

- 1/6/2007 Distance Series 10K
- 1/27/2007 Distance Series 10K
- 1/27/2007 Distance Series 15K
- 2/17/2007 Distance Series 10K
- 2/17/2007 Distance Series 20K
- 3/18/2007 Shamrock Half Marathon

You must be a Tidewater Strider member, complete at least 6 races and meet the volunteer requirement to qualify for a Walking Participation Award. One point is awarded for each kilometer in a race. The five individuals, either male or female, earning the most points that have not earned a Walker Grand Prix award will receive a Walking Participation Award.