

ALL DATES ARE TENTATIVE UNTIL RACE CALENDAR FINALIZED

Race	Date	Judges	Race A	Date	Judges	Race B
1	1/9/2010	5	Distance Series 10K	5/29/2010	6	Elizabeth River Run 10K
2	1/9/2010	5	Distance Series 20K	11/20/2010	5	Cape Henry 10 mile (RP Kale)
3	1/30/2010	5	Distance Series 25K	3/21/2010	9	Shamrock Half Marathon
4	2/20/2010	5	Distance Series 30K	3/21/2010	9	Shamrock Marathon
5	4/10/2010	5	Lion's Journey for Sight 5K	5/15/2010	5	Salute to the Military 5K (CRR)
6	7/17/2010	5	Allen Stone 5K	7/27/2010	5	Memorial Scholarship 5K (Tues eve)
7	8/14/2010	*	Strider Mile/3,000 meter Racewalk	11/13/2010	*	One Hour Postal Racewalk
8	9/11/2010	5	Wounded Marines 5K	10/23/2010	5	Beacon of Hope-I Need a Lighthouse 5K
9	9/25/2010	5	Neptune Festival 8K	10/2/2010	5	St Mary's Home 5K
10	10/16/2010	5	ODU Accounting 5K	11/6/2010	5	Race for Breath 5K
11	11/25/2010	6	Turkey Trot 10K	12/4/2010	6	Wachapreague 7.7 mile (Eastern Shore)

Denotes a Golden Runner race

* USATF certified judges required

Grand Prix points will be awarded to the first 10 Tidewater Strider member finishers as follows: 10-9-8-7-6-5-4-3-2-1..

The top five men and women completing at least 6 races and meeting the volunteer requirements 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 walker.

The fastest male and female in Race A will earn 10 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 10 points for Race B.

The next fastest male and female walkers in Race A, excluding those earning 10 points for either Race A or B will earn 9 points for Race A. This will continue until all available points are awarded. For example, the same twenty 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, K, L, M, N, O, P, Q, R, S, T.

Points will be awarded as follows:

	<u>Race A</u>		<u>Race B</u>
A	10	B	10
C	9	D	9
E	8	F	8
G	7	H	7
I	6	J	6
K	5	L	5
M	4	N	4
O	3	P	3
Q	2	R	2
S	1	T	1

Only the top nine (9) races will be scored for the final Grand Prix standings. All races will count for Participation.

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

1/30/2010	Distance Series 15K
2/20/2010	Distance Series 20K

You must be a Tidewater Strider member no later than the last day of the month of the race, complete at least 6 races and meet the judging requirement to qualify for a Walking Participation Award. One point is awarded for each kilometer in a race. The ten individuals, either male or female, earning the most points that have not earned a Walker Grand Prix award will receive a Walking Participation Award.

1. Walkers will be awarded ten points per two hours worked, excluding judging, for Strider sponsored events.

A maximum of 50 points are available and will apply to both Grand Prix and Participation awards..

2.Walkers must judge that walkers do not run or jog a Grand Prix Walking race at least three times. (You do not have to be certified to do this judging.) **At USATF judged races the race management personnel (starter, timer, certified judges, recorders, lap counters, red card runners, aid/water station operators, etc.) receive walk judging credit and participation points.**

3. The chief judge for each race will be awarded an additional 5 walking participation points.

RULE CHANGES FOR 2010 ARE IN BOLD PRINT