



2009 River City Runners Running and Walking Series

ENTRY IS FREE!!!

WHAT IS THE RUNNING AND WALKING SERIES?

The RIVER CITY RUNNERS CLUB and the PARKERSBURG YMCA proudly present the 2009 Running/Walking Series. The series is designed to provide runners and walkers a chance to compete for a series championship involving races in Wood, Wirt, Pleasants and Ritchie Co. WV and Washington Co., Ohio. (Participating races in the series are listed on the back of this flyer.) These races will be scored using the system explained below, with awards being presented at the River City Runners Club Banquet and the end of the season. Entry to the series is FREE!! All you have to do is sign up and complete some of the races.

ELIGIBILITY RULES: Participants must be **12 or over** to enter the series. To be eligible for awards and a series t-shirt, participants must complete a total of **10 of the 20 scheduled races**. Participants score will be based on their top 10 race scores. Race scoring starts at participant's date of entry. The participant's age group will be maintained throughout the series based on their age **at the time of entry into the series**.

SCORING SYSTEM: A participant's score will be determined by his/her percentile place of finish in that race. A win will score an individual 100 points and a participant who finishes in the middle of the pack will score 50 points. Every finisher will score at least 1 point. To calculate how a race will be scored, take the number of finishers and add 1 to that total. From that total, subtract your place of finish. Next, divide that number by the total number of finishers and then multiply by 100. **Bonus points will be given for each race.** For each race you will receive one point for each mile of the race, except for the YMCA spring sprint which will be worth 10 bonus points.

POINT STANDINGS: The standings for everyone who officially enters the Running and Walking Series will be available on the internet at www.RiverCityRunners.com

AWARDS: Runner and Walker Divisions (No duplications of awards)

Open: Overall awards will go to top 3 male and female finishers of the series.

Masters: Top 3 male and female finishers of the series

Age Group Awards: Top 2 male and 2 female finishers in each of the following age groups: 12-14; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69; and 70 & over.

Date	Location	Run distance	Walk distance	Race Name	Bonus Points
Mar 14	Marietta	5K	5K	Shamrock Classic	3.1
Mar 22	Parkersburg	5K	5K	YMCA Spring Sprint	10
April 11	Beverly, OH	5K	5K	Beverly Bunny Hop	3.1
April 18	Vienna	5 mile	5K	Vienna River Rd. Race *	5/3.1
May 2	Parkersburg	5K	5K	Good Samaritan 5K	3.1
May 9	Marietta, OH	5M/1M	5K	Y5 Road Race	5/1/3.1
May 16	Parkersburg	10K	10K	Chick-Fil-A 10K	6.2
June 9	St. Mary's	5K	5K	Heart Fund 5K	3.1
June 13	Warren HS	5K	5K	Chuck Cornelius Memorial *	3.1
June 20	S. Parkersburg	5K	5K	Erickson All-Sports Challenge *	3.1
June 27	St. Mary's	5K	5K	St. Mary's VFD 5K	3.1
July 4	Wirt County	5K	5K	Fireman Firecracker	3.1
July 11	Marietta, OH	5K	5K	Run for the Roar	3.1
July 18	Belpre	4 mile	2 mile	Belpre Scholarship Race *	4/2
August 1	Harrisville	5K	5K	RCPCA 5K *	3.1
August 8	Camp Barbe	5K	5K	Little Kanawha 5K, Wirt Co. Fairgrounds	3.1
August 22	Parkersburg	13.1M	13.1M	News & Sentinel Half Marathon	13.1
August 22	Parkersburg	2 mile	2 mile	News & Sentinel 2 Mile	2
August 23	Parkersburg			News & Sentinel Kid's Race *	
Sept 19	Mountwood	10 mile	10 mile	Mountwood Trail Run	10
Sept 26	Marietta, OH	5K	5K	RSVP Glenwood	3.1
Oct 4	S. Parkersburg	5K	5K	Tony Cottrell Memorial *	3.1

• Denotes Kids Race

Dates and times are subject to change. Please check before attending



Sponsored by the Parkersburg YMCA

**We build strong kids,
Strong families,
Strong communities.**

**Contributors: River City Runners Club and the
Road Runners Club of America**

HOW TO ENTER: 1. Complete the form and mail to: River City Runners PO Box 4496 Parkersburg, WV 26104 or 2. E-mail the same information to rcrseries@hotmail.com. Application also available online www.RiverCityRunners.com

I would like to participate in the FREE 2009 River City Runners Running and Walking Series

Name: _____ Male: _____ Female: _____

Street: _____ City: _____ State: _____ Zip: _____

Age: _____ Birthdate: _____ T-shirt size: Adult S: _____ M: _____ L: _____ XL: _____

Check one of the following: Runner: _____ Walker: _____

Signature: _____ Date: _____