

**USA Track & Field
Mid-Atlantic
2010
GRAND PRIX
CIRCUIT**

Purpose of the circuit

The Grand Prix Circuit has been created to enhance the quality of road racing experiences for Mid-Atlantic athletes. These 10 races represent popular distances, using USATF-certified courses and offering USATF sanctions. That means you can be assured that each race meets the highest standards of management this area can provide.

The circuit offers long distance runners an opportunity to participate throughout the calendar year at a variety of distances and in locations around the tri-state area. Whatever your level of ability, this circuit has something for you. Check www.mausatf.org for updates and results.

Disclaimer of Liability.

USATF Mid-Atlantic, its officers, members, and any or all sponsors of this Grand Prix circuit disclaim any responsibility or liability for injury, loss, or damages arising from your participation in this circuit. You assume full responsibility for being physically healthy and having sufficiently trained to enter races on this circuit and accept all risks, if any, consequent to your decision to participate in these races. Further, your participation in this circuit testifies to your permission for free use by USATF Mid-Atlantic, circuit sponsors, and each race in the circuit of our name and picture in any broadcast, telecast, or print media account of the circuit.

*USA TRACK & FIELD MID-ATLANTIC
CHAMPIONSHIP & GRAND PRIX CIRCUIT (19th annual)*

<u>Date</u>	<u>Race Name/Phone</u>	<u>Race Director/Address</u>	<u>Distance</u>
March 20 9:00 a.m.	Adrenaline Run 5K* 856-428-1666 www.runningco.com	Dave Welsh c/o Haddonfield Running Co. 144 Kings Hwy. E. Haddonfield, NJ 08033	5K
March 21 9:30 a.m.	Citizens Bank Caesar Rodney 302-655-7258 www.alade.org	Attn: Wayne Kursh American Lung Assn. 1021 Gilpin Ave., Suite 202 Wilmington, DE 19806	H. Mar.
April 18 8:30 a.m.	Valley Forge Revolutionary Run 610-834-7970 www.revolutionaryrun.org	Martha Mayo VFCVB 1000 First Ave. Ste 101 King of Prussia, PA 19462	5 Mi
May 2 8:30 a.m.	Blue Cross Broad Street Run 215-683-3594 www.broadstreetrun.com	Jim Marino Blue Cross Broad St. Run PO Box 18543 Philadelphia, PA 19129	10 Mi
June 5 8:30 a.m.	Scott Coffee Moorestown Rotary* 856-234-9371 www.runningintheusa.com/moorestown	Bill VanFossen/Bob Bickel c/o Moorestown Running Co 115 W. Main St. #2 Moorestown, NJ 08057	8K
October 10 8:30 a.m.	Delaware Distance Classic* 302-798-4179 www.pevrc.com	David Farren 26 Wayne Drive Wilmington, DE 19809	15K
October 31 8:30 a.m.	Penn Medicine at Radnor Run 610-941-9595 www.lunginfo.org/radnorrun	Michael Melcher American Lung Assn. Of PA 527 Plymouth Rd., Ste 403 Plymouth Meeting, PA 19462	5 Mi
November 7 8:30 a.m.	Norcross-Cooper Bridge Challenge* Presented by AmeriHealth NJ 856-933-3725 www.runthebridge.org	Susan Wiener/Kim Marino LARC School 1089 Creek Road Bellmawr, NJ 08031	10K
November 20 & 21 7:00 a.m.	Philadelphia Marathon or Half Marathon 215-683-2122 www.philadelphiamarathon.com	Melanie Johnson 1515 Arch Street Philadelphia, PA 19102	Mar/Half/8K

*Mid-Atlantic Championship Race

Update Information: www.mausatf.org

Rules of the Circuit

1. Participants in the circuit must complete the respective entry forms for each race in which they wish to compete. Race entries that prove unreadable or contain missing information (e.g. age or gender) shall be considered void for purposes of the circuit.
2. USATF Mid-Atlantic 2010 members who *pre-register for a circuit event by the initial deadline and mail their application with their Circuit Discount Coupon* may deduct \$2 from the stated entry fee. Coupons are non-transferable.
3. Individuals competing in the circuit must be registered as a 2010 USATF athlete member **before** their performances will be scored. Registrars will be available at each circuit race to facilitate purchase of USATF athlete memberships.
4. Individuals who register through another association shall not be eligible for circuit scoring until their membership has been received by the Mid-Atlantic membership chair.
5. *Individuals shall be scored for age-group and age-graded competition up to a maximum of 6 performances from these 8 event opportunities. Athletes may eliminate two events without age-group or age-graded penalty. Of course, participation credit will be scored according to all 8 events.*
6. Each of the races on the circuit retains the right to manage its entries, to determine whether to offer prize money, and to operate its own award ceremony. This Grand Prix Circuit will operate "after the fact" by using the official race results to determine overall standings. It is intended that current standings shall be on display at each circuit race.
7. *The opening event weekend (Adrenaline Run 5K or Caesar Rodney Half Marathon, Mar. 20/21) and the final event (Phila Marathon, Half Marathon or 8K on Nov. 20 & 21) offers athletes an alternative. Any one race between Mar. 20 & 21 and again on Nov. 20 & 21 will score in all categories and may be chosen based the athlete's preference for racing distance.*
8. A Mid-Atlantic long-distance running representative shall be present at each circuit race to answer questions, interpret rules, and assist in purchasing USATF memberships.
9. The 2010 circuit offers Mid-Atlantic clubs a team challenge independent of the individual competition. See the club challenge brochure or Grand Prix coordinator for details.

Scoring the Circuit

1. The 2006 Masters Age-Graded Tables developed by World Masters Athletics (WMA) will be used to score results in each race. Each finisher's time will be divided into the standard for his/her age and gender; this calculation produces a performance percentage used in the Age-Graded competition.
2. The sum of Age-Graded percentages for each individual from his/her 6 best events will be used in the Age-Graded competition. The top ten males and the top ten females will receive Age-Graded awards.
3. The circuit will also **feature Age-Group** competition. Age-groups will be in 5-year intervals beginning at age 15. The sum of age-group placement for each person's 6 best events will be used to determine this competition. Awards in each age group will be based on the number of competitors, with a minimum of one.
4. Certificates of participation shall be awarded to every individual who completes in 7 of the circuit races. Those who compete in all 8 races shall be given particular recognition at the next award luncheon and shall receive their personalized certificate mounted for wall display.

Race Discount for Members



2010

GRAND PRIX CIRCUIT

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