

RULES OF THE SERIES

1. Participants in the series 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 series.
2. Individuals competing in the series must be registered as a 2010 USA Track & Field Mid-Atlantic athlete member before their performances will be scored. Registrars will be available at each series race to facilitate purchase of USATF athlete memberships.
3. Individuals who register through another association shall not be eligible for series scoring until their membership has been received by the Mid-Atlantic membership chair.
4. Each of the races in the series retains the right to manage its entries, to determine whether to offer prize money, and to operate its own award ceremony. The off-road series will function "after the fact" by using the official race results to determine over all standing. It is intended that current standings shall be on display at each race.
5. A Mid-Atlantic long-distance running rep. shall be present at each event to answer questions, interpret rules, and assist in purchasing USATF memberships.

6. The 2010 series offers Mid-Atlantic clubs a team challenge independent of the individual competition. See club challenge Grand Prix Circuit brochure or series coordinator for details.

SCORING THE SERIES

1. The Masters Age-Graded tables developed by World Master Athletics (WMA) will be used to score results in each race. Each finisher's time will be divided into the standard for her/his age and gender; this calculation will produce a percentage which will be used to rank performances in the Club Challenge.
2. **The top 3 finishers in the Open (19-39), Masters (40-49), Grand Masters (50-59) and Seniors (60+) categories will get really cool awards.**
3. The Club Challenge for this off-road series will be scored exactly as the Grand Prix Club Challenge and requires 5 finishers per club, of whom one must be a female.

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USA Track & Field Mid-Atlantic
P.O. Box 662
Southeastern, PA 19399

Contact info:
Bob Lion
610-399-0693

USNR2001@Yahoo.com

**USA TRACK & FIELD
MID-ATLANTIC
2010
OFF-ROAD SERIES**

The off-road series has been created to offer USA Track & Field Mid-Atlantic members an alternative to road racing. The series seeks to introduce runners to different off-road races, i.e. trail running and XC. Our emphasis is on competition among club teams. Your questions or concerns are welcome.

DISCLAIMER OF LIABILITY

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

USA TRACK & FIELD Mid-Atlantic

8TH ANNUAL OFF-ROAD RUNNING SERIES

Date	Event Name / Phone	Location of Start	Race Director/Email
February 28 11AM	Ugly Mudder 7.25M Trail Run 610-779-2668 www.pretzelcitytiming.com	Spook Ln. & Hill Rd. Reading, PA	Ron Horn Rhornpcs@aol.com
March 27 9AM	Tyler Arboretum 10K Trail Run 610-891-0806 www.delcorrc.org	Tyler Arboretum Media, PA	John Greenstine TylerTrailRun@yahoo.com
April 24 10AM	Trail Triple Crown 10K Run www.udel.edu/johnmack/traildawgs	Carpenter Rec. Area White Clay Creek St. Pk. Rte. 896 Newark, DE	John MacKenzie johnmack@udel.edu
June 5 9AM	Wissahickon Trail Classic 10K 215-694-6332 www.wissahickontrailclassic.org	Wissahickon Park Forbidden Drive & Northwestern Ave Phila. PA	Phil Ranly phil@ranly.net
June 27 9AM	Double Trouble 15K Trail Run 610-779-2668 www.pretzelcitytiming.com	French Creek State Pk. Morgantown, PA	Ron Horn Rhornpcs@aol.com
August 22 9AM	Radnor Red Run 5K Steeplechase 610-316-6541 www.radnorredsteeplechase.org	Radnor Hunt 826 Providence Rd Malvern, PA	Tom Chaves tchaves@aol.com
November 27 10:20 Women 11:00 Masters Men 11:30 Open Men	Delaware Open XC Championship 5K XC Race Mid-Atlantic 5K XC Championship 302-383-7246 www.delawarerunningclub.com	Brandywine Creek State Pk. (DE 92) Wilmington, DE	Jim Walsh jgwalsh59@comcast.net