

# Cape Girardeau Road Runners

## Grand Prix Series 2020

The Cape Girardeau Road Runners (CGRR) are proud to offer the Grand Prix Series for 2020. The Grand Prix is a competition among CGRR members, awarding points for participation and finish placement in local Grand Prix races. The more races you run, the better chance you have! As a member of CGRR, you are already registered. Visit our website throughout the year to find out how you are doing. To participate:

- ✓ You must be a member in good standing on the day you run the race. Membership can be verified at [www.caperoadrunners.org](http://www.caperoadrunners.org)
- ✓ When registering for a Grand Prix Race, check on the registration form that you are a CGRR Member. Families are included, so mark for each member participating that day.
- ✓ You must run in at least 3 Grand Prix races to be eligible for an award.
- ✓ Points will be awarded based on your age group on race day.
- ✓ Grand Prix Winners will be awarded based on participant's age group at end of year.

### 2020 Grand Prix Series Events

If the event has two running distances, double points will be given for the longer distance.

1/1/20	Resolution Challenge 5K/ 10K	Cape Girardeau
2/15/20	President's Day 5K	Cape Girardeau
4/4/20	St. Marys Super Hero 5K	Cape Girardeau
4/18/20	Milk Mustache Dash 5K	Jackson
5/9/20	Mayfest 5K	Perryville
5/17/20	City2City Run & Relay (15K)	Jackson/Cape Gir
6/6/20	Furry 5K	Cape Girardeau
7/11/20	Capaha Classic 5K	Cape Girardeau
8/8/20	Jour De Fete 5K	Ste. Genevieve
9/19/20	City of Roses 5K	Cape Girardeau
9/20/20	City of Roses Half Marathon	Cape Girardeau
9/26/20	Nolan Weber Believers 5K	Jackson
10/17/20	5KRCU (5K)	Cape Girardeau
11/14/20	Kiwanis It's all about the Kids! 5K	Jackson
12/12/20	Jingle Bell Run (5K)	Cape Girardeau

### Divisions for Grand Prix awards

<u>Males</u>	<u>Females</u>
19 and Under	19 and Under
20-29	20-29
30-39	30-39
40-49	40-49
50-59	50-59
60-69	60-69
70 and Over	70 and Over

Final Grand Prix Awards will be presented to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> places in each division.

### How points are accumulated:

Points will be awarded in each 10 year age category based on finish place in your age group. Please note that the 10 year age category is used regardless of the particular race's divisions.

**1<sup>st</sup> = 10 pts, 2<sup>nd</sup> = 9 pts, 3<sup>rd</sup> = 8 pts, 4th = 7 pts, 5th = 6 pts, all other finishers receive 5 pts.**  
Members joining during the year are only eligible for points on races after they have joined.