



## Empire Runners / Fleet Feet Grand Prix 2011

### January Update

Hello all. We are one month into the New Year and one race is in the books. If you missed the Resolution Run, don't fret, it is still early. There is plenty of time and many races to run this year. It is still possible to make up those points and position yourself atop the standings.

I've updated the Grand Prix rules. Here are some of the biggest changes from last year.

- There is no minimum number of races. If you race only once or twice, but end up with the most points in your age group, you win!
- Only your 8 best races will count toward your total points. We hope this will include more participation in the Grand Prix. In the past, a runner needed to stay healthy all year long to have a chance at the overall title. Now, if you miss a stretch with an injury or other commitments, you can still be competitive in the standings.
- Once again, Kenwood is only volunteer points. But this year it has been dropped to 75 volunteer points, just like all other races.
- We are still working on the prizes for this year's winners. Prizes will be announced in the February newsletter.

A complete list of rules is posted on the Empire Runners website.

Good Luck and Happy Racing!

Gerald McCormick, Grand Prix Czar

2011 Grand Prix Rules: <http://www.empirerunners.org/grandprix>

Men's Standing Through Resolution Run: <http://www.empirerunners.com/grandprix/2011GPMen.pdf>

Women's Standing Through Resolution Run: <http://www.empirerunners.com/grandprix/2011GPWomen.pdf>