



## Grand Prix Pulse

Three event days remain in the Grand Prix series. Sunday November 7th will be the Run to Stop Hunger 5K and 10K. Saturday November 28th is McGuire's Breakfast Run 3K and 10K and December 28th will be the Last 10K final 2 mile. Remember your best 11 out of 14 events will count towards the final tally, the track meet series counts as one event. Currently it takes a minimum of 5 events to get an award. Several of the age categories do not have competitors with the minimum of 5 events, so I hope those of you in those categories can get to one or all the final three races and be in the running for an award. I still have not scored the track meet series, but will have it scored by the end of the year.

Happy running,

Bob

Links to current Grand Prix standings:

<http://www.empirerunners.com/grandprix/2010GPMens.pdf>

<http://www.empirerunners.com/grandprix/2010GPWomens.pdf>