



**Nashville Striders
Grand Prix Series
2019-2020**



Eligibility

- **Membership:** Participant must be a current Nashville Striders member on race day to earn credit for running.
- **Run/Walk Races:** Participant must run/walk a minimum of 6 races. Race points can be earned for up to the first 10 races a participant completes. Max total of race points that can be earned will be 50. Total Grand Prix points for an event will consist of race points plus volunteer points.
- **Volunteer:**
 - Each participant must volunteer at least three (3) Nashville Striders managed events.
 - At least one of the three (3) events, the participant must work two shifts, and not run/walk (in any race for events with more than one race).
 - This means working at least one (1) shift during at least two (2) other Striders managed events whether you run/walk or not.

Race Points

Scoring will be as follows: 1st=5 points, 2nd =4 points, 3rd =3 points, 4th =2 points, 5th =1 point. Only Striders members are awarded points. For example, an overall third place finisher in a race would receive 5 points if he/she were the first Nashville Striders member in his/her age group. Your race points (up to 50) plus volunteer points total determine your Grand Prix points for the event.

Volunteer Points

- Volunteer points will be awarded for each shift a participant volunteers (2 points max per race). A participant may still run/walk, earn race points in the event and earn volunteer points.
- Your race points plus volunteer points total determine your Grand Prix points for the event.
- Grand Prix volunteers must sign-up with the Volunteer Coordinator (nstridervolunteer@gmail.com) prior to the race and sign-in with the Volunteer Coordinator on race day to ensure that your name is on the volunteer list.
- There is no limit on the amount of volunteer points a participant may earn.

Additional Information

- For points, all participants will remain in the age group in which they placed at the start of the Series.
- For placement in races, participants' age on race day determines their age group.
- Grand Prix points will be calculated from three documents: Official Membership Records, Official Race Results, and Volunteer Lists.
- Awards will be given at the Annual Nashville Striders Summer Picnic 5K to members in each age group who complete the requirements.

Grand Prix Series Races

July-December 2019

July 27 - Striders Picnic 5K
September 2 – Franklin Classic 5K
September 2 – Franklin Classic 10K
October 5 - Shelby Bottoms Boogie 5K
October 5 - Shelby Bottoms Boogie 15K
October 12 - Germantown Octoberfest 5K
October 19 - Achilles Hope and Possibility 5 Mile
November 9 – Very Merry 5K
November 30 – Turkey Burn Half Marathon
November 30 – Turkey Burn 5K

NOTE: Events/Dates subject to change

January-July 2020

TBS – Tom King Classic Half Marathon
TBS – Tom King Classic 5K
April 4 – Race Judicata 5K
April 4 – Race Judicata 10K
April 18 – Shade Tree Trot 5K
May 25 – Memorial Day Dash 5K
June 13 – RC Cola Moon Pie 10 Miler
June 13 – RC Cola Moon Pie 5K
July 4 – Peter Pressman Firecracker 5000

NOTE: Events/Dates subject to change