

Here it is fellow NERC's, the 2009 official Grand Prix Rules and schedule. For those of you who are new to NERC, or if you just need a refresher, here are the rules and scoring.

Rules

1. Any NERC member who participates in a Grand Prix Race is eligible and will be scored. There is no added fee. If you are a member- you're in! You still have to register and pay for each individual race you run.
2. There are 14 Grand Prix Races in 2009. Your best 8 races will be used to determine your final results. You can run fewer races and still accumulate enough points to place. However, you must run at least 6 Grand Prix Races to be eligible for an award.
3. Your age as of the first Grand Prix Race will determine your age group for the year. Age groups for Male and Female runners are: 19& under, 20-29, 30-39, 40-49, 50-59, and 60 & over.
4. You must be a member of NERC before the day of the race to be scored. If you have not renewed, please do so today.
5. All Grand Prix questions may be directed to Pam Batt at pammyk@brightdsl.net, or Dan Loose at mattthankim@adelphia.net.
6. Results will be posted on the website and the monthly newsletter. The results will be updated as promptly as possible.

Scoring

1. Overall: The top Male & Female will be scored 100 points for first, 90 for 2nd, 80 for 3rd and so on down to 10 points for 10th.
2. Age groups: The top Male & Female will be scored 100 points down to 10 points for the first 10- in each age group. 5 points will be given to members after 10th place.

Happy and healthy running in 2009.