



## 2012 Grand Prix Series has been changed...



ShadowChase Running Club is offering even more prizes and rewards to our club members. There will be a Running Grand Prix contest and a separate Volunteer Grand Prix contest. ( must be a ShadowChase member to be included in the series)

### 2012 ShadowChase Grand Prix Races:

1. Super Sunday Relay Run 3 x 2-mile relay, Modesto—Sunday, February 5
2. Almond Blossom Run: 1-mile run/walk and 8K run, Ripon—Saturday , February 25
3. Modesto Marathon, Half-Marathon or 5K—Sunday, March 18
4. Run for Health, Modesto—Saturday, April 14
5. Rina's Run—Saturday, May 12
6. Chocolate Festival Run: 1-mile and 5K run/walks, Oakdale—Saturday, May 19
7. Modesto Memorial Classic: 1-mile and 5K run/walks, Modesto—Saturday, May 26
8. Western States 100, Squaw Valley-Auburn—Saturday & Sunday June 23-24
9. Escalon Park Fete: 2-mile run/walk and 10K run, Escalon—Saturday, July 14
10. VIP's Run, Riverbank—Saturday, August 18
11. Color the Skies Balloon Run: 1-mile and 5K, Ripon—Saturday, September 1
12. Cancer Awareness: 2-mile walk/run and 10K run, MJC West—Saturday, September 15
13. Cheese & Wine Run: 5K run/walk and 10K run, Riverbank—Saturday, October 13
14. Spirit of Giving Run: Modesto—Saturday, December 8



### Running Grand Prix criteria:

Top 3 male and top 3 female point earners in the Running Grand Prix will receive awards. Runners must volunteer at least two times in the year to be eligible for the award. You will not earn points if you run as a bandit—a person who has not paid for their entry. (No double dipping) your volunteer points **or** running points will be recorded for race day participation. **Sign in** at ShadowChase booth or ShadowChase trailer to assure your points are recorded.

### Volunteering Grand Prix criteria:

Top 3 volunteers will receive a special award, next 25 top point earners will also receive an award. You can accumulate volunteer points and running points for races when there is an opportunity to do bag stuffing or other services needed to prepare for the event. No **volunteer** points will be awarded to the runner participating in the running Grand Prix contest on race day.

### Points:

**Volunteering and/or participating:** 25 points

**Placing in age division:** 30 points for 1st — 29 points for 2nd — 28 points for 3rd

**Park Clean-up:** 10 points each time for a maximum of 30 points

**Race directors:** 30 volunteer points. Two race directors per race.

**Volunteering at Western States:** An additional 25 bonus points totaling 50 points for volunteering at the Western States Run. Grand Prix point standings will be published periodically in the club's newsletter and on the ShadowChase website [www.shadowchase.org](http://www.shadowchase.org)

### Don't Forget:

**Volunteers/ Runners must sign in** at the ShadowChase booth or trailer to ensure your points are recorded. Questions—contact Grand Prix Race director Heidi Ryan at 209-524-7110 or hi-mi-ti@pacbell.net or Melanie Wiegand at 209-526-1506 or melrw@sbcglobal.net.