



## 2017 ShadowChase Running and Volunteering Grand Prix Series

(must be a ShadowChase member to participate)

- Races:**
1. Modesto Marathon, Half-Marathon, Relay or 5K:—Sunday, March 19 😊
  2. Run for Health: Modesto—Saturday, April 1
  3. Lodi Easter Run & fun run: 5k run/walk and 10, 1/4 mile kids run— Saturday, April 8
  4. Rina's Run : Half Marathon/ 5k: Ripon—Saturday, May 13
  5. Chocolate Festival Run: 1-mile and 5K run/walks, Oakdale—Saturday, May 20
  6. Modesto Memorial Classic: 1-mile and 5K run/walks, Modesto—Saturday, May 27 😊
  7. Western States 100, Squaw Valley-Auburn—Saturday & Sunday June 24-25
  8. Escalon Park Fete: 2-mile run/walk and 10K run, Escalon— Saturday, July 15 😊
  9. Peace Officer Memorial Run: Half Marathon & 5k, Modesto—Sunday, October 1
  10. Run for the Cheese: 5K run/walk and 10K run, Riverbank—Saturday, October 14 😊
  11. Halloween Fun Run: 5k/10k—Saturday, October 28
  12. Spirit of Giving Run: 5k and kids run, Modesto—Saturday, December 9

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

Additional points for age group placing— **5 points for 1st, 4 points for 2nd and 3 points for 3rd.**

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

**Race directors or race liaisons earn an additional 5 points. No more than 2 race directors or liaison's per race.**

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)

### **Running Grand Prix criteria:**

Top 3 male and top 3 female point earners in the Running Grand Prix will receive special awards. Everyone who runs eight races out of the twelve races listed above will also receive an award. You will not earn points if you run as a bandit—a person who has not paid for their entry. Sign in at the ShadowChase booth or ShadowChase trailer to assure your points are recorded. **Double points for ShadowChase owned races . ShadowChase races are listed with a smiley face next to the date.** 😊

### **Volunteering Grand Prix criteria:**

Top 3 volunteers will receive a special award, next 25 top point earners will also receive an award. Runners can also receive volunteer points if volunteers are needed on race day to help with set up, packet pick up, registration and tear down. Western States volunteers will receive 50 points, if volunteering the whole night. Sign in at ShadowChase booth or ShadowChase trailer to assure your points are recorded. **NO double points for volunteering at ShadowChase events.**

**Don't Forget: Volunteers/ Runners must check 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.