

### COOPER'S ROCK 10K "RUN THE ROCK"

March 25

The challenge began in the 1970s as a 5-mile event and was changed to a 10K in 1991. The race is run on the last Sunday in March to take advantage of the final weekend of spring that Cooper's Rock State Forest is closed to vehicular traffic. The course starts at the forest entrance and follows a rolling course on a paved road through the overlook and picnic areas before returning to a downhill finish.

Contact: Bob Baker 304/296-7988

### PARENTS' PLACE 5K

April 28

All proceeds from the race go to helping Parents' Place maintain its preschool program. For more than 25 years, Parents' Place has provided a unique parent-run program open to all parents and their preschool children. The 5k course is a rolling out and back from Jack Robert's Park to White Park. Children's activities are provided during and after the race.

Contact: April Oliverio 304/685-7192

### NEW BALANCE GIRLS ON THE RUN 5K

May 19

Girls on the Run of Monongalia County is hosting its second 5k race on Decker's Creek Trail. It will be an out-and-back course from Marilla Park toward downtown Morgantown. Approximately 175 third through fifth grade girls will participate, and the community is invited to join them. All race proceeds will support Girls on the Run of Monongalia County, a non-profit, after-school program for pre-teen girls.

Contact: Jeanette Custer 304/657-0305

### DECKERS CREEK TRAIL HALF-MARATHON

June 2

The 12th edition of the fastest half-marathon course in WV! With a start in Masontown and finish at Hazel Ruby McQuain Riverfront Park in Morgantown, the course gradually drops 800 ft. on a crushed limestone trail with the final 2.7 miles featuring a flat, paved surface. Proceeds from the race benefit the Mon River Trails Conservancy to help with trail maintenance and improvements.

Contact: Ella Belling 304/296-6185

### RDVIC'S FATHER'S DAY WEEKEND 5K

June 17

This is the second year for RDVIC's Father's Day weekend 5k. The Father's Day 5k will begin near the Hazel-Ruby McQuain River Front Park and proceed toward Marilla Park to a mid-point turnaround. All proceeds from the race will go toward the operating costs of RDVIC (Rape & Domestic Violence Information Center), which provides emergency shelter and other services and information to victims of sexual assault and domestic violence in Monongalia, Taylor and Preston counties.

Contact: Sarah Montoro 304/906-5140

### THE HAWK RUN

June 29

This is the third year for this cross country event, hosted by the UHS Cross Country team and parents. Run the 5k cross country course around the campus of University High and get an off-road running experience! Post-race refreshments and picnic included with your entry fee.

Contact: Ed Frohnapfel edfrohnae@aol.com

### JIM DUNN MEMORIAL SCHOLARSHIP-TWILIGHT 5-MILER

July 20

This Friday evening event is established as one of the most popular races in the area. Proceeds from the race fund the Jim Dunn Memorial Scholarship, awarded to West Virginia HS runners, the reinstatement of the men's WVU Track & Field team and support for running activities throughout the state. This year, because of the completed construction along the Caperton Trail, the run will return to the 5-mile Arboretum course starting at the Wharf District parking garage. Your favorite drink and Oliverio's food will be served after the race.

Contact: Mike Mosser 304/685-9126

### GENE'S RUN FOR SPECIAL OLYMPICS

August 5

The four-mile course starts in the Greenmont section of Morgantown, winds through South Park to White Park and returns to a blazing downhill finish in front of Gene's Place. Successfully overcoming the challenge of a combination of summer heat and a rolling course will reward finishers with free suds, soft drinks and fruit, courtesy of Gene's, as well as the satisfaction of running for a good cause.

Contact: Debbie McCord 304/292-4126

### SEPTEMBER STRIDE 5K

September 15

Founded in 1993, the September Stride benefits the Richard Rosenbaum Memorial Fund, which assists those with pulmonary diseases. The two-loop, rolling 5k course is designed for fast times around the Ruby Hospital/WVU Stadium area. Several children's races will be held after the 5k.

Contact: Tom Druge 304/598-4118

*GRAND PRIX STANDINGS &  
INFORMATION ON:*

[iplayoutside.com/MAGP/](http://iplayoutside.com/MAGP/)



[www.morgantownroadrunners.com](http://www.morgantownroadrunners.com)

## OUR MISSION

The object of this series is to promote increased participation in member races and, as a result, heighten awareness of and funding for the various race-supported causes. With the continued support of area runners and event sponsors, the Grand Prix strives to continue our success.

## SERIES RULES

- ☞ The 2012 MAGP consists of nine different races, ranging in distance from 5k to 13.1 miles.
- ☞ You are automatically entered in the series.
- ☞ Scheduled races and race dates are subject to change. Reasonable efforts will be made to notify series entrants if and when such changes occur. Grand Prix officials do not assume responsibility for date changes or cancellations of affiliate races.
- ☞ Your final score will be the total points for your best 6 races in the series. You must run 6 races to be eligible for year-end awards. (We encourage you to run as many as you can.)
- ☞ Guidelines issued by the West Virginia Secondary School Activities Commission limit the type of awards that students may accept to plaques, trophies, certificates, etc. To protect the status of student athletes, all entrants who are enrolled in grades 6 through 12 at the end of the year will be ineligible to receive any series competition award of monetary value.

## THE POINT SYSTEM

☞ Age Graded Points – We are using the WMA age grading system. Your time will be age graded using factors that depend upon your age and the distance of the race. We then take the theoretical world record (for the distance, your age & sex) and divide it by your time to get a percentage. We multiply by 100 to get an integer. Points will be rounded to the nearest whole number for display purposes, but fractions of points will be used to determine the standings.

### EXAMPLE

If a 10-year-old male runs a 10K in 42:30 (2550 seconds) his score is  $1972/2550 \times 100 = 77$

If a 55-year-old female runs a 10K in 47:50 (2870 seconds) her score is  $2219/2870 \times 100 = 77$

It's a tie.

☞ Bonus = Morgantown Roadrunner, WV Track Club members receive 3 points per race. You must be a club member prior to June 30, 2012. Club points will be awarded for all races run prior to and after the deadline. Memberships are good for the calendar year.

☞ Participation = For every mile raced in the series you will receive 1 point. This is not limited to your top six races. Kilometers are converted to miles and rounded down for each race.

## AWARDS

♫ Individuals who complete 7 out of the 9 races in the series will receive a participation award at the end of the year.

♫ The top 10 male and female finishers in the series will receive championship awards at the end of the year.

♫ The male and female overall winners in the series will receive free registration at the respective 2013 MAGP events and free registration to the 2012 Snowflake 5k and Awards Ceremony.

## SNOWFLAKE SPRINT 5K & 2012 MAGP AWARDS CEREMONY

December 2, 2012

The Snowflake 5k is NOT part of the 2012 MAGP Series, but will provide a festive atmosphere for the 2012 MAGP Award Ceremony, which will occur after the race. Free entry for this race to the top male and female runners of the 2012 MAGP. A rolling 3.1 mile course through the Suncrest area of Morgantown starts and ends at Krepps Park. This race, held by Morgantown Roadrunners/WV Track Club, is their final race of the year. Hot food and beverages are provided after the race.

Contact: Bob Baker

304/296-7988

### 2012 MAGP CONTACT:

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GRAND PRIX STANDINGS & INFORMATION ON:

[iplayoutside.com/MAGP/](http://iplayoutside.com/MAGP/)

# 2012 MAGP



HELPING AREA CHARITABLE & COMMUNITY SERVICE ORGANIZATIONS & CAUSES

Thanks to our 2012 sponsor:



MORGANTOWN ROADRUNNERS / WEST VIRGINIA TRACK CLUB  
P.O. Box 4159, Morgantown, WV 26504  
[www.morgantownroadrunners.com](http://www.morgantownroadrunners.com)