

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

March 30

The challenge began in the 1970s as a 5-mile event and was changed to a 10K in 1991. The race is run late in March to take advantage of when 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: Heather Parks 304/216-4467

## Earth Day 5k

April 27th

This is the renovated running of the Earth Day 5k, which will be the first "zero waste" race in Morgantown. All waste from the race will be reused or recycled. Proceeds from the race will support Green Earth Event Services, which assists recycling efforts in the Morgantown Area. This unique race will be run on the scenic trails of White Park (with a short section of road running).

Contact: Garth Lindley: 304-376-8239

## DECKERS CREEK TRAIL HALF-MARATHON

June 7

The 14th 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 15

This is the fourth 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 27

This is the fourth 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

## MORGANTOWN RUNNING 4 ON THE 4TH

July 4

Start your July 4<sup>th</sup> out with a fun four-miler. The course will start and finish at Morgantown Running, located in the Seneca Center on Beechurst Avenue. The course is a four-mile loop with rolling hills and a fast downhill finish. There will also be a two-mile walk and one-mile kids run, along with post-race prizes and refreshments. Get more information by emailing info@morgantownrunning.com .

Contact: Heather Cleary 304/241-5223

## JIM DUNN MEMORIAL SCHOLARSHIP-TWILIGHT 5-MILER

July 18

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 this year we have added SteppingStones as a co-benefactor. The 5-mile race will start at the Wharf District parking garage and proceed along the Caperton Trail to the WVU Arboretum and return back to the Wharf District parking garage. Your favorite drink and Oliverio's Restaurant food will be served after the race.

Contact: Mike Mosser 304/685-9126

## GENE'S RUN FOR SPECIAL OLYMPICS

August 3

The four-mile course starts at Gene's and winds through South Park to White Park and returns to Gene's Place. 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 304/692-5334

## SEPTEMBER STRIDE 5K

September 27

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

## 2nd annual Friends of Deckers Creek Deckers Dash 10k

October 11

This 10k is an out and back mostly on the Deckers Creek Trail. It starts at Hazel Ruby McQuaid park. There is a short detour that winds through the outdoor learning park, otherwise the trail is flat and fast. All proceeds go to help fund the efforts of the watershed group.

## 2<sup>nd</sup> ANNUAL MORGANTOWN RUNNING TURKEY TROT

November 27

Looking for a fast 5k? The 2<sup>nd</sup> annual Turkey Trot is a fast road race that includes three different types of terrain. The race starts at the WVU track then leads you to the pavement down the Star City hill, then trot on the Mon River Trail to finish at Morgantown Running/Seneca Center. Children's races and door prizes will follow the 5k. Overall winners will receive a turkey. This is a great tradition to start with your family! More information: www.morgantownrunning.com

Contact: Heather Cleary 304/241-5223

## Snowflake Sprint 5k

December 7th

A long standing winter tradition, this 5k is hosted by the WVTC and boasts a rolling 3.1 mile course through the Suncrest section of Morgantown. This year it will be capping off the MAGP series!

Contact: Heather Parks 304-216-4467

## 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 2014 MAGP consists of twelve 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 9 races in the series. You must run 7 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 for each of the nine best races. You must be a club member prior to June 30, 2014. Club points will be awarded for the nine best 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 nine races. Kilometers are converted to miles and rounded down for each race.

## AWARDS

⚡ Individuals who complete 9 out of the 12 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 2015 MAGP events.

## Awards Ceremony/Banquet

This year we are bringing back the old awards ceremony/banquet! After the series is over and the scores are tallied, we will schedule a banquet in January to celebrate everyone's accomplishments. We do hope that you will join us!

Additional information and race applications can be found on [iPlayOutside.com](http://iPlayOutside.com) and on our facebook group page Morgantown Road Runners/WVTC. Please send us a request to join!

# 2014 MAGP

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