

**THE EMPIRE ONE RUNNING CLUB**  
**5K**  
**12 WEEK “POINTS” RACE SERIES**

**June 25, 2009 – September 10, 2009**

Commencing on Thursday, June 25, 2009, The Empire One Running Club will conduct a 12 Week “Points” Race Series. These races are open to the public and there is a \$4.00 entrance fee for ages 17 and over. Ages 16 and under are free. The final race will be held on Thursday, September 10, 2009.

**Awards presented on Thursday, September 17, 2009**

**42 TROPHIES CAN BE AWARDED**

Trophies will be awarded to the Top 3 Male and Top 3 Female Finishers. In addition, Trophies will be presented to the Top 3 Male and Top 3 Female Age Division Finishers.

Age Divisions: 1 -16  
17-29  
30-39  
40-49  
50-59  
60-69  
70+

**Competitors must complete a minimum of 8 races to be eligible for a Trophy.**

**Points are scored as follows:**

The First Place Finisher in each weekly race receives 1000 Points.

The remaining finishers receive points based on this formula:

Each competitor’s time is divided in to the First Place Finishers time and then that time is multiplied by 1000.

All weekly points are cumulative for twelve weeks and the competitors with the highest amount of points after twelve weeks, will determine our Awards Winners.

**“Good Luck to All”**