

2016 GLACIAL LAKES CHAMPIONSHIP RUNNING SERIES



2016 SCHEDULE OF RACES	DATE	CITY	INFORMATION
FROZEN 5K RUN/WALK 8AM-Registration/Race begins 9am	January 23	Spicer	320-894-5882
ST. PATRICK'S DAY RED BEARD RUN 8AM-Registration/Race begins 9am	March 12	Willmar	320-894-5882
RON ERNO MEMORIAL LAKE MINNEWASKA HALF MARATHON 7AM-Registration/Race begins 8am	May 7	Glenwood	320-634-1331
*CAT SCRATCH FEVER 5K 5:00PM – Registration/Race Begins 6:30PM	MAY 13	New London	320-894-5882
MEMORIAL DAY/LAW DAY 5K 7:30am – Registration/8:30am race begins	May 28	Willmar	320-222-9622
FOOT LAKE 4 MILE 6:30AM-Registration/Race begins 8am	June 25	Willmar	320-231-8923
GREEN LAKE ROAD RACE 12 MILE 6AM-Registration/Race begins 7am	July 3	Spicer	320-894-5882
PILLSBURY PUSH 10K 7AM-Registration/Race begins 8am	July 30	Kerkhoven	320-264-2144
RUN AROUND RYAMOND 5k 7AM-Registration/Race begins 8am	August 27	Raymond	320-697-4445
PAT BOROS TRAIL RUN 10K 7:30AM-Registration/Race begins 8:30am	September 10	Sibley State Park	320-222-9622
*HOMEFRONT CONNECTION RUN	October 8	Willmar	320-212-7549
TURKEY LEG 5K 7AM-Registration/Race begins 8am	November 24	Willmar YMCA	320-894-5882
GLCRS Series Awards Banquet	December 10	TBA	320-894-5882

* Denotes Bonus Races

SCORING SYSTEM

This Glacial Lakes Championship Running Series (GLCRS) currently consists of twelve (12) scored events. GLCRS scoring will include only registered finishers of any GLCRS race. All registered finishers will automatically be placed in the Series Standing by Pickle Events. There is no cost or action needed to be taken by the athlete to participate in this series. An updated list of points will be displayed on the website after each series event. Series Points are awarded based on the following criteria:

- Overall winners (male and female) of each event receive 1000 points.
- Each athlete earns points based upon the percentage they finish behind the overall male/female winner. For example, if you are a female and your time is 30% slower than the overall female winner, you will receive 700 points.
- Each athlete's best five scores in the series events will be used to score points.
- Athletes receive 25 bonus points for participation in their sixth and seventh races of the series (50 maximum points).
- There will be a "Bonus Points" Race each year. Every finisher of these races receives 50 "Series Bonus Points" per race.
- Scores are tallied within age divisions for each sex. Runners do not change age divisions during the year. A runner's division is set according to their age on the day of their first GLCRS score. For example, if Joe is 49 when he runs in his first GLCRS event on June 28, and then turns 50 on July 1, he will be listed in the 45-49 division for the series standing throughout the year.
- Age Groups for both males and females are: 10 and under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over

AWARDS: At the end of the year, the top 3 runners in each age group will receive a GLCRS award. To be eligible for an award a runner must finish a minimum of 5 series races.

Series Points become official on 12/15/16. Corrections to the point standings must be made prior to this date to be eligible for awards.

Runners under the age of 14 are not required to run the Green Lake Road race or Minnewaska ½ marathon. However, under age 14 runners will need to run the 5k, 10k or ½ marathon at the Minnewaska race.

Anyone that registers and finishes all events in the series during the calendar year will win a special "Did 'em all" award.