



2010 ShadowChase Grand Prix Series (must be a ShadowChase member to participate)

Races:

1. Super Sunday Relay Run 3 x 2-mile relay, Modesto—Feb. 7
2. Don Osborne Memorial Run: 1-mile and 5K run/walks, Oakdale—Feb. 13
3. Almond Blossom Run: 1-mile run/walk and 8K run, Ripon—Feb. 27
4. Modesto Marathon, Half-Marathon or 5K—March 21
5. Chocolate Festival Run: 1-mile and 5K run/walks, Oakdale—May 15
6. Modesto Classic: 1-mile and 5K run/walks, Modesto—May 29
7. Western States 100, Squaw Valley-Auburn—June 26-27
8. Park Fete: 2-mile run/walk and 10K run, Escalon—July 10
9. Color the Skies Balloon Run: 1-mile and 5K, Ripon—Sept. 4
10. Cancer Awareness: 2-mile walk/run and 10K run, MJC West—Sept. 18
11. Cheese & Wine Run: 5K run/walk and 10K run, Riverbank—Oct. 9
12. MJC Turkey Trot, 5K run/walk, Modesto—Nov. 25

Points:

Volunteering and/or participating	25 points
Placing in age division	30 points for 1st 29 points for 2nd 28 points for 3rd
Park Clean-up	10 points each time for a maximum of 30 points

If you volunteer, place or participate in both events at any one race, only your highest point earnings will be recorded. (No double dipping.) You will not earn points if you run as a bandit—a person with no bib number who has not paid.

Awards:

Special ShadowChase Grand Prix awards go to top 3 males and top 3 females. ShadowChase awards go to all who score 225 points or more, excluding the overall male and female winners. Grand Prix point standings will be published periodically in the club's newsletter.

Don't Forget:

Volunteers/runners check with the Grand Prix Director to ensure your points are recorded. Questions—contact Heidi at 524-7110 or hi-mi-ti@pacbell.net.