ROCHESTER RUNNERS GRAND PRIX

In the annual Rochester Runners in-club grand prix, club members score points at road races to determine the most successful runners in each calendar year. The objectives are to promote participation in road races, encourage improved performance, and to have fun. It is also a way to recognize the running achievements of all club members, not just the usual trophy winners.

This is for everyone, not only for fast runners. Running success for our grand prix is measured on the basis of three criteria: distance, team participation, and performance. You aren't required to run a specific set of races, so you can earn points for any race that fits your personal goals. Points for distance reward running longer races—the longer the race, the higher your score. If you run with the RR team in one of the New Hampshire Grand Prix races or in the Lake Winnipesaukee relay, you get additional bonus points. The performance scoring, however, is what makes our grand prix different from most others. Instead of a scoring system based on how fast you run compared to others, your "speed" points are determined by how fast you run compared with *your own past performance.* This rewards consistency and improvement, and places runners of all abilities on an equal footing.

The performance scoring involves a bit of math (just keep us informed of your race times and we will score your races for you). First, if a race is longer than 5K, your finish time is converted to a "5K equivalent" time by adjusting for the difference in distance and also for the difference in pace between 5K and a longer race. This way, if you run a new distance there is a way to compare it to your previous races. Your "baseline" is your best 5K equivalent time in the 365 days before the race. The faster your time is in relation to your baseline, the more points you score. You score the maximum speed points if you come close to or beat your baseline. If you beat your baseline, then that becomes your new baseline to shoot for in future races. New in 2005: only races run on USATF-certified, records-eligible courses are eligible for speed points.

If you run more than ten races in a year, your best ten races will count. The highest total by year's end will determine the club's GP champion. We award prizes for the top several places at the February club meeting. We also include a prize category for club members who run fewer than 10 races for the year.

We need all your finish times from the previous year, for calculating your baseline and determining your speed points. If you haven't already done so, please contact Paul Lindsay with this information. Please include the date and name of each race, the length, and your finish time. Then keep Paul informed of your new race results so he can report updated standings by e-mail, in our newsletter, and at club meetings.

RRGP Scoring

Speed points per race (only races on certified courses up to 50K are eligible for speed points)

1 point	if your 5K equivalent time is within 5% of your baseline, or
2 points	if your 5K equivalent time is within 3% of your baseline, or
3 points	if your 5K equivalent time is within 1% of your baseline

Distance points per race

4 points	if it is at least 5K (3.1 miles), or
5 points	if it is at least 10K (6.2 miles), or
6 points	if it is at least 20K (12.4 miles), or
7 points	if it is at least 40K (24.9 miles), or
8 points	if it is at least 50K (31.1 miles), or
9 points	if it is at least 80K (49.7 miles), or
10 points	if it is at least 120K (74.6 miles).

Special races: Mountain races and some trail races are far more challenging than other races of the same distance. Duathlons or triathlons are also not directly comparable to typical road races. For races such as these, distance points are based on the difficulty of the race as reflected by the median time of the finishers as shown below. For the Winnipesaukee relay, every leg scores 5 distance points because you don't always get to choose your leg.

4 points	if the median is at least 25:00, or
5 points	if the median is at least 52:00, or
6 points	if the median is at least 1:50:00, or
7 points	if the median is at least 3:50:00, or
8 points	if the median is at least 4:30:00, or
9 points	if the median is at least 8:00:00, or
10 points	if the median is at least 12:00:00.

Team points per race

3 points	if you are on the Rochester Runners team in a New Hampshire Grand Prix race
1 point	if you are on a Rochester Runners team in the Lake Winnipesaukee relay

Total points per race

The score for each race is the sum of the speed, distance, and team points. For most races, the maximum possible score is 10 points and the minimum is 4 points. A 5K or 5-miler, for example, earns from 4 to 7 points depending on speed points, or from 7 to 10 if it is one of the NHGP races. A New Hampshire Grand Prix race or a strong performance in a 5K can earn as many points as a slow marathon.

Final grand prix score for the year

If you run more than 10 races during the year, only your best 10 races will count in your final score (maximum possible =100 points for the year). Ties will be broken in favor of higher speed points, or (if speed points are equal) in favor of higher distance points.