

# SWVRRC 2009 SUMMER SERIES

Revised 8-20-09

Name \_\_\_\_\_ E-mail \_\_\_\_\_ Shirt Size \_\_\_\_\_  
 Address \_\_\_\_\_ Phone \_\_\_\_\_

Using the point total system provided below, keep track of each race you participate in during the season, and points you earn. At the end of the season, select your 10 best race scores, record and total them. Send in immediately after the Pipestem Pumpkin Run, so that winners can be calculated and t-shirts ordered early. The top ten winners receive a long sleeve tee, unique to that year, and the top male and female each receive \$50 prize money. These are awarded at the December club meeting/pizza party.

### POINT TOTAL SYSTEM

Overall winner of race	= 11 pts.	First in age group	= 8 pts
Second overall	= 10 pts	Second in age group	= 7 pts
Third overall	= 9 pts.	Third in age group	= 6 pts
Being a race director	= 8 pts.	Enter & finish race	= 5 pts

### SWVRRC 2009 RACE SERIES

April 18	Hospice Care 10K Chocolate Chase (Lewisburg) <span style="color: red;">(Moved from May to April)</span>	_____ Points Earned
April 25	Vinton 5K	_____ Points Earned
April 25	Pocahontas Indian Run 5 Miler	_____ Points Earned
May 2	Abingdon 5k/10K	_____ Points Earned
May 5	David Roth 5K (Athens WV)	_____ Points Earned
May 9	Grundy 5K	_____ Points Earned
May 16	Bluestone 5K	_____ Points Earned
May 23	Wade Center 5K <span style="color: red;">(Replaces the Wellness Race)</span>	_____ Points Earned
May 23	Roanoke 10K/5K	_____ Points Earned
June 6	Lewis McManus 5K (Beckley WV)	_____ Points Earned
June 13	Varmint Half Marathon/5K	_____ Points Earned
June 13	Greenbrier River 5-Miler	_____ Points Earned
June 27	Wytheville Chautauqua 5K	_____ Points Earned
July 4	Tazewell Young Life	_____ Points Earned
July 11	Talcott John Henry Days 4-Miler	_____ Points Earned
July 18	Twin Falls Bear Hole 10K	_____ Points Earned
July 18	Kingsport TN Crazy Eights 5-Miler	_____ Points Earned
August 1	Mercer County Fair 5K <span style="color: red;">(CANCELLED)</span>	_____ Points Earned
August 15	Narrows Community Fair	_____ Points Earned
August 15	Parkersburg Half Marathon	_____ Points Earned
<span style="color: red;">August 18*</span>	<span style="color: red;">According to website August 18*</span>	
September 5	Charleston Distance Run 5K/15M	_____ Points Earned
September 29	Brian Delp 5K (Bluefield State College)	_____ Points Earned
October 3	Beckley Half Marathon 5K	_____ Points Earned
October 31	Pipestem Pumpkin Run 10K/5K	_____ Points Earned
_____ (Date)	WILD CARD! Runner's choice -- on vacation, out-of-town, etc.	_____ Points Earned
_____	Name of race	_____ Points Earned
_____	Location	_____ Total Points Earned

Please send completed form to:  
**TOM DAVIS**  
 PO Box 1157  
 Athens, WV 24712

If you have any questions e-mail Tom Davis  
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