2024 River City Runners and Walkers Club

River City Race Series

ENTRY IS FREE FOR MEMBERS!!!

WHAT IS THE RUNNING AND WALKING SERIES? The RIVER CITY RUNNERS AND WALKERS CLUB proudly presents the 2024 River City Race Series. The series is designed to provide runners and walkers a chance to compete for a series championship involving races in Wood, Wirt, Pleasants and Ritchie Co. WV and Washington Co. Ohio. (Participating races in the series are listed on the back of this flyer.) Races will be scored using the system explained below, with awards being presented at the RCRWC Banquet at the end of the season. Entry to the series is FREE. All you have to do is sign up, complete the required number of races (9) and be a member of the RCRWC.

ELIGIBILITY RULES: Entry applications must be submitted by **May 25th**. Participants must be **12 years old or older** to enter the series. In 2024, to be eligible for awards and a series shirt, participants must **complete a total of 8 of the scheduled series races and be a River City Runners & Walkers Club member**. Participants' score will be based on their top **8** race scores, although racers are welcomed to compete in as many races as they would like. Race scoring **starts at the participant's date of entry into the series.** The participant's age group will be maintained throughout the series based on their age on April 1. The division a participant signs up for i.e. runner/walker will be maintained throughout the series. Entry into the Series can either be as a Runner or Walker, not both or a combination of both. You can still participate in other Series Events in the other division, but only those races you complete per your registration as a Runner or Walker will count toward the Series.

SCORING SYSTEM: In 2024 a participant's score will be determined by his/her percentile place of finish in that race. A win will score an individual 100 points and a participant who finishes in the middle of the pack will score 50 points. Every finisher will score at least 1 point. To calculate how a race will be scored, take the number of finishers and add 1 to that total. From that total, subtract your place of finish. Next, divide that number by the total number of finishers and then multiply by 100. Bonus points will be given for each race. For each race you will receive one point for each mile of the race, unless otherwise noted. Please note: if the race director allows a virtual race it will still count for the series, but scoring will be a flat 50 points (no bonus participation points and no points for rankings).

POINT STANDINGS: The standings for everyone who officially enters the Running and Walking Series will be available on the webpage at www.rivercityrunnersandwalkers.com . Standings will be updated within 3 days of the race.

AWARDS: **Runner and Walker Divisions** (No duplications of awards). **Open:** Overall awards will go to top 3 male and female finishers of the series. Masters (40-59 years old), Grandmasters (60-69 years old), Senior Grandmasters (70+ years old).

2024 Dates	Location	Run Distance	Walk Distance	Race Name	Participation Points	Starting Time
March 30	Beverly, OH	5K	5K	Beverly Bunny Hop 5K*	3.1	8:30 AM
May 4	Parkersburg	2 Mile	2 Mile	Slip Slap Slop 2 Mile *	2	9:00 AM
May 11	Belpre, OH	5K	5K	Mother's Day 5K*	3.1	9:00 AM
May 25	Marietta	5K	5K	Sternwheel 5K*	3.1	8:00 AM
June 8	Ravenswood River Front	5K	5K	Dash for Diabetes 5K	3.1	8:30 AM
June 22	Parkersburg	10K	2 Mile	Chick-Fil-A 10K *	6.2/2	8:00 AM
June 29	Parkersburg	5K	5K	Jan Dils Veterans 5K	3.1	8:00 AM
July 6	Elizabeth	5K	5K	Firecracker 5K	3.1	8:00 AM
July 13	Parkersburg	5K	5K	Kicks 4 Kids	3.1	9:00 PM
August 3	Harrisville	5K	5K	RRHC Stepping on Hunger 5K *	3.1	8:00 AM
August 17	Parkersburg	13.1 mile	13.1 mile	News & Sentinel Half Marathon	13.1	8:00 AM
August 17	Parkersburg	2 mile	2 mile	News & Sentinel 2 Mile	2	8:10 AM
August 18	Parkersburg			Parkersburg Kids Race *	N/A	TBA
September 14	Marietta	5k	5K	OH Lions STEPS Run/Walk	3.1	9:00 AM
September 21	Mountwood	5K or 10 mile	5K	Mountwood Trail Run	3.1/10	8:00 AM
November 2	Marietta	5 Mile	5 Mile	Broughton Trail Race	5.0	9:00 AM
November 3	Marietta	5K	5K	Fallback 5K	3.1	2:00 PM
December 15	St. Mary's, WV	5K	5K	Mistletoe 5K	3.1	2:30 PM

*Denotes Kids Race

HOW TO ENTER: 1. Complete the form clearly and mail to: River City Runners and Walkers Club, P.O. Box 4496, Parkersburg, WV 26104 or 2. E-mail the same information to scottctburnham@gmail.com or 3. Send the same information to Scott Burnham on Facebook.

Application also available online

www.rivercityrunnersandwalkers.com

 ----- I would like to participate in the FREE 2020 RCRWC Running and Walking Series_____

Name: _____ Male:____Female:____

Address:_____

 e-mail_____

Age:_____   Shirt size: Adult XS_____S_____M_____L_____XL__XXL____

Runner:_____Walker:_____

Signature:_____Date:_____