

Goodenow Park Series Rules

- 1) You **do not** have to be a member of any running club to be in the point series you just have to run all three races.
- 2) **To receive a T-shirt** you have to register for all three races. T-shirts will be given out at the last race registration pick ups.
- 3) **Certificates:**
 - a. **If you run just one** of the races you will receive a certificate that day with your time and placement in your age division.
 - b. **If you run all three races** you will receive a T-shirt, certificate with the name of each race, your time for each race, your age division placement, points and your placement in the series.
 - c. If you participate in the **walk** you will receive a certificate of participation. If you **walk in all three events**, you will receive a T-shirt and a certificate of participation for all three events.
- 4) Early bird pricing available see registration.
- 5) Three different locations - Centennial Park, South Wind Park, and Lincoln Park.
- 6) Three different benefits- Relevant Practical Ministries, Pancreatic Cancer Action Network, and Homes for Our Troops. To Learn more about each group and/or to donate to them directly go to the following sites:

www.rpmfm.org
www.pancan.org
www.homesforourtroops.org
- 7) The series will become an annual event so records will be set this year.
- 8) More age divisions. Check out the the registration.
- 9) No strollers, roller blades, dogs, or headsets allowed in the race. Walkers are allowed to push strollers or wheelchairs.

The Running Center will give 10% off purchase if you take your race numbers in with you.

Website will post points after each race. Any questions please contact Tom Cooper at thomkcs@comcast.net within seven days of points being posted otherwise results will be considered final.