



WAYNE JONESS

CHAIR, OPEN LONG DISTANCE RUNNING COMMITTEE
SOUTHERN CALIFORNIA ASSOCIATION

5332 KALEIN DRIVE
CULVER CITY, CA 90230
RES (310) 390-5357 CELL (310) 600-5332
EMAIL: runner@joness.com

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SOUTHERN CALIFORNIA USATF ANNOUNCES ROAD RUNNING GRAND PRIX FOR 2009

LOS ANGELES, CA—Southern California USATF Open and Masters Road Running Committee chairs **Wayne Joness** and **Sissel Berntsen-Heber** have announced a new **SCA Road Running Grand Prix** for 2009. The SCA Road Running Grand Prix will provide cash awards and championship medals to the top 10 overall men's and women's scorers. Gold, silver, and bronze USATF medals will also be awarded to the top-3 scorers in 26 men's and women's individual 5-year age-groups and championship plaques will be awarded to the top-10 scoring clubs. "We believe this Grand Prix Series will encourage more runners to participate in our SCA Road Championship races and other premier Southern California road race events, say Wayne and Sissel. "It will also recognize the clubs that are supporting and developing runners and provide important incentives for the creation of new clubs."

HOW IT WORKS

The seven **SCA Road Running Grand Prix Series** races for 2009 are posted at www.scagrandprix.org. Individual runners must finish at least four (4) of these races during the calendar year, including at least one SCA Road Championship race, and, afterwards, record their official, web-published finish time using the "Report Results" link of the Grand Prix home page at www.scagrandprix.org or forward it by email to the GP Scorer, Sissel Berntsen-Heber, to generate an age-graded score.

For USATF clubs to post a score in a SCA Road Running Grand Prix race, a minimum of 5 of its member runners must post a finish time. Club members can be of any gender, and any age. It is not necessary to have 5-runners of the same age group and gender. The total club score is determined by adding the 5 highest individual member age-graded scores from the race. The club's 2009 year-end total score will be determined by adding its highest club scores from four (4) Grand Prix races.

ELIGIBILITY

All **SCA Road Running Grand Prix** participants must be current members of the **Southern California Association of USATF**. There is no additional fee for members to participate in the SCA Road Running Grand Prix or SCA Road Championship series. The SCA Road Running Grand Prix is conducted throughout the 2009 calendar year, during which individuals can enter the SCA Road Running Grand Prix series at any time. A runner's age-group category will be based on their age in the first race they participate in.

For club scoring, only running clubs registered with the **Southern California Association of USATF** can participate. Individuals scoring with a club must have USATF affiliation with that club. All its scoring members must also be listed on the club's on-line roster. More information on registering clubs with USATF is available at <http://www.usatf.org/clubs/>.

QUALIFYING RACES

SCA Road Running Grand Prix Series races are listed on the SCA website at www.scagrandprix.org and are subject to additions or cancellations at the discretion of the **SCA Road Running Committee**. The SCA Road Championship races for 5K, 10K, Half-Marathon and Marathon are among the designated 2009 Grand Prix races. Individual GP participants must finish a minimum of 4 races, at least one of which must be an SCA Road Championship race, to be eligible for Grand Prix awards. Clubs must compete in at least 4 GP races with 5 finishers, at least one race of which must be an SCA Road Championship race, to be eligible for SCA Road Running Grand Prix awards.

INDIVIDUAL SCORING

For individual runners, scoring is based on age-graded results. This score is computed by dividing the runner's finishing time by the approximate age-group record and multiplying it by 1000. For example, the score for a 46-year old male who records 39:19 for 10K in which the age-group record is 29:44 would be computed as follows: $29:44 \div 39:19 = 0.7564$

$$0.7564 \times 1000 = 756 \text{ points}$$

A runner's year-end total score will be determined by adding together his or her highest age-graded scores from four (4) Grand Prix races. The age-graded scoring calculator used for the SCA Road Running Grand Prix scoring is posted on the SCA Road Running Grand Prix home page at www.scagrandprix.org.

HOW TO ENTER THE GRAND PRIX

Individual SCA/USATF members who finish a SCA Road Championship Series race will automatically have their results added to the SCA Road Running Grand Prix series. However, results for additional races in the SCA Road Running Grand Prix must be self-reported.

Current SCA Road Running Grand Prix standings will be posted on the SCA Road Running Grand Prix home page www.scagrandprix.org within one week of each successive race in the GP Series (although results may be delayed pending official revisions). It is the responsibility of individual participants to submit their results from GP races that are not SCA Road Championship events. They can do so by using the "Report Results" link on the SCA Road Running Grand Prix home page, or by sending an email with their official published finish time and current 2009 USATF membership number to scoring@roadrunner.com.

All club results, including those from SCA Road Championship races, must be self-reported. It is the responsibility of participating clubs to report official web-published results for 5 or more of its individual members from a GP Series race. They can do so by using the "Report Results" link on the SCA Road Running Grand Prix page, or by sending an email to the GP scorer with each runner's official web-published finish time and 2009 USATF membership number to scoring@roadrunner.com.

GRAND PRIX PRIZE MONEY AND AWARDS

- **The Top-5 men and Top-5 women with highest individual 2009 year-end total scores will be awarded the following cash prizes and SCA Grand Prix Championship medals:**

1ST Place:	\$200, plus Gold Medal	Cash prizes will be awarded in the form of checks issue by Southern California USATF. 2009 Grand Prix checks and championship medals will be mailed to the recipients no later than <u>January 15, 2010</u> .
2ND Place:	\$100, plus Silver Medal	
3RD Place:	\$50, plus Bronze Medal	
4TH Place:	\$30, plus Bronze Medal	
5TH Place:	\$20, plus Bronze Medal	
6TH-10TH Places:	Bronze medals	

- **The Top-3 men & women scorers with highest individual 2009 year-end total scores in the following 13 individual 5-year age-groups will receive gold, silver, and bronze USATF medals:**
13 & under, 14-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+
- **The Top-10 USATF Clubs with the highest 2009 year-end point totals will receive Grand Prix Championship plaques from the Southern California Association in recognition of their accomplishments.**

ANSWERS TO FREQUENTLY ASKED QUESTIONS

What is Age-Graded Scoring?

Age-graded scoring represents a runner's performance as a percentage of the current World Record for a person of the same age and the same gender. This is a proven scoring-system that allows runners of both sexes and all ages to compare their results. For the SCA Road Running Grand Prix, the highest possible score in any race would be 1,000 points. To score 1,000 points, you would have to equal or surpass the World Record for that distance for your age and gender.

The SCA Road Running Grand Prix is a year-long event, but my age and 5 year age-group category will change during 2009. What age do I use for scoring?

For competition in the 13 men's and women's 5 year age-groups, your age-group placement on the date of your first GP race of 2009 will be considered your age-group for the entire year.

I have raced for a club team before, but we always competed in the same 5 year age-group category, or as an "Open" or "Masters" level team. How can you have mixed gender teams in the SCA Road Running Grand Prix?

By using the age-graded scoring system, we generate comparable scores for both male and female runners of different ages. The purpose of our using age-graded scoring is not to have you focus solely on beating runners in your age-group, but to focus on running your best race.

I joined Southern California USATF in mid-year, but ran two of the SCA Road Running Grand Prix races in 2009 while a non-member. Would my scores in those races count in the Grand Prix?

YES! We can include the scores you ran in GP races prior to you becoming a USATF member in your overall SCA Road Running Grand Prix total.

PLEASE NOTE: We cannot, however, include race results while you were not a USATF member in any club scoring. Similarly, we cannot go back and change the results for USATF medals awarded on race day at one of our SCA Road Championship races while you were not a member. However, we will include your scores in GP series races for all of 2009 once you become a USATF member. Be sure to contact GP scorer Sissel Berntsen-Heber at scoring@roadrunner.com with your times from those races and your current 2009 USATF membership number.

I am a member of USATF, but I do not reside in the Southern California Association. Can I still participate in the SCA Road Running Grand Prix series?

No. Our SCA Road Running Grand Prix and Road Championship series of races are funded by, and produced for, members of the Southern California Association only.

What is the difference between the SCA Road Running Grand Prix and the SCA Road Championship series? Some of the races are the same.

Our SCA Road Championship races for 5K, 10K, Half-Marathon, and Marathon are also SCA Road Running Grand Prix races. However, the other three SCA Road Running Grand Prix races in our 2009 Grand Prix are GP events only and not SCA Road Championships.

Southern California USATF Road Championship races award USATF championship medals on race day to the 1st, 2nd, and 3rd place finishers in 26 men's and women's 5-year age groups. The overall men's and women's winners also receive a handsome USATF Championship Plaque. More information on the 2009 SCA Road Championship series can be found at <http://scaroadchampionship.org>.

Why do I need to self-report my individual results for scoring in the Grand Prix and why do USATF Clubs have to self-report their results? Don't you have an automatic system for GP scoring?

The race results published on the internet that we use for scoring do not designate current 2009 USATF memberships. There can also be, and often are, errors in name spelling and age-groups reported in official results. Therefore, in the interests of accuracy, you need to use the "Report Results" link on the SCA Road Running Grand Prix home page or email your individual results and USATF membership number to the GP scorer.

Similarly, each club organizes its own runners. So it is necessary for a club member to notify the GP scorer of their club member's race results and their current 2009 USATF membership numbers. Once again, the email address to report Club results is scoring@roadrunner.com.

I lost the online receipt for my 2009 USATF membership number, have not received my card yet in the mail, and need to report my Grand Prix results. How can I find my membership number?

You can easily look up your current 2009 USATF membership number at the national website below:
<https://www.usatf.org/membership/help/number.asp>

CONTACTS FOR ADDITIONAL INFORMATION:

Wayne Jones, Chair
SCA Open Athletics Road Running Committee
Res (310) 390-5357
Cell (310) 600-5332
Email: runner@joness.com

Sissel Berntsen-Heber, Chair
SCA Masters Road Running Committee
Cell (415) 652-9221
sheber02357@roadrunner.com