



**Nashville  
Striders Grand  
Prix Series 2021-  
2022**



**Eligibility**

- **Membership:** Participant must be a current Nashville Striders member on race day to earn credit for running.
- **Run/Walk Races:** Participant must run/walk a minimum of 6 races. Race points can be earned for up to the first 10 races a participant completes. Max total of race points that can be earned will be 50. Total Grand Prix points for an event will consist of race points plus volunteer points.
- **Volunteer:**
  - Each participant must volunteer at least three (3) Nashville Striders managed events.
    - At least one of the three (3) events, the participant must work two shifts, and not run/walk (in any race for events with more than one race).
    - This means working at least one (1) shift during at least two (2) other Striders managed events whether you run/walk or not.

**Race Points**

Scoring will be as follows: 1st=5 points, 2nd =4 points, 3rd =3 points, 4th =2 points, 5th =1 point. Only Striders members are awarded points. For example, an overall third place finisher in a race would receive 5 points if he/she were the first Nashville Striders member in his/her age group. Your race points (up to 50) plus volunteer points total determine your Grand Prix points for the event.

For each event the Nashville Striders Race Management Committee will designate which race(s) are part of the GP series. Race points will be awarded for only one GP race per event. Running multiple races consecutively at an event and earning GP race points in more than one race is not allowed.

**Volunteer Points**

- Volunteer points will be awarded for each shift a participant volunteers (2 points max per race). Additional tokens can be earned, but a maximum of 2 GP points will be credited toward the GP. A participant may still run/walk, earn race points in the event and earn volunteer points.
- Your race points plus volunteer points total determine your Grand Prix points for the event.
- Grand Prix volunteers must sign-up with the Volunteer Coordinator ([nstridervolunteer@gmail.com](mailto:nstridervolunteer@gmail.com)) prior to the race and sign-in with the Volunteer Coordinator on race day to ensure that your name is on the volunteer list. There is no limit on the amount of volunteer points a participant may earn for the season.

**Additional Information**

- For points, all participants will remain in the age group in which they placed at the start of the Series.
- For placement in races, participants' age on race day determines their age group.
- Grand Prix points will be calculated from three documents: Official Membership Records, Official Race Results, and Volunteer Lists.
- Awards will be given at the Annual Nashville Striders Summer Picnic 5K to members in each age group who complete the requirements.

## **Grand Prix Series Races**

As we emerge from the pandemic the Striders Race Management Committee will be adding Grand Prix races to the schedule. Watch the Striders website Race Schedule, the Funrunner, Facebook and emails for the most current information.

NOTE: Events/Dates subject to change