

## Miles of Smiles Race Series Rules

5/4/2010

1. You must register for the race series to be eligible for points. Registration is free. You can register when you register for any of the races. Regular race fees apply.
2. Age group will be determined by age on race day of each race.
3. The races included in the series are:
  - a. Run Your Buns Off 5K – June 5<sup>th</sup>, Ackley
  - b. Riverbend Rally 5K – July 3<sup>rd</sup>, Iowa Falls
  - c. Pine Lake Trail Run 5K – July 24<sup>th</sup>, Eldora
  - d. Beeds Lake Restoration Run 5K, 10K and Half-marathon, Hampton
  - e. Any of the three race distances at the Beeds Lake Restoration Run will apply toward point totals.
4. Points will accumulate through the four races of the series.
5. You must run at least one race and may run any combination of races.
6. Points will be awarded as follows:
  - a. 25 points for each race finished
  - b. Overall top 3 male and female finishers earn:
    - i. 1<sup>st</sup> place – 50 points
    - ii. 2<sup>nd</sup> place – 40 points
    - iii. 3<sup>rd</sup> place – 30 points
    - iv. Plus 1 point for every 10 runners in the race
  - c. Age group points:
    - i. 1<sup>st</sup> place – 40 points
    - ii. 2<sup>nd</sup> place – 30 points
    - iii. 3<sup>rd</sup> place – 20 points
    - iv. Plus 1 point for every runner in the group
7. Participants will receive only one point award per race.
  - a. Example 1: If a runner wins the overall race he or she also wins his or her age group, but will only receive the points for the overall win. They will be removed from the age group scoring.

- b. Example 2: If a runner places in the top 3 overall, but also wins his or her age group it is possible that the age group points could be more than the overall points. In this case the runner will receive the greater of the two point awards. The other points will slide to the next in line.
8. If a runner in the top 3 of any category is not part of the race series, the points will slide to the next series participant.

### Prizes

- There will be cash prizes for the top male and female point leaders at the end of the series.
- There will be a trophy for the overall point leader.
- Anyone who runs two or more of the races will be entered in a special drawing after the Beeds Lake Restoration Run
- Anyone who runs at least 3 of the races will receive a free technical running shirt commemorating the achievement.