

2019 GMAA TEAM RACING PERFORMANCE SERIES

March 30 USATF-NE Frank Nealon Boston Tune-Up 15k

May TBD BHS Invite Masters 5000m

June 8 CVR Capital City Stampede 10k

July 7 Stowe 8 Miler

August 24 USATF-NE NH 10 Miler

September 8 Pine Street Mile

October 13 GMAA Green Mountain Half Marathon

November 3 USATF-NE XC Championships

GMAA Team Racing Pass - \$100

If you plan to participate in Team Racing this year, this is a great deal. The Team Racing Pass gets you: 1.) USATF Membership for the year; 2.) Entry into all 8 Team Racing Performance Series events; 3.) A GMAA race singlet ***new singlets are coming out this year*** (or equivalent piece of GMAA apparel). The more team races you do, the better the deal. *This pass is optional. You can opt to pay all fees independently.*

What do you get for doing the 2019 GMAA Team Racing Performance Series?

- Coaching and Group Workouts will be primarily geared toward the 8 races from this schedule.
- Group Transportation will be organized by the club for these 8 races. For races more than 100 miles away, we will rent team vans. For local races, we will arrange carpools.
- Performance Points & Prizes:
 - **The GMAA member who completes the 2019 series with the top score (best 5 out of the 8 races + volunteer requirement) in each age group will win** (all for the following year):
 - **Extra 15% discount at SkiRack (for 30% total)** *exclusive to running shoes/apparel*
 - **Free entry to GMAA races**
 - **Free Team Racing Pass**
 - In all series races, points are based on finishing time as a percentage of the best time run by a GMAA member in each age group (ie. if the best GMAA time in your age group is 27:00 minutes, and you run 30:00 minutes, 90%, then you receive 90 points).
 - Age groups are: Male/Female under 40, 40-49, 50-59, 60-69, 70+
 - You are required to finish a minimum of **5** out of the 8 races to complete the series, with the final score totaling your best **5** results.
 - Volunteer Requirement. In addition to performance scoring, to be eligible for prizes you must volunteer for GMAA at least once during the year (by serving as an officer, race director, race day helper, leader of one or more group workouts, etc.).
- Random Drawing: In addition to the performance based prizes, 2 club members will be chosen at random at each Team Racing Performance Series race to win a \$25 SkiRack gift certificate OR GMAA apparel item.
- Above all, you get fun times with the team!

Note: While most of our Team Racing resources will go into these 8 series races, we acknowledge that there are lots of other great races on the calendar and we do still want to support you as much as we can toward all your goals. If you have another race outside of these 8 that you are interested in, please feel welcome to take the lead on organizing a group, reach out with a request for a van rental, ask for modified coaching, etc.