

## RULES OF THE SERIES

1. Participants in the series must complete the respective entry forms for each race in which they wish to compete. Race entries that prove unreadable or are missing vital information (e.g. age or gender) shall be considered void for the purposes of the series.
2. Individuals competing in the series must be registered as a 2019 USA Track & Field Mid-Atlantic member before their performances will be scored. Memberships are done online at [usatf.org](http://usatf.org).
3. Individuals who register through another association shall not be eligible for series scoring until their membership has been received by the Mid-Atlantic membership chair.
4. Each of the races in the series retain the right to manage its entries, to determine whether to offer prize money and to operate its own award ceremony. The off-road series will function "after the fact" by using the official race results to determine overall individual and team standings. It is intended that current standings shall be on display at each race.
5. When possible, a MA-USATF representative will be present to answer questions.

Find us at [mausatf.com](http://mausatf.com)

FACEBOOK: 2019 OFF Road Series –  
USATF Mid-Atlantic

6. The 2019 series offers Mid-Atlantic clubs a team challenge independent of the individual competition. See the Off-Road Series Club Challenge Rules or contact the series coordinator for details.

## SCORING THE SERIES

1. The Masters Age-Graded tables developed by World Master Athletics (WMA) will be used to score results in each race. Each finisher's time will be divided into the standard for her/his age and gender; this calculation will produce a percentage which will be used to rank performances in the Club Challenge.
2. The top 3 individual finishers in the Open (19-39), Masters (40-49), Grand Masters (50-59) and Seniors (60+) categories will receive awards. **Individual runners must participate in a minimum of 3 races to be eligible for awards. Age group for the year is determined by the age of the runner at the first event that he/she runs.**

### Off-Road Club Challenge Rules:

– 2019 USATF membership is required for Clubs and Individuals

– Scoring: 5 club members (1 must be female)

– Club transfers require a 90 days wait period, with a written request

\*Details are at Off-Road Series Club Challenge Rules at [mausatf.com](http://mausatf.com)

### **Off-Road Club Challenge Cash Awards**

**1st - \$650 2d - \$500 3rd - \$400**

**4th - \$300 5th - \$200**



**USATF™**  
**MID-ATLANTIC**

**2019**

**Off-Road  
Running Series**



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# USA TRACK & FIELD

## MID-ATLANTIC

2019

### OFF-ROAD SERIES

The off-road series has been created to offer USA Track & Field Mid-Atlantic members an alternative to road racing. The series seeks to introduce runners to different off-road races, i.e. trail running and XC. Our emphasis is on competition among club teams. Your questions or concerns are welcome.

#### DISCLAIMER OF LIABILITY

USA Track & Field Mid-Atlantic, its officers, members, and any or all sponsors of this off-road series disclaim any responsibility or liability for injury, loss or damages arising from your participation in this series. You assume full responsibility for being physically healthy and having sufficiently trained to enter races in this series and accept all risks, if any, consequent to your decision to participate in these races. Further, your participation in this series testifies to your permission for free use by USA Track & Field Mid-Atlantic, series sponsors, and each race in the series of your name and picture in any broadcast, telecast, or print media account of the series.

# USA TRACK & FIELD Mid-Atlantic

## 17<sup>TH</sup> ANNUAL OFF-ROAD RUNNING SERIES

<u>Date</u>	<u>Event Name/Phone/Website</u>	<u>Location of Start</u>	<u>Race Director/Email</u>
Jan 20 10 AM	13th Annual Chilly Cheeks 11K 610-779-2668 <a href="http://www.pretzelcitysports.com">www.pretzelcitysports.com</a>	Reading Liederkrantz 140 Spook Lane Reading, PA	Ron Horn rhornpcs@aol.com
Mar 10 10 AM	Sanctuary Gallop 10K 302-757-2783 <a href="http://www.veloamis.org">www.veloamis.org</a>	Runnymede Sanctuary Coatesville, PA	Lauri Webber info@veloamis.org
April 6 9 AM	Tyler Arboretum 10K Trail Run 610-891-0806 <a href="http://www.TylerTrailRun.com">www.TylerTrailRun.com</a>	Tyler Arboretum Media, PA	John Greenstine TylerTrailRun@yahoo.com
May 19 8:30 AM	Coventry Woods 10K Challenge 610-327-4843 <a href="http://www.runcrrs.com">www.runcrrs.com</a>	Coventry Woods Park Pottstown, PA	Don Morrison morrisd1@aol.com
June 1 8:30 AM	Wissahickon Trail Classic 10K 215-789-5711 <a href="http://www.wissahickontrailclassic.org">www.wissahickontrailclassic.org</a>	Forbidden Dr & Northwestern Ave Philadelphia PA	Dan Gordon dangordon95@gmail.com
July 7 9 AM	Chobot Challenge 15K Trail Run 610-779-2668 <a href="http://www.pretzelcitysports.com">www.pretzelcitysports.com</a>	Rustic Park Birdsboro, PA	Ron Horn Rhornpcs@aol.com
October 20 10 AM	Evansburg Challenge (10 mi) 610-630-2111, ext. 227 <a href="http://www.pretzelcitysports.com">www.pretzelcitysports.com</a>	Evansburg St. Pk Collegetown, PA	Karen Konnick kkonnick@fsmontco.org
November 30 10:30 Women 11:00 Masters Men 11:30 Open Men	Delaware Open XC 5K Championship 302-892-2829 <a href="http://www.delawarerunningclub.com">www.delawarerunningclub.com</a>	Brandywine Creek St.Pk Wilmington, DE	Jim Walsh jgwalsh59@comcast.net