

## 2009 IVS Grand Prix and Competitive Circuit Series

Racing is an excellent motivation to keep your running program going strong. The Grand Prix Series is a tool that helps IVS members stay energized toward their racing goals.

The Grand Prix is a free and fun program that allows participants to accumulate points based on their participation in selected circuit races. Points are awarded according to the number of races you run and by your finish place among other Series participants. Beginners as well as experienced runners have the opportunity to win recognition. Awards are given to the top 15 female and top 15 male runners.

The Age Graded Competitive Division is an optional award category for runners who consistently compete within their age group at races. Competitors will run in selected races within the Grand Prix circuit and will earn points based on age graded results. Awards are given to the top 5 female and top 5 male runners.

Points will be posted throughout the year at [www.ivs.org](http://www.ivs.org) and in the IVS newsletter. Everyone that is interested must register, even if you participated last year. Registration deadline is June 13 (Steamboat). All entries will be retroactive to the first Series race in January.

For the list of circuit races and Grand Prix Series Rules, go to [www.ivs.org](http://www.ivs.org) or contact Brian Wallace at [metlrg1@yahoo.com](mailto:metlrg1@yahoo.com) or phone 613-0464. For information on the Competitive Division contact Chris Friedman at [cfriedman@dunlapcusd.net](mailto:cfriedman@dunlapcusd.net) or phone 682-1822.

To register by e-mail, send the following information to [metlrg1@yahoo.com](mailto:metlrg1@yahoo.com)  
Name, Address, Phone Number, Email address, Age as of 1/24/2009.

Or mail this entry form to:

Brian Wallace  
2324 Arlington Circle  
Pekin, IL 61554

### 2009 Grand Prix

Name \_\_\_\_\_ Age (1/24/09) \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_  
Address \_\_\_\_\_ City/State \_\_\_\_\_  
Zip \_\_\_\_\_ E-mail \_\_\_\_\_ Phone \_\_\_\_\_

Do you wish to enter in the Competitive Division? Circle one: YES NO