

## 2020 SWVRRRC Four Seasons Series – November 1, 2019 – October 31, 2020

Name \_\_\_\_\_ Email \_\_\_\_\_ Shirt Size \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Using the point total system provided below, keep track of each race you participate in during the season, and points you earn. At the end of the season, select your 10 best races, record, and total them. Send in the form or email to Erica Morgan by **Sunday, November 1<sup>st</sup>**, so that winners can be calculated and t-shirts ordered. The top ten runners will receive a long-sleeve tee, specially designed, and the top male and female each receive an additional award.

**Pick 10 races using the points below. You CANNOT double up on points; select only one option for each race.**

Options	Points	Options	Points
1 <sup>st</sup> Overall Female/Male Winner	11	1 <sup>st</sup> in Female/Male Age Group	8
2 <sup>nd</sup> Overall Female/Male Winner	10	2 <sup>nd</sup> in Female/Male Age Group	7
3 <sup>rd</sup> Overall Female/Male Winner	9	3 <sup>rd</sup> in Female/Male Age Group	6
Being a Race Director	8	Enter & Finish the Race	5

November 3, 2019	Marshall University 5k, Half Marathon, or Marathon (Huntington, WV)	Points Earned
November 16, 2019	Mayberry 5k, 10k, or Half Marathon (Mayberry, NC)	Points Earned
November 23, 2019	Holiday of Lights 5k Challenge (Bluefield, WV)	Points Earned
November 28, 2019	YMCA Thanksgiving Day Run (Beckley, WV)	Points Earned
December 24, 2019	Frosty 5k (Blacksburg, VA)	Points Earned
February 9, 2020	Blacksburg Classic 5k or 10 Miler (Blacksburg, VA)	Points Earned
February 29, 2020	Explore Your Limits 5K or 10K (Roanoke, VA)	Points Earned
March 2020	Kevin O'Sullivan Classic 5k (Athens, WV)	Points Earned
April 18, 2020	Foot Levelers Blue Ridge Marathon, Half or 10k	Points Earned
April 25-26, 2020	Canaan Valley 5K, 10K or Half Marathon	Points Earned
April 2020	Macey Whittaker SIDS Awareness 5k (Princeton, WV)	Points Earned
April 2020	David Roth 5k (Concord University, Athens, WV)	Points Earned
May 2020	Greenbrier Resort 5k, 10k, or Half Marathon (White Sulphur Springs, WV)	Points Earned
May 2020	Run for Hope 5k or 10k – Jonathan Powell (Camp Creek, WV)	Points Earned
May 2020	Running Wild for WV Kids 5k – Child Law Services (Camp Creek, WV)	Points Earned
June 5, 2020	The Big Run (Roanoke, VA)	Points Earned
June 13, 2020	Hatfield McCoy 5K, Half Marathon or Marathon (Williamson, KY)	Points Earned
June 27, 2020	Jackson River 5k, 10k, Half Marathon, or Marathon (Covington, VA)	Points Earned
June 2020	Chautauqua 5k (Wytheville, VA)	Points Earned
June 2020	The Varmint 5k or Half Marathon (Burkes Garden, VA)	Points Earned
June 2020	Blacksburg Downtown Sundown 5K (Blacksburg, VA)	Points Earned
July 4, 2020	Four on the Fourth (Roanoke, VA)	Points Earned
July 2020	Crazy 8s 8k and/or 3k	Points Earned
August 2020	Draper Mile (Blacksburg, VA)	Points Earned
August 2020**	Sam White 5k (Princeton, WV)	Points Earned
August 2020	Two Virginia's 5k Challenge (Bluefield, WV)	Points Earned
September 2020	Jason Elswick Scholarship 5k (Bluefield, WV)	Points Earned
September 2020	Possum Trot 5k (Marlinton, WV)	Points Earned
October 2020	LewisGale Salem 8k or Half Marathon (Salem, VA)	Points Earned
October 2020**	**SWVRRRC Pipestem Pumpkin Run 5k or 10k (Pipestem, WV)**	Points Earned
	Wild Card -	Points Earned
	Wild Card -	Points Earned
	Wild Card -	Points Earned
	Wild Card -	Points Earned
	Wild Card -	Points Earned
	Total	

**Note: If races are cancelled, they will be converted to a Wild Card.**

**\*A discount is available to SWVRRC members.**

**\*\*Races sponsored by SWVRRC\*\***

**Mail forms to Erica Morgan, 371 Hillcrest Drive, Princeton, WV, 24740 or email to [cfcrunforgod@gmail.com](mailto:cfcrunforgod@gmail.com)**