

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 current USA Track & Field Mid-Atlantic member **before** their performances will be scored. Membership registration/renewal online at usatf.org.
3. Individuals who register through another association shall not be eligible for series scoring until their membership transfer request 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 individual and team standings for each event and the series.
5. The series also 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.

Find us at mausatf.org

Or on FACEBOOK:

[USATF Mid-Atlantic 2024 Off-Road Series](https://www.facebook.com/USATF-Mid-Atlantic-2024-Off-Road-Series)

SCORING THE SERIES

- ◆ The WMA 2020 Masters Age-Graded tables will be used to score results in each race. Those scores will be used to rank performances in the Individual Series and Club Challenge.
- ◆ The series features Age-Group competition for individuals. Athletes compete in age groups 19-39, 40-49, 50-59, 60-69, & 70+ **based on their age on the date of their first Off-Road Series event of the year.** The top 3 age graded performances in each age group will earn 5, 3, 1 points respectively for each event.
- ◆ Series standings are the sum of all event points earned that year. The top 3 individual finishers in age group male and female divisions will receive awards. **Individual runners must participate in a minimum of 3 races to be eligible for awards.**
- ◆ Individuals who compete in all race events shall be given a special recognition award.

Off-Road Club Challenge Rule Summary:

- Scoring: up to 5 club members
- Team score is the club's best 7 of 10 events in 2024 (3 lowest scores dropped).
- More details are at Off-Road Series Club Challenge Rules at mausatf.org

Off-Road Club Challenge Cash Awards

**1st - \$650 2nd - \$500 3rd - \$400
4th - \$300 5th - \$200**



2024 Off-Road Running Series

USA Track & Field Mid-Atlantic



**P.O. Box 1312
Fort Washington, PA 19034**

Series Coordinator:
Robert Stenzel
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**USA TRACK & FIELD
MID-ATLANTIC
2024
OFF-ROAD SERIES**

USA TRACK & FIELD Mid-Atlantic

22nd ANNUAL OFF-ROAD RUNNING SERIES

The Off-Road Series has been created to offer USA Track & Field Mid-Atlantic members a competitive 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, but unattached USATF-MA members are welcome to participate.

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.

Date	Event Name / Website	Location	Race Director / Email
Mar 2	Looney Leprechaun Trail Races 10K looneyleprechaun.org/	Tyler State Park Richboro, PA	Paul Lancaster looneyleprechaunrace@gmail.com
Apr 6	Tyler Arboretum 10K Trail Run www.TylerTrailRun.com	Tyler Arboretum Media, PA	Karen & Chris Earley TylerTrailRun@gmail.com
May 19	Coventry Woods 10K Challenge runsignup.com	Coventry Woods Park Pottstown, PA	Mike Ragozzino info@runegades.com
Jun 1	Wissahickon Trail Classic 10k fow.org/wissahickontrailclassic/	Wissahickon Park Philadelphia, PA	Melanie Wright melaniaww215@gmail.com
Jun 30	Run For The Ages 10k Trail Chase www.pagodapacers.com/	Nolde Forest Reading, PA	Donna Hey & Blair Hogg runfortheagesdirector@pagodapacers.com
Jul 28	Double Trouble 15K Trail Challenge www.pretzelcitysports.com	French Creek Park Elverson, PA	Ron Horn rhornpcs@aol.com
Aug 11	Chobot Challenge 15k www.pretzelcitysports.com	Rustic Park Birdsboro, PA	Ron Horn rhornpcs@aol.com
Oct 5	Camp Innabah Fall Classic 5 Mile www.runsignup.com	Camp Innabah Spring City, PA	Scott Tantino northwalesrc@yahoo.com
Oct 13	Evansburg Challenge (8.3 Mile) www.pretzelcitysports.com	Evansburg State Park Collegeville, PA	Ron Horn rhornpcs@aol.com
Nov 30	Delaware Open Cross Country 5K www.delawarerunningclub.com	Brandywine Creek SP Wilmington, DE	Jim Walsh jgwalsh59@comcast.net