

The NARRAGANSETT RUNNING ASSOCIATION presents the ninth annual



SUPER 5K

February 3rd, 2013, 12:00pm

The Village Inn Hotel, 1 Beach Street, Narragansett RI, 02882.

Free pasta buffet provided by Amalfi Catering. Cash Bar.

Proceeds support the Narragansett Summer Youth Track Series.

Preregistration: Online at <https://racewire.com/register.php?id=2749> or mail in form at the bottom of this page. \$20 for adults and \$10 for youth (18 and under). (This is a charitable event. In the unlikely case of cancellation, there will be no refunds. In the case of severe weather, check www.GansettRunning.org for information.)

Race Day Registration: 10:30am-11:45am at the Village Inn Hotel. \$25 for adults and \$12 for youth (18 and under).

T-Shirts: T-shirts to first 300 registrants.

Awards: First/second/third place man and woman: \$100/\$50/\$25 cash. Top three male/female in the following age categories: 13 and under, 14-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70+. No duplicate awards.

TEAM COMPETITION: Team competition with cross-country-style scoring. Prizes for top two male and female teams. Rules for team competition on reverse.

The Course: USATF certified 5K course. Fast. Out and back along the Narragansett sea wall.

Information: Email narragansett_running@yahoo.com

SUPER 5K REGISTRATION FORM: Mail to Narragansett Running Association, PO Box 3214, Narragansett RI, 02882. Make checks payable to Narragansett Running Association.

NAME _____ AGE _____ SEX _____

ADDRESS _____ PHONE _____

TOWN _____ STATE _____ ZIP _____

EMAIL _____ TEAM _____

In consideration of this entry being accepted, I hereby for myself, executors, administrators, waive and release any and all rights and claim for damages I may have against the organization or organizations holding this event, its agents, representatives, successors and assigns for any and all injuries suffered by me at said event or while traveling to or returning there from. I further state that I am in proper physical condition to complete this race.

SIGNATURE _____ DATE _____

signature of parent or guardian if under 18

If you've run the Blessing of the Fleet 10-Miler, the Village Inn is located at the finish line of the Blessing. Directions can be found at www.NarragansettRunning.org



TEAM COMPETITION:

A traditional cross-country style scoring system will be used, which uses place instead of time. Only runners on *eligible teams* will be counted in the scoring. To qualify as eligible, male teams must have at least five (5) members and female teams must have at least three (3) members.

First eligible-team finisher scores one point; second finisher, two points; third finisher, three points, and so on. On male teams, the top five (5) finishers score. On female teams the top three (3) finishers score. The score is determined by totaling the points of the *scoring* runners, thus the team with the lower point total is the winner. Although the *non-scoring* eligible-team runners do not score points, their places, if better than those of any of the opposing eligible-team runners, may serve to increase the team score of the opponents.

Non-team runners and runners on non-eligible teams do not affect the scoring.

Tie Breaker 1: Total time of scoring runners.

Tie Breaker 2: Time of first team finisher.

Post-registered runners may participate in team competition. A representative from each team will provide the race director with a team roster during the registration period. Please find roster forms at the registration table. No adjustments can be made after the registration period. Any questions should be addressed to the race director, and the race director has authority on all matters pertaining to the team competition.

