

## SEWELLS POINT RUNNING SERIES

2001 Race Schedule:

- 4 August - Naval Station Open 8K
- 14 September – Run To Work 5K Run, NSA
- 31 October – Monster Dash 5K Run, NAVSTA
- 15 November – Turkey Trot 5K Run, NSA
- 4 December – Reindeer Run 5K, NAVSTA

All of the races are free. Runners may accumulate points towards a Series Award at the end of the year by running in each of the races. Points may be accumulated as follows:

Participation	+50 points each event
1 <sup>st</sup> place division	+5 points each event
2 <sup>nd</sup> place division	+3 points each event
3 <sup>rd</sup> place division	+1 point each event
Time improvement	
From previous race	+20 points each event
Slower time >20 seconds	
From previous race	-10 points each event
Top 30% finishers	+5 points each event

The same age divisions that apply to the 5k runs will also apply to the series. These are male and female: 29 and under, 30-37, 38-44 and 45 and above.

All runners that complete all eight events will be awarded a commemorative T-shirt at the completion of the series in December 2001. Plaques will be awarded to 1<sup>st</sup> and 2<sup>nd</sup> place winners in each division.

All runners interested in having points accumulated for the running series must check the “series” box found on each of the race entry forms. Checking the box on the entry form indicates entry into program.

**Training for Your First 5K** – A 10-week program to assist runners and walkers to finish his/her first 5K is now being offered. Participants will start from the N-24 Gym beginning 9 July on Mondays and Wednesdays. Fitness team members will assist participants with either a run or walking program.