

THE SERIES

THE SOUTH CITY RACING SERIES COMPRISES FIVE OUTSTANDING NEIGHBORHOOD ROAD RACES THAT ALL HIGHLIGHT SOUTH SAINT LOUIS AND PROMOTE HEALTH AND FITNESS IN THE COMMUNITY. PARTICIPANTS WHO SIGN UP FOR THE SERIES WILL RECEIVE A SPECIAL SOUTH CITY RACING SERIES ITEM AS WELL AS BE ELIGIBLE FOR AGE GROUP AWARDS BASED ON PLACING IN THREE OF THE FIVE EVENTS.

SERIES AWARDS/SCORING "NEW"

2011 SERIES AWARDS WILL BE BASED ON AN AGE-GRADED SCORING SYSTEM. NOW 50-YEAR-OLDS CAN COMPETE AGAINST 12-YEAR-OLDS, GRANDPAS AGAINST GRANDSONS, ETC! WE WILL USE THE PERCENTAGES DEVELOPED BY THE WORLD ASSOCIATION OF VETERAN ATHLETES (WAVA) TO ASSIGN A PERCENTAGE TO EACH RUNNER'S TIME BASED ON AGE AND GENDER. WE WILL TAKE THE AVERAGE PERCENTAGE OF YOUR TOP THREE RACES TO DETERMINE YOUR SERIES SCORE. THE OWNERS OF THE TOP 50 PERCENTAGES WILL RECEIVE SPECIAL SERIES' AWARDS AFTER THE RUN FOR THE HILLS IN SEPTEMBER. THAT MEANS ANYONE, NO MATTER WHAT YOUR AGE, HAS A CHANCE TO WIN!!

HOW DOES AGE-GRADED SCORING WORK?

LET'S SAY A 55-YEAR OLD FEMALE RUNS A 5K IN 24:00. SHE WOULD RECEIVE AN AGE-GRADED SCORE OF 72.05%. THAT IS BECAUSE, ACCORDING TO THE AGE-GRADED SCORING TABLES, THE "IDEAL" FINISH TIME FOR A 55-YEAR OLD FEMALE IS 17:18, AND THAT'S ABOUT 28% FASTER (ABOUT 6 MINUTES) THAN OUR 55-YEAR OLD RAN.

NOW LET'S SAY THAT A 25-YEAR OLD MALE RAN THE SAME 5K IN 18:30. OBVIOUSLY, THAT IS FASTER THAN OUR 55-YEAR OLD FEMALE. BUT IS THE PERFORMANCE OF THE YOUNGER RUNNER REALLY "BETTER" WHEN COMPARED WITH THAT OF A WOMAN MORE THAN TWICE HIS AGE? THE ANSWER IS, "NO!" IN FACT, THE AGE-GRADED SCORE OF THE 25-YEAR OLD IS ONLY 70.12%. THE LADY WINS! IF YOU HAVE ANY QUESTIONS ABOUT THE SCORING EMAIL BEN AT BEN@BIGRIVERRUNNING.COM

SERIES PERKS

COST FOR THE ENTIRE SERIES IS \$85. AVOID LATE ENTRY FEES! GET A SPECIAL SERIES ITEM! BE A PART OF THE THIRD OF MANY YEARS OF THE SOUTH CITY RACING SERIES!

**REGISTER ONLINE AT
EVENTS.BIGRIVERRUNNING.COM**

EPIPHANY run FOR THE stars

OUR EVENT IS DIFFERENT THAN MOST BECAUSE IT IS A "TWILIGHT" RUN/WALK. THE 5K WILL LOOP THROUGH THE EPIPHANY PARISH NEIGHBORHOOD, WHICH FEATURES GENTLE ROLLING HILLS AND FLAT STRETCHES. CASH PRIZES WILL BE AWARDED FOR TOP FINISHERS IN VARIOUS CATEGORIES. THE FUN WALK IS A 1/2-MILE COURSE THAT WILL TAKE PLACE NEAR THE SCHOOL. BE SURE TO STICK AROUND FOR THE AWARDS CEREMONY, BBQ, REFRESHMENTS, MUSIC AND ATTENDANCE PRIZES ON THE MONSIGNOR SULLIVAN FIELD BEGINNING IMMEDIATELY AFTER THE FUN WALK. FOR MORE INFORMATION OR TO SIGN UP FOR THIS RACE ONLY, CONTACT LISA AT 314-645-2116 OR WWW.ESASPORTS.ORG.

TPNA 5k Run and 1 mile walk

ON JUNE 4TH, THE TPNA 5K RUN WILL BEGIN AT ST. LOUIS CITY'S TILLES PARK AND TRAVEL THROUGH THE CHARMING STREETS OF THE TILLES PARK NEIGHBORHOOD BEFORE RETURNING TO THE PARK FOR THE GRAND FINISH. A 1 MILE WALK AND A FREE KIDS' FUN RUN WILL ALSO TAKE PLACE IN THE PARK. HIGHLIGHTS INCLUDE: CASH PRIZES TO THE TOP 3 MALE AND FEMALE 5K WINNERS, AWARDS TO THE TOP FINISHERS IN EACH 5K AGE GROUP, EVENT T-SHIRT TO 5K AND 1 MILE WALK PARTICIPANTS, AND A RAFFLE TICKET FOR PRIZES AFTER THE RACE. THE NEWLY-DESIGNED TASTE OF TILLES WILL FOLLOW THE TPNA 5K RUN. JOIN US IN THE PARK FROM 11AM - 4PM FOR GREAT LOCAL FOOD, LIVE MUSIC, AND FUN FOR KIDS AND ADULTS. PROCEEDS OF THE RACE BENEFIT THE TILLES PARK NEIGHBORHOOD AND TILLES PARK. FOR MORE INFO OR TO SIGN UP FOR THIS RACE ONLY, CONTACT JESSICA TALBOO AT 314-856-8454, TPNA.STL@GMAIL.COM OR WWW.TPNA5K.COM.



WITHOUT A DOUBT THE MACKLIND MILE IS ONE OF ST. LOUIS' MOST UNIQUE RACES. PUT ON BY BIG RIVER RUNNING COMPANY, THE MACKLIND AVENUE MILE IS THE AREA'S LARGEST 4TH OF JULY RACE WITH MORE THAN 900 REGISTRANTS IN 2010. RUNNERS AND WALKERS TAKE ON THE DOWNHILL COURSE FROM MACKLIND AND SUBLETTE NEAR THE SOUTH CITY YMCA TO BIG RIVER RUNNING COMPANY ON MACKLIND AND DEVONSHIRE. THE RACE IS A TON OF FUN AND IS A GREAT WAY TO KICK OFF YOUR HOLIDAY. MAKE SURE AND STICK AROUND FOR THE POST-RACE PARTY THAT INCLUDES MUSIC, FOOD, BEER AND FACE-PAINTING FOR THE KIDS. FOR MORE INFO OR TO SIGN UP FOR THIS RACE ONLY, CALL 314-832-2400 OR WWW.MACKLINDMILE.COM.



THE CLIFTON HEIGHTS 3K WILL TAKE PLACE ON SATURDAY EVENING AUGUST 13TH THROUGH THE BEAUTIFUL STREETS OF CLIFTON HEIGHTS. THE SAINT LOUIS TRACK CLUB HAS ITS HEADQUARTERS IN THE NEIGHBORHOOD AND THEY WILL BE PUTTING ON THIS EVENT...AND BOY DO THEY KNOW HOW TO PUT ON A RACE! THE CLUB HAS BEEN AROUND SINCE 1970 DIRECTING RACES AND GIVING BACK TO THE RUNNING COMMUNITY IN SAINT LOUIS. FOR MORE INFO OR TO SIGN UP FOR THIS RACE ONLY, VISIT WWW.STLOUISTRACKCLUB.COM.



THE 20TH "RUN FOR THE HILLS" WILL BE HELD 9/17/11 IN ST. LOUIS HILLS. THE 5K RUN AND 1 MILE WALK WILL START AND END AT FRANCIS PARK. THE "RUN" WINDS THROUGH THE NEIGHBORHOOD AND THE "WALK" CIRCLES AROUND FRANCIS PARK. AFTERWARDS, TROPHIES ARE PROVIDED TO THE WINNING RUNNERS AND FOOD, DRINKS AND FUN ARE AVAILABLE TO ALL. SHIRTS ARE AVAILABLE TO ALL RUNNERS AND WALKERS WHO ENTER. FOR MORE INFO OR TO SIGN UP FOR THIS RACE ONLY, CONTACT MIKE AT 314-353-2860 OR STLOUIS.MISSOURI.ORG/STLOUSHILLS.

RUN FOR THE STARS

April 30, 2011

TPNA 5K

JUNE 4, 2011

MACKLIND AVENUE MILE

JULY 4, 2011

CLIFTON HEIGHTS 3K

AUGUST 13, 2011

RUN FOR THE HILLS

SEPTEMBER 17, 2011

