

Mag 7 Race Series

Magnificent 7 Race Series, Jo Throckmorton, Marketing, (812) 339-3524, jo@mag7raceseries.com

Welcome to the 12th year of the **Magnificent 7 Race Series**. This volunteer organization promotes participation in road races held in the 7 Indiana counties of: **Brown, Greene, Jackson, Lawrence, Monroe, Morgan, Owen**.

Updates and more information on this series are available at www.Mag7RaceSeries.com. Race participants also may pick up a \$2 off voucher for upcoming races available at any of the races listed below or on the Web site.



The Indiana Running Company is the exclusive sponsor of the 2009 Magnificent 7 Race Series.



*Denotes a USATF Certified Course

2009 Race Schedule

DATE	TIME	EVENT (*certified course)	CITY	DIRECTOR	PHONE
3-28	10:00 AM	Run for Habitat 5K	Bloomington	Savreen Kaur	812-325-4323
4-4	8:30 AM	Friends of McCormick Creek	Spencer	Laura Law	812-828-9622
4-18	8(5k) 9(10k)	*YMCA/HT Spring Running Festival 5K & 10K	Bloomington	Mandy McGhee	812-332-5555
4-25	9:00 AM	Stonebelt Run With Me 5K	Bloomington	Kyong Ge Williams	812-332-2168
5-16	11:00 AM	Coach Hep 5K (NEW to Series)	Bloomington	Jeff McClaine	812-855-8972
5-16	8:15 AM	Fallen Officers Memorial 5K	Martinsville	Garry Long	765-349-5073
6-6	8:00 AM	*EastFest 5K Run & Walk	Bloomington	Kevin Osbourne	812-327-2073
6-13	8:00(5k) 8:30(10k)	*Doughboy 5K & 10K Run	Spencer	Curt Carey	812-829-6476
6-20	8:00 AM	*Springville 5K	Springville	Denny Godsey	812-279-2215
6-27	8:00 AM	Judah Jog 5K	Judah	Larry Ritter	812-279-2273
7-4	8:00 AM	Sarah Jones Memorial Run 5K	Bloomington	Drew Jones	812-825-2020
7-11	8:00 AM	*Brown County Cross Country 5K	Nashville	Rob Abraham	812-336-2427
7-18	8:00 AM	*Bedford Limestone Classic 5K	Bedford	jim Sowders	812-275-6155
8-8	8:00 AM	Gospport Lazy Days 5K	Gospport	Angie Lawson	812-879-5907
8-15	8:00 AM	*Midsummer 5K Challenge	Bloomington	Kelly Smith	812-332-9645
8-22	8:00 AM	Brownstown Watermelon Festival 5K	Brownstown	Don Neal	812-358-4809
9-12	8:30 AM	*Bloomingfoods 5K Breakaway	Bloomington	Jo Throckmorton	812-339-3524
9-19	8:30 AM	Ellettsville Dollars for Scholars	Ellettsville	Kenny Williams	812-876-4407
9-26	8:30 AM	Persimmon Festival 5K	Mitchell	Carol Mikulsky	812-849-5205
10-3	10:00 AM	Apple Festival 5K	Bloomfield	Keith Hanauer	812-875-2503
10-3	7:30 AM	Springville 10K	Springville	Rand Hammel	812-279-3844
10-4	8:40 AM	*Central Lions Club Middle School Challenge 5K	Bloomington	Greg Hepfer	812-332-0779
10-11	10:00 AM	Martinsville Fall Foliage 5K	Martinsville	Dale Coffey	765-342-0147
10-17	9:30 AM	*Run to the Creek 5K	Spencer	Del Backs	812-876-8784
11-7	8:00 (5k) 9:00 (10k)	*YMCA Fall Fitness 5K & 10K	Bloomington	Mandy McGhee	812-332-5555
11-14	Noon	*Cabin Fever 5K	Nashville	Mike Roberts	812-988-5522
12-5	1:00 PM	Reindeer Romp 8K	Nashville	Gavin Chambers	812-988-9622

Mag 7 Race Series: General Information

TWO DOLLAR DISCOUNT VOUCHERS

Each participant will receive a \$2 discount voucher at registration at all events. The vouchers will be good for any subsequent race, and transferable. You may use **ONLY ONE** voucher per race.

RACE DATES, ETC. COULD CHANGE, SO CALL THE RACE DIRECTOR FOR INFO!

PRIZE DRAWINGS FOR PARTICIPATION

The Magnificent 7 Race Series keeps track of race participation throughout the year. Awards for participation are given out at the YMCA/Herald Times Spring Running Festival race in April of 2010. **You must be present to win**

MAG 7 RACE SERIES CHAMPIONSHIP TROPHIES

Awards for participation are given out at the YMCA/Herald Times Spring Running Festival race in April of 2010. **You must be present to win.** There is **no minimum** number of races necessary to be eligible

OVERALL MAGNIFICENT 7 CHAMPION TROPHY: Goes to the overall Male & Female winning the Series Points Total.

AGE GROUP COMPETITION TROPHIES: Male & Female Runners only

- Trophies will be awarded to age group winner (overall champions are not eligible for age group category)
- The age group awards will be as follows:

13 and Under	25 - 29	40 - 44	55 - 59
14 - 19	30 - 34	45 - 49	60 - 69
20 - 24	35 - 39	50 - 54	70 +

POINT SYSTEM (Male and Female Categories)

- Top 3 OVERALL race placement : 1st = 10 points, 2nd = 8 points, 3rd = 6 points
 - AGE GROUP placement: 1st = 5 points, 2nd = 3 points, 3rd = 1 point
-
-

RACEWALKING

Most 5K Runs also offer a competitive 5K racewalk. This means the 5K racewalk is timed and monitored. Awards are usually given to top finishers and age groups for events holding a competitive racewalk—but are given at the race director's discretion. Please check with each race director to determine if a competitive racewalk is being offered to participants. If a competitive racewalk is offered, the following rules are strictly enforced:

1. The straight knee rule will be waived, but **LIFTING** (i.e. Running) **WILL RESULT IN DISQUALIFICATION.**
2. At least 1 Marshall will be at each race, but participants are encouraged to report obvious infractions to the Race Director and Course Monitors.