

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 2015 USA Track & Field Mid-Atlantic member before their performances will be scored. Registrars will be available at each series race to facilitate purchase of USATF athlete memberships.
3. Individuals who register through another association shall not be eligible for series scoring until their membership 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 overall individual and team standings. It is intended that current standings shall be on display at each race.
5. A Mid-Atlantic Representative will be present at each event to answer questions, interpret rules and assist in purchasing USATF memberships.

Find us at <http://mausatf.org>

FACEBOOK: 2015 OFF Road Series –
USATF Mid Atlantic

6. The 2015 series offers Mid-Atlantic clubs a team challenge independent of the individual competition. See the Off-Road Series Club Challenge Rules or series coordinator for details.

SCORING THE SERIES

1. The Masters Age-Graded tables developed by World Master Athletics (WMA) will be used to score results in each race. Each finisher's time will be divided into the standard for her/his age and gender; this calculation will produce a percentage which will be used to rank performances in the Club Challenge.
2. The top 3 individual finishers in the Open (19-39), Masters (40-49), Grand Masters (50-59) and Seniors (60+) categories will receive awards. **Individual runners must participate in a minimum of 2 races to be eligible for awards. Age group for the year is determined by the age of the runner at the first event that he/she runs.**

Off-Road Club Challenge Rules:

-2015 USATF membership required for Clubs and Individuals

- Scoring: 5 club members (1 must be female)

- Club transfers require a 90 days wait period, with a written request

*Reference Off-Road Series Club Challenge Rules for more details

Off-Road Club Challenge Cash Awards

1st - \$500 2d - \$400 3rd - \$300

4th - \$200 5th - \$100



2015

Off-Road Running Series



USA Track & Field Mid-Atlantic
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USA TRACK & FIELD**MID-ATLANTIC****2015****OFF-ROAD SERIES**

The off-road series has been created to offer USA Track & Field Mid-Atlantic members an 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. Your questions or concerns are welcome.

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.

USA TRACK & FIELD Mid-Atlantic**13TH ANNUAL OFF-ROAD RUNNING SERIES**

Date	Event Name/Phone/Website	Location of Start	Race Director/Email
February 22 11 AM	Ugly Mudder 7 Mi Trail Run 610-779-2668 www.pretzelcitysports.com	Spook Ln. & Hill Rd. Reading, PA	Ron Horn Rhornpcs@aol.com
April 11 9 AM	Tyler Arboretum 10K Trail Run 484-478-1576 www.TylerTrailRun.com	Tyler Arboretum Media, PA	John Greenstine TylerTrailRun@yahoo.com
April 25 10AM	Trail Triple Crown 10K Run 302-373-3723 www.raceit.com/register/?event=29499	White Clay Creek St. Pk. . Rte. 896 Newark, DE	John Mackenzie johnmack@udel.edu
June 6 9 AM	Wissahickon Trail Classic 10K 215-849-9080 www.wissahickonrestorationvolunteers.org	Forbidden Dr & Northwestern Ave Philadelphia PA	Dan Gordon dangordon95@gmail.com
July 12 9 AM	Double Trouble 15K Trail Run 610-779-2668 www.pretzelcitysports.com	French Creek St.Park Morgantown, PA	Ron Horn Rhornpcs@aol.com
August 23 9 AM	Radnor Red Run 5K Steeplechase 610-864-5935 www.radnorredsteeplechase.org	Radnor Hunt 826 Providence Rd Malvern, PA	Carly Daniels info@radnorredsteeplechase.org
October 18 10 AM	Evansburg Challenge 10 Mi 610-630-2111, ext. 227 www.pretzelcitysports.com	Evansburg St. Pk Collegeville, PA	Karen Konnick kkonnick@fsmontco.org
November 28 10:30 Women 11:00 Masters Men 11:30 Open Men	Delaware Open XC 5K Championship 302-892-2829	Brandywine Creek St. Pk Wilmington, DE	Jim Walsh jgwalsh59@comcast.net