

## About the Madison Area Running Series (MARS)

The 2010 MARS is for:

- Racers
- Joggers
- Walkers
- Volunteers

Since 2004, the Madison Area Running Series has been created to contribute to the growth of running events in the area through a variety of ways:

- Recognize the accomplishments of runners of all abilities
- Recognize the top runners in the area
- Promote fitness in all ages
- Promote the local running clubs
- Promote smaller, well-run local races by increasing participation
- Promote the races' charity organizations
- Promote the race series' sponsoring organizations

### Join the Madison Area Running Series for...

- Fun
- Fitness
- Community
- Team Formation
- Competition
- Participation
- Race Information
- Awards and Door Prizes
- Free Offerings

## 2010 Race List

January 1	New year's Day Dash 5 mile
January 24	Freeze for Food 10k, 5k <sup>F</sup>
February 14	Valentines 5k

The following were last year's races and the 2010 series should include most if not all of these races below. Other races may be added/substituted depending.

March	50 Furlong
April	Black Earth 10 mile, 2 mile <sup>F</sup>
April	Crazylegs Classic 8k, 2 mile <sup>F</sup>
May	Lake Monona 20K
June	Dandelion Dash
June	Strawberry Fest 10k, 5k <sup>F</sup> , 1m <sup>F</sup>
July	WTC Track Series 3K, 3K Steeple <sup>F</sup>
July	Capitol Mile
August	Oregon Fun Run 10K, 5k <sup>F</sup>
August	Depot to Depot 5 Mile
August	Jerry's Race
September	Cow Chip Classic 10K, 5k <sup>F</sup>
September	Huffin' for Habitat
October	Home Run 5k, 10k <sup>F</sup>
October	Fall 15K
November	MATC Turkey Trot 5 mile, 5k <sup>F</sup>
November	Berbee Derby

Notice: this schedule will slightly change

\*race date is approximate

<sup>F</sup>Finish points only. Other races that are finish point eligible may not be listed.

MARS reserves the right to make changes to the race list at any time. However, the race list shown above is expected to remain quite similar as shown above for the 2010 year.

## Getting involved

Membership is free! The participant's top 12 events will again count towards year-end totals for awards. To show up in event scoring and to be eligible for awards you must join the series by filling out this registration form. Once your registration is received, your participation and finish points in each series event will be tabulated automatically. You can track your progress on our site. See <http://www.madisonseries.com> for more details!

Register Online at

<http://www.madisonseries.com/Register/>

[online registrations up until 5PM CST/CDT on a race day will be accepted and awarded points for that day]

## 2010 Madison Area Running Series Registration

Register Online at

<http://www.madisonseries.com/Register/>

OR fill in this form and mail it in

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Street \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone Number \_\_\_\_\_

Email \_\_\_\_\_

Almost all of our series participants like to receive periodic information about the series events. If you do NOT want to receive such emails, but want us to contact you only in the case of an emergency (like for registration purposes), check here .

All information you provide will be used for Madison Area Running Series related communications only.

Gender: Male Female

Age on July 1, 2010 \_\_\_\_\_

Date of Birth \_\_\_\_\_

How did you hear about us?  
\_\_\_\_\_

**Waiver:** *I understand that running is a potentially hazardous activity. I shouldn't enter the series or any of its events that are directly or indirectly associated with series unless I'm medically able and properly trained. I assume all risks associated with participating in these events. Having read this waiver and accepting my entry, I, for myself or anyone entitled to act on behalf, waive and release the series, its staff, its volunteers, and those otherwise associated with the series from all claims or liabilities of any kind arising out of my participation in this event. In addition, I understand that by registering for MARS, this does not include automatic entry to it individual events, but to Rankings and other MARS services. All individual events require separate registration through them for participating in their event. Please see the website for details about the MARS privacy, media, and registration policies.*

**Signature** (Guardian if under 18)

Date \_\_\_\_\_

Mail this form to the address on the next page.

You must register for every year to keep your MARS status. If you were a previous MARS member, you can register online (encouraged) or with this form.

**Series Rules for 2010**

## Basics of the Rules\*

- Get 5 points for participation in any event.
- Get up to 5 more points depending on how competitive you are in your age group.

\*For most events, these basic rules apply. However, there are some exceptions as given in the rules below.

## 1. Finish/Participation Points (5 points)

- Will be awarded to those who complete the entire race by use of bodily functions that act as direct propulsions with respect to the ground. Some examples of these bodily functions are the following: walking, running, crawling, hand walking, galloping, skipping, etc. Examples of some indirect propulsion with respect to the ground: rollerblading.
- Will be awarded to series participants only. If registration into the series occurs after participation in a series event, participation points will be awarded so long as the registration is received by the MARS committee before the last race for that series year.
- Will be awarded to volunteers for a MARS race who notify MARS via email, hard copy, or volunteers that are acknowledged by MARS officials.
- Will typically be awarded for races with a distance of 1500m or greater. However, in some cases exceptions may apply. Only those races listed as participation or full points races are guaranteed points. Only those races listed in the exceptions will grant full participation points for more than one race on that day(s).

## 2. Competitive Points (up to 5 points)

- Will be awarded to the first five participants in a given gender and age group. The first participant for a given gender and age group will be awarded 5 points, and the points will decrease thereafter as such: 5 (1st), 4 (2nd), 3 (3rd), 3 (4th), 2 (5th), 2 (6th), 2 (7th), 1 (8th), 1 (9th), 1 (10th), 1 (11th), 0(12th and higher).
- Subject to the same constraints in 1a. In general who ever "finishes first gets first by however method limited to 1a." Examples: walker finishes ahead of runner-> walker is scored ahead of runner; runner finishes ahead of walker-> runner is scored ahead of walker.
- If registration occurs after the day of an event, competitive points for that event will not be awarded.

## 3. Categorization of Participants

- Place is separated by gender and age only. The age groups are the same for each gender. Participants will only compete against other participants with the same gender and age group.
- The participants age on July 1st is used for classification into the age group for the entire year.
- Age groups: 4 and under, 5-9, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80 and over. Although age groups typically remain the same, the ranges may change depending on the amount of people in a given group. These age groups would most typically be for the 20 and below groups where differences in physical potential vs. age are quite different.
- Divisions (gender): Male and Female. Divisions are used for award purposes only and do not affect points.

## 4. Requirements for acceptance to the year-end ceremonies

- The participant must complete at least three MARS races.
- Participants winning their division are ineligible for age group awards. The age group awards will roll down to the next-highest place finisher.

- Only the participant's top 12 races will count towards year-end competitive totals.
  - Ties will be decided by head-to-head competition races (i.e. races that were in common attendance by the participants). MARS will go back and check places, if necessary as an added resort, if a tie based solely on head-to-head competition cannot be resolved.
5. Exceptions
- In some races, it is possible to run more than one MARS races on the day of the event. The events in which points for more than one race are granted are shown below. All other races are excluded.
    - The Freeze for Food run scoring is as follows
      - Both the 5k and 10k include finish points, but if a participant runs both races, a total of 8 participation points are awarded instead of 10.
      - The 10k (only) includes competitive points.
    - The MATC Turkey Trot scoring is as follows
      - Both the 5k and 5 mile include finish points, but if a participant runs both races, a total of 8 participation points are awarded instead of 10.
      - The 5 mile (only) includes competitive points.
  - Lake Monona scoring will be done on an age-gender-graded basis, which is the same process that is used in determining final awards for this run (see <http://www.runmadison.org/lm20km/> and the 2006 WAVA table at <http://www.howardgrubb.co.uk/athletics/wmalookup06.html>. The new lake Monona site is at <http://www.lakemonona20k.com>). Lake Monona reserves the right to change their scoring procedures, and likewise MARS may adopt any new procedures they might use. The information provided here is for reference only.
    - All entered runners will receive 5 participation points.
    - In addition to these 5 points, and on an age-gender-graded basis, the top 10 MARS finishers will receive 5 points, the next 10 thereafter will receive 4 points, ...3 points, ...2 points, ...1 point. If there are any further questions about age-gender-graded scoring please refer to the contacts on the Lake Monona Run website.
  - MARS phantoms: those who wish to voluntarily participate in the series, but do not affect the scoring of others in the series. These runners do not affect or receive year-end awards. With approval from the MARS committee, participants can become phantoms at any given time; however, once phantom status is declared, it must be maintained for the rest of the year. All previous races for the year will be scored with phantom status once declared. Possible examples are given below.
    - MARS coordinators.
    - Elite/faster than average runners who wish to promote fitness and give other runners recognition.
6. Disclaimer. The above rules (1-5) are subject to amendment and modification. We have not accounted for wheel chair participants at this time; however, once we have received a request from a participant, a wheelchair division will be added. Please feel free to contact us about the rules.

**Possible Rules Additions for 2010:**

The rules shown above relate to the rankings of each competitor. Other rules will be generated that relate to other MARS services and may be only available to those members who have access to a MARS account.

2010



**A series of run/walk events  
in Madison and its surrounding  
communities**

**Sponsors**

Fitness Together  
Big Apple Bagels  
Fleet Feet Sports—Madison

**Partners**

Wisconsin Track Club  
Running Club at UW-Madison  
Movin' Shoes Running Club  
Hash House Harriers  
The Headhunters Triathlon Club  
MATC

**VISIT US ONLINE...**

<http://www.madisonseries.com>

Bring this form to one of the series  
races OR mail this form to the  
following address:

Madison Area Running Series Registration  
Fleet Feet Sports Madison  
8440 Old Sauk Road  
Madison, WI 53562

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