



PRIDE RUN GRAND SLAM 2008

Join your fellow Frontrunners in supporting the Southern California Frontrunner Pride Runs and compete for the first Pride Run Grand Slam championship!!

What: A competition that will crown champions for the Southern California Pride Run Series. Eligible races are the four Southern California Pride Runs: Shoreline, Los Angeles, San Diego, and Palm Springs.

Who: All members of Southern California Frontrunners clubs (Shoreline, LA, San Diego, Palm Springs) are eligible to compete.

How: Race results are scored using Age-Grade scores from the Age-Graded Tables from the World Association of Veteran Athletes:
<http://www.howardgrubb.co.uk/athletics/wmalookup06.html>
or just follow the link from the LA Frontrunners Grand Prix page.

Each athlete's best three (3) scores will comprise the total. Runners/Walkers can choose any distance (5K or 10K).

There are three categories: Male, Female, and Walker. The Walking category is both male and female.

Results will be posted at www.lafrontrunners.com on the Grand Prix page. If you are not listed in the results (or for any questions), please contact Angus at lafrontrunners@gmail.com

Shoreline FR	5/17	www.shorelinefrontrunners.org
Los Angeles	6/8	www.lafrontrunners.com
San Diego	7/19	www.frwsd.org
Palm Springs	11/1	www.psfr.org