



JUNE 5 & 19

JULY 3, 17 & 31

AUGUST 14

Registration: 6:10 p.m.–6:50 p.m.

RACES WILL BEGIN at about 7:00p.m.

2007 SUMMER SERIES

LOCATION: The 5k Course is on dirt and on the bike path along Alfred Harrell Highway, just across from the Soccer Park and CALM.

FEES: BTC members – 6 race series is \$20 or \$4 per race

Non members – 6 race series is \$25 or \$5 per race

Students - \$3.00 per race

Special new member fee – join BTC (\$20 annual fee) and first race is free

SHIRTS: Must run three races once handicap is established to qualify for the end-of-the series T-shirt.

AWARDS: Must run three races once handicap is established to qualify for Overall Top Ten (lowest cumulative points in 3 races) or top 3 scratch times for male and female.

COACHES: You may purchase advance tickets for your team. Contact the race directors.

NOTES: In order to qualify for a shirt or an award you must register before the race and have your assigned number written on your forearm. *No Watches Allowed!*

* The sandbagging rule will be enforced!

QUESTIONS: For more information call Mike or Lauri Taylor

Day: 661-334-4966 (Lauri) or e-mail ltaylor@chainyounger.com

Night: 661-665-9278

Visit our web site at www.bakersfieldtrackclub.com

Rules for the BTC Summer Series Handicap 5k

NO WATCHES ALLOWED.

REGISTRATION: Starts at 6:10 p.m. and closes at 6:50 p.m. You will be given your handicap time and you will be assigned a number at the registration table after payment of the race fees and signature on the waiver. You will proceed to a corral area where your assigned number will be written on your left forearm. **IF YOU DO NOT HAVE YOUR NUMBER ON YOUR FOREARM YOU WILL NOT BE COUNTED WHEN YOU CROSS THE FINISH LINE.**

Coaches can pre-pay for their students. They will be given vouchers to hand out to their athletes. The athletes will turn in the voucher when they register. Please contact the race directors for more information.

HANDICAPS: The “Goal” of this race is to have all runners finish at the same time (7:30 p.m.).

We will be establishing new handicaps this year. **Runners establishing a handicap for the first time will start at 7:15 p.m.** After completing your first race your new handicap will be based upon your scratch time (actual running time) subtracted from 30 minutes. For example, if your scratch time is 20 minutes, your handicap will be 10 minutes (30 min – 20 min = 10 min) and your start time would be 7:10 p.m. so that you would finish at 7:30 p.m. If however, your scratch time is 40 minutes; your handicapped start time would be at 6:50 p.m. (30 min – 40 min = -10 minutes). If you improve your best time your handicap will be adjusted to reflect that, otherwise your handicap does not change.

IT IS VERY IMPORTANT THAT YOU ARRIVE EARLY AND REGISTER SO THAT YOU DO NOT MISS YOUR HANDICAPPED START. SOME RUNNERS WILL START BEFORE 7:00 P.M. AND OTHERS WILL START AFTER. YOU WILL BE GIVEN YOUR HANDICAPPED TIME WHEN YOU REGISTER. BE SURE TO GET TO THE START LINE PRIOR TO YOUR START TIME BEING ANNOUNCED. NO ALLOWANCE WILL BE MADE FOR LEAVING LATE.

SCORING: You score one point for first place, two points for second place, and three points for third place and so on. The *lowest score* for three races will determine your total score for placement. You must run at least three races (after establishing your handicap) to place and be eligible for awards. Awards are given to the 10 overall lowest cumulative scores. In addition to the handicap awards, runners with the top 3 scratch times for both male and female will receive an award.

SANDBAGGING RULE: To thwart inveterate sandbaggers a time penalty will be assessed - If you do not finish a race you will be awarded last place.