

# YMCA COASTAL CAROLINA RUN SERIES

# 2019

## HIGHLIGHTS!

- Nine races!
- Variety of distances!
- \$250 top cash prize
- Partnerships with other races/ organizations in the Coastal Carolina community to spread the running goodwill!

### SPRING INTO HEALTH 5K & 1 MILE

Southport, NC  
March 23, 2019  
BRUNSWICK WELLNESS COALITION

### BEACH DASH OBSTACLE COURSE

Fort Fisher State Recreation Area  
March 31, 2019  
YMCA YOUTH SPORTS SCHOLARSHIPS

### MARINE CHEVY SHUFFLE 5K

Jacksonville, NC  
May 11, 2019  
GIRLS ON THE RUN & STRIDE

### EMERGEOR THO 5K

Wilmington, NC  
May 19, 2019  
GIRLS ON THE RUN & STRIDE

### YMCA TRI SPAN 5k & 10k

Wilmington, NC  
July 13, 2019  
LIVESTRONG AT THE YMCA

### GO JUMP IN THE LAKE 5K & 1.5 MILES

Boiling Spring Lakes, NC  
August 31, 2019  
SOUTHPORT ROTARY & NEW HOPE CLINIC

### YOU CALL IT TURKEY TROT November 2019

You're favorite local cause!

### AXIS PHYSICAL THERAPY MERRY FITNESS 5k

Jacksonville, NC  
December 7, 2019  
NEW RIVER YMCA

### WILLIAM H CRAIG RACE FOR LIFE 5k

Wilmington, NC  
December 14, 2019  
BILL CRAIG MEMORIAL FOUNDATION

7th Annual YMCA Coastal Carolina Run Series.

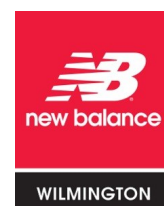
## Can you go the distance?

This series has been created to inspire community health and family involvement!

We want to inspire families to have fun through fitness! The only run series in the area designed for family participation, our series has age group divisions for even our younger runners!

All of the races in the series are organized by nonprofit groups raising funds for local charitable organizations.

Thank you to our series  
sponsors & partners:



# About the Y's Coastal Carolina Run Series

The Coastal Carolina Run Series consists of 9 events throughout Coastal Carolina.

Distances range from 1 mile to 10k with the terrain varying from the beaches at Fort Fisher, the hills of downtown Wilmington and the Commons loop in Jacksonville. The scoring system is designed to give motivation to all participants; therefore, participation is valued as well as speed and placement.

All twelve events will be scored and added up. By running in more events, a runner will add points and has a chance to move up in final placement, even though a runner may not place in each individual race. If a participant runs more events they may out score a faster runner who has not participated in as many events.

## CASH PRIZES!

Cash prizes to the top male & female overall winners:  
1st place - \$250 / 2nd place - \$150 / 3rd place - \$100

Cool prizes for top age group finishers as well! (1st - 3rd / male & female age divisions)

## RULES

In order to qualify, you must participate in three or more of the nine races that are included in the series. You are automatically entered into the series after your third race. Must register under same name throughout entire series i.e. change of last name or nick-names.

All individuals will compete throughout the series based on the age group of their first registered race of the series. For example: Sue Neil is 24 at the start of the 2013 racing series but turns 25 on November 1, 2014. After November 1, Sue will compete in individual races in the correct age category, the 25-29 age group for the rest of the series, but will be awarded placement in the 20-24 age group division for the 2014 series.

Awards will be given to the top three over-all male and female in 19 age groups:

6 & under  
7-8  
9-10  
11-12  
13-14  
15-19  
20-24  
25-29  
30-34  
35-40  
40-44  
45-49  
50-54  
55-59  
60-64  
65-69  
70-74  
75-79  
80 & up

*Note, these age groups may not necessarily correspond with the official age divisions of each race*

## POINTS

There are **two** ways to receive points:

1. Points will be awarded for each individual race.
  - 3 points awarded for participating in the Beach Dash race distances up to 1.5 miles
  - 5 points awarded for finishing 5k
  - 7 points awarded for finishing 10k & 15k distances
  - 5 points awarded in the Turkey Trot Challenge of 2019
2. Points will be given to finishers in each age group as follows in *5k or greater distances only*
  - First - 5 pts
  - Second - 4 pts
  - Third - 3 pts
  - Fourth - 2 pts
  - Fifth - 1 pt

## AWARDS

The following prize money will be presented at the Y Coastal Carolina Run Series awards ceremony based on the final series standings:

1. Top Overall Men:
  - 1st Place \$250
  - 2nd Place \$150
  - 3rd place \$100
2. Top Overall Women:
  - 1st Place \$250
  - 2nd Place \$150
  - 3rd place \$100

Awards will be presented to the top 3 individuals in their age group category at the YMCA Coastal Carolina Run Series awards ceremony based on the final series standings.

Ties will be resolved by fastest 5k race time.

Award ceremony will be held at the first event of the 2020 Run Series.