

RUNCARSNH Home Page Update – 2021

Capital Area Race Series Participants and Friends...

The Capital Area Race Series (CARS) 2021 is happening for both in-person and virtual participation! The CARS2021 races start in May with the Canterbury Shaker Village 5k and end with the SEA 5K in September. The Series Races Tab on this website details the races and dates.

Listed below is information pertinent to this 2021 series of races that should answer many common asked questions. Please take a look and if you have further questions, please contact me at: jkasper@nedelta.com or at 603-548-0286.

Registration:

- Registration is currently open for the Capital Area Race Series (CARS) 2021.
- Registration closes Thursday, June 24th at 9am to register for the series.
- Individual race registration will close for any Saturday or Sunday race on the Thursday before the race at 9am, in order to maintain COVID protocols. Registration will close at 9am on the Wednesday before any Friday evening races. Bibs can be picked up at the race site the day of the race.
- There will be no day of / on-site registration.
- If you registered for CARS in 2020, you should have received a registration code to register for 2021 at no cost, as you had already paid for CARS2020.
 - If you've misplaced or deleted (check your spam folder too) your 2020 code that was sent individually earlier this year, please email contact@millenniumrunning.com to receive it again.
- Registration Fee for the entire 8 race series remains the same at \$150 for adults 18 and older, and \$100 for 17 and younger.

Virtual Races:

- Each race will provide the option to complete the race in person or virtually. You will have a two week window prior to the race run virtually.
- You must submit your race time by the Sunday evening of that weekend when the race is held. Your virtual race results can be submitted by going to the Granite State Racing Services (GSRS) web page at: www.gsrs.com and pulling down the Results Tab on the home page for a virtual race and filling out the information.
- Virtual races will not count towards points for overall standing and cash prizes, but will count towards your participation prize.
- Any race items distributed at the race will be mailed to your home along with your bib number.

In-Person Races:

- All races will have a timed start. Participants will be announced at the start line every 5 seconds.
- Bib numbers will be assigned based upon a runner's estimated average run/walk time for a race or by their average pace time. Bibs can be picked up on race day at the race site.
- Once you complete the race you may leave.
- Your run/walk time will be posted on the www.runcarsnh.com website once the race is finished.
- Awards will be mailed to the winners shortly after each race.

CARS Point Scoring:

- Your top four (4) in person race scores will count towards overall race series scoring.

- There is \$1,500 in prize money for five (5) deep overall winners of the race series.
- There are prizes for the top five (5) age graded males and females
- Capital Area Race Series point scoring: CARS series points are calculated by dividing a runner's time into the time of the first place finisher of the same gender and multiplying by 1000. The first place finisher of each gender receives 1000 points. Let's say that person's time was 17:12 and another person's time was 28:54. 17:12 expressed as a number is 17.2 and 28:54 translates to 28.9. Dividing 17.2 by 28.9 gives us 0.595156, and multiplied by 1000 ends up as 595 points. Best four point scores out of their eight races count for total series points and they are totaled for a final series point score. There are age graded points for runners over 40. Their net times are calculated into an age grade percentage, then that percentage number is considered their age graded series points for that race. As with the overall points above, the best five are totaled for a final age graded series points score.

CARS Participation Prize:

- Those participants who complete six (6) of the eight (8) races, either in person or virtually, will receive the CARS participation prize, which will be a jacket.
- Details on how to obtain the prize at the end of the series (most likely in early October) will be forthcoming to participants as the series of races concludes for this year.

Safety Measures during the Pandemic:

- Each of the races will follow Pandemic safety protocols for road races as described in the State of New Hampshire Pandemic Guidelines (Safer at Home 2.0).
- Face Coverings will be required when physical distancing cannot be maintained. These areas include Check-in / Registration area; Staging Zone; Corral Area; Post Race Area
- Face Coverings are not required while participating in the race (running or walking the course) or when warming up or cooling down if physical distancing can be maintained.
- Please wear your face covering until you are announced to start the race.
- Please re-place your face covering once you complete the race.

If you have any questions regarding the information or the overall series, please feel free to contact me at jkasper@nedelta.com.

Welcome back to racing in 2021! It's going to be an exciting and safe year of racing and walking for the CARS 2021 races!

Joe

Joe Kasper
CARS Chairman