

BRASS

BAYOU RUNNERS ASSOCIATION

P.O. BOX 607 HOUMA, LA 70361



Welcome to 2009!!

We would like to thank everyone for supporting BRASS this past year. We would like to take this opportunity to apologize for the long delay in posting Grand Prix results and for the canceling of many races. This was a direct result of circumstances beyond our control (Hurricanes, etc.). It is a new year and we are asking for your continued support in 2009 and beyond. Please renew your membership as early as possible. We have included a membership application form with this newsletter. Also, we are always open to comments and suggestions to improve the club. Please Email any board member with any comments or suggestions you may have. Check out our website (www.bayourunners.com) for updates. Thank you, and we look forward to a great year of running and walking!

Here is your 2009 BRASS board...

Chris Johnson (President)
Darren Kraemer (Vice President/Membership/Grand Prix)
Shanna Bergeron (Secretary/Communications Officer)
Christy Robinson (Treasurer)
Ricky Murphy (Trailer & Equipment)
John Fontenot
Lee Hayes
Mike Guidroz
Susan Foret

Congratulations to the 2008 BRASS Grand Prix winners...

Male Runner

Overall- **Raylan Alleman**
2nd Overall- **Ryan P Dupre**
Master-**Nathan P Neal**
Grandmaster-**Mike Guidroz**

20-24: 1st-**Josh Chauvin**
35-39: 1st-**Richard Strasbourg**
35-39: 2nd-**John Fontenot II**

Male Walker

Overall-**Isaac Knightshead Jr.**
Master -**Ricky Murphy**

Female Runner

Overall-**Connie Domangue**
2nd Overall-**Betty Anderson**
Grandmaster-**Kathy Ritter**
Senior-**Cynthia Martin**

30-34: 1st-**Shanna Bergeron**
35-39: 1st-**Susan Foret**
60-69: 1st-**Loretta Naquin**

Female Walker

Overall-**Ruby Chaney**

BRASS Upcoming Races (at least 10 Grand Prix races - must compete in over half to qualify for 2009 awards)...

- * *Thibodauxville 5K* - 11/??/08
- * *Super Cooper 5K* - 03/29/09
- * *Tunnel Run 5K* - 04/04/09
- * *Panda Meander 5K* - TBA
- * *Run For Excellence 5K* - 05/09/09
- * *Amanda Carpenter (ADAC) 2Miler* - TBA
- * *BRASS DASH 1 (Banana Relay) 2 Miler* - TBA
- * *BRASS DASH 2 (Predicted Time) 2 Miler* - TBA
- * *Halloween DASH 2 Miler* - TBA
- * *Women's Distance 5K* - TBA
- * *Race For Life 5K* - TBA
- * *YMCA 5K* - TBA
- * *Wetlands 5K* - TBA

* Denotes Grand Prix races

Anyone interested in arranging a caravan to the Crescent City Classic, please call Chris Johnson at 985-232-5384.

We are trying to get a running group organized to meet once or twice a week for weekly runs and/or speed work. Currently, we are meeting at 6pm every Wednesday at the Vanderbilt Catholic High School track Field. Send/recommend preferred times and places(and comments) to the newly formed suggestion Email on the website.

2008 Grand Prix awards can be picked up at the BRASS trailer at the Run For Excellence. Please wait until the Run For Excellence 5K scoring is completed before collecting your Grand Prix award.

Grand Prix Rules:

The following will be the rules for the 2009 Grand Prix series:

****You must compete in over half(1 more than half) of all Grand Prix races to be eligible. Some changes for this year will be the chance for bonus points: 5 GP points for doing both Summer dashes, and 2 GP points for wearing a costume at the Halloween Dash(going dressed as a runner does not count as a costume!).*

2009 Grand Prix Rules

1) You must be a paid member by August 31, 2009.

2) You must compete in at least one more than 50% of all Grand Prix races.

3) Points will be accumulated from each race participated in, for a final 2009 Grand Prix score.

4) The 2009 Grand Prix season begins November 1, 2008 and ends October 31, 2009.

5) Your age at the end of the 2009 Grand Prix Series is the age you compete in throughout the series. Example: A participant currently age 29 who turns 30 in September will be scored in the 30-34 age group category for the entire series.

6) For each race, points will be awarded as follows:

1st Overall BRASS member - 15 pts.,

2nd Overall BRASS member - 12 pts.,

1st Masters(40-49) BRASS member - 12 pts.,

1st Grandmasters(50-59) BRASS member - 12 pts.,

1st Legends(60+) BRASS member - 12 pts.,

1st BRASS member in each age group - 10 pts.,

2nd BRASS member in each age group - 9 pts.,

3rd BRASS member in each age group - 8 pts.,

4th BRASS member in each age group - 7 pts.,

5th BRASS member in each age group - 6 pts.,

6th BRASS member in each age group - 5 pts.,

7th BRASS member in each age group - 4 pts.,

8th BRASS member in each age group - 3 pts.,

9th BRASS member in each age group - 2 pts.,

10th BRASS member in each age group - 1 pt.

7) Grand Prix Age Groups are:

Runners: 8 & under, 9-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 +

Walkers: 8 & under, 9-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60 +

8) Grand Prix awards will be given for the following places:

Runners - Overall, Master, Grandmaster, Legend, and 1st & 2nd place in Age groups

Walkers - Overall, Master, Grandmaster, Legend, and 1st & 2nd place in Age groups