

# NEW FOR 2023

## COMPETE FOR THE GRAND PRIX CHALLENGE AWARD



This award recognizes those who complete a specified number of Miles in Martinsville races in 2023 and which signifies a Grand Prix accomplishment.... An accomplishment perhaps hinted at in a wonderful book: **ONCE A RUNNER** by John L. Parker:

“You don't become a runner by winning a morning workout. The only true way is to marshal the ferocity of your ambition over the course of many day, weeks, months, and (if you could finally come to accept it) years. The Trial of Miles; Miles of Trials.”

To qualify for the Miles in Martinsville Grand Prix Challenge award, runners must run the following combination of Miles in Martinsville races

- Three “long runs” = One Hour Run, 10K, 10 Miler. OR Any two “long runs” plus any two “short runs”. Example: One Hour, 10K, Mile and 5K
- No charge to vie for award.
- Award = large medal, plaque, 3D printed trophy.
- Runners “claim” award by notifying RACE DIRECTOR, Brad Kinkema (brad@martinsvillemca.com) of races run, by Dec 31, 2023.
- Upon verification, race director will notify runner that award is available for pickup.