

2011 was a very successful season for the Norfolk Runners Club highlighted by new records in the 1 mile (Robert Chadronet - 5:08) and 2 mile (Alex Rodriguez - 11:12) and 5 marathon finishers. Nearly 30 different men competed in races of all different distances. At the end of the year, the following awards were handed out:

Runner of the Year - Robert Chadronet	Season Points Champ - Robert Chadronet
Rookie of the Year -	Rookie Points Champ -
Masters Runner -	Master Points Champ -
Senior Runner -	Senior Points Champ -
Grand Master Runner -	Grand Master Champ -
Most Improved -	

At the club's Winter Meeting a few changes were made to the point system. Runners now receive two points for every mile run if they complete a race. In addition to our usual scoring system based on place (16 for 1st, 12 for 2nd, 9, 7, 6, etc...), new bonuses were put in place: 3,2,1 for the top 3 spots in each age group and a 5 point bonus for breaking a record for your age group.

The club also re-measured the track for accurate distance and starting lines. Runners will now be able to stay along the inside at the turn by the fire hydrant. The turn off of the cement walkway remains the same (the white line painted on unit 4-1). Otherwise runners stay along the inside. The official distance of one lap is 1818 feet.

Three laps equal one mile plus an additional 174 feet or 1.033 miles. One lap around the shorter oval is 1526 feet. Three and one-half laps will bring you close to one mile. Officially, 4 laps equal one mile plus an additional 824 feet or 1.156 miles.

In the case of a code that leads to the gates being closed, the North side of the track should be run as usual turning along the gated fence. One lap then equals 1322 feet. Four laps is almost exactly one mile (just 8 feet over).

Full lap measurements:	Lap #	Feet	Miles	
	1	1818	.344	
	3	5454	1.033	
	6	10908	2.066	
	9	16362	3.099	5K = 3.1 miles
	12	21816	4.132	
	15	27270	5.165	
	18	32724	6.198	10K = 6.2 miles
	27	49086	9.297	15K = 9.3 miles
	29	52722	9.985	
	38	69084	13.084	half mar = 13.1 miles
	45	81810	15.494	25K = 15.5 miles
	76	138168	26.168	marathon = 26.2 miles

Long for 2012