

Updated: September 29th, 2026



BLAIR REGIONAL YMCA

Community Wellness Challenge Series

Race Point Rules & Breakdown

As an incentive for individuals and families to stay healthy in a fun way the *Blair Regional YMCA* offers seven races. You can participate in as many of the races as you like or take the challenge and sign up to do all seven races.

Everyone will accumulate points for their accomplishments and be awarded at the Finale Event the end of Series.

You must participate in 4 or more races to qualify. Plaques will be given to the overall winners plus the top three overall in each age group.

Below will explain how you accumulate points:

Participation Points: (Each race you participate in you will receive points)

10 points per race

Age Groups

6-8	40-44
9-11	45-49
12-14	50-54
15-18	55-59
19-24	60-64
25-29	65-69
30-34	70 & Over
35-39	

Weight Scale:

2 mile Walk = 2pts
5K Walk = 4pts
2 mile Run = 3pts
5K Run = 4pts
Team Tri/Dua = 5pts
6K Run = 5pts
5 mile Run = 6pts
10K Run = 7pts
15K Run = 8pts
Triathlon/Duathlon = 9pts
Half Marathon = 10pts

Overall Placing:

Longest Event (Each race will have top 3 overall winners)

1st Place Overall-20 points

2nd Place Overall-18 points

3rd Place Overall-16 points

Half Marathon will award 5 Overall Place points

4th Place Overall Half – 14 points

5th Place Overall Half – 12 points

2nd Longest Event (Each race will have ONE overall winner. Some races may have three overall winners.)

1st Place Overall-15 points

2nd Place Overall-13 points

3rd Place Overall-11 points

3rd Walk Event (Each race will have ONE overall winner.)

1st Place Overall-15 points

Performance Age Group: (Top 10 in each age group will receive points) If you move up in an age group after July 4; you will stay in the lower age group for the remaining races.

1st Place in age group-10 points, 2nd Place 9 points, 3rd Place 8 points-----10th Place 1 point

Example:

Joe Smith finished 2nd in his age group for the 2 mile run:

9 points performance X 3 points weight = 27 + 10 points participation = **37 points**

Check out our website for your results at www.blairregionalymca.org.