

## CARS and Virtual Running

All of the races in the Capital Area Race Series for 2024 (CARS2024) can be run virtually. Any races in the series that you run virtually will count towards the participation prize of completing 6 races either in person or virtually. However, it will not count towards any other awards, prize money or towards the Team Cup Competition. Only in person races count towards awards categories, points, or stats for the series.

Here's how you can switch to running a race virtually:

- Send an e-mail to Bill Teschek from Granite State Racing Services ([teschek@gmail.com](mailto:teschek@gmail.com)) to let them know that you are planning to run a particular race virtually.
- You would need to run the race length for that race by the end of the weekend (Sunday evening) that the race is being held. The 5K races are 3.1 miles and the Luti race is 5 miles.
- Go to the Granite State Race Services website ([www.gsrs.com](http://www.gsrs.com)) home page.
- Click on the results pull down tab at the top of the screen. You will then click on 'Virtual Race Results Submission Form' and the form will then come up.
- Fill out the form then hit the submit button at the bottom of the screen. You will need your total run/walk time and the location where your run took place.
- If the race you ran virtually has any giveaways/swag that they give to runners, you would need to contact the race director prior to race weekend to obtain the swag.

Any questions, just let me know...

Joe Kasper, CARS Chair  
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