

2011 Strider Club Championships

Rules for 2011

1. Strider members wishing to enter championship series must notify the Club Championship Program Manager before the second event of a particular series. There will be (3) three series, as posted below, with separate categories for men and women in each series. When notifying the program manager, please specify your first and last name, DOB and the series that you wish to enter. You may enter one, two or all three series, however, you can only win an award in one series.

2. Every Strider member signing up for a series must volunteer to assist at a Strider event during 2011. A list of the qualifying Strider volunteer opportunities is listed on the Annual Membership Form, which is posted on the Strider website at: <http://www.badgerlandstriders.org/Join.htm>. All volunteer activity will be verified with the particular event director.

3. Runners will compete in the entire year under their age group, according to their age on July 1, 2011. This is a revision to previously printed rules, effective 6/15/2011.

4. Points for placing in your age group and series are awarded as follows:

- 1st - 100 pts
- 2nd - 80 pts
- 3rd - 60 pts
- 4th - 40 pts
- 5th - 30 pts
- 6th - 20 pts
- 7th - 10 pts

5. The race lineup for 2011 is:

Short Series (complete a minimum of 4 events)

Sampson Stomp
Cullen Run
Brown Deer 5K
Superun
Firecracker 4
Cudahy 5 mile
TosaFest
Al's Run

Long Series (complete a minimum of 3 events)

South Shore 1/2 Marathon
Brown Deer 10K
Cudahy 10 mile
Strider 1/2 Marathon
Lakefront Marathon
Lakefront Discovery Run

Ultra Series (complete a minimum of 2 events)

John Dick 50K
Ice Age 50 Mile
BLS 24 Hour
Glacial Trail 50K