

**2024 Club Recognition Opportunities**

In 2024, PSRR will be offering the following award opportunities to members.

* **Circuit Participation Award** - Recognizes participation in club circuit races.
* **Circuit Champions (Overall Placement)** - Recognizes the 3 top female and male runners.
* **Circuit Champions (Age Grading)** – Recognizes the top three age-graded runners.
* **Circuit Champions (Age Groups)** – Recognizes members who finish first in their age group.
* **1000 Mile Challenge** – Recognizes runners who complete the PSRR 1000 Mile Challenge
* **Ultramarathon Challenge** – Recognizes members who complete ultramarathons.
* **Most Circuit Races** – Recognizes the member who has completed the most circuit races.
* **Most Volunteer Credits –** Recognizes the member who earns the most volunteer credits.
* **Outstanding Performance of the Year** – Recognizes an outstanding performance.
* **Hall of Fame** – Recognizes members who made significant lifetime contributions to PSRR

Here is more detailed information about each of these categories:

**Circuit Participation Award:** Members who accumulate 7 or more credits by participating in PSRR circuit races and/or by volunteering at club events during one calendar year will receive an annual circuit prize. Members aged 14 or younger are only required to earn 5 credits. In 2024, one additional credit may also be earned after completion of one timed non-PSRR “choice race.”

**Circuit Champions (Age Grading + Overall Placement)**: Members who run 7 or more circuit races will be ranked against other runners in three categories: overall placement and age-grading. The scoring will be done cross-country style. At year-end, the top 3 ranked runners based on age-grading will be recognized. The top 3 ranked male and the top 3 ranked female runners based on overall placement will be recognized. In the event of a tie, the winner will be based on head-to-head competition in circuit races. If still tied, additional races (best 8, best 9, etc.) will be compared until a winner is found. If that still does not break the tie, the runner with the most races will be declared the winner. Winners will not be eligible for age group awards.

**Circuit Champions (Age Groups):** Members who run 7 or more circuit races will be ranked against other PSRR runners in their age category. Age groups are fixed and are based on the age of the member on January 1. The age groups are: Under 15, 15-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70-75, 75-79, and 80+. Scoring is based on finish times. Ranking will be based on the best 7 race scores in each category except in the under 15-year-old age category, which will only require 5 race scores. The winner in each age group will be recognized. Ties will be broken using additional races as described above.

**NEW: 1000 Mile Challenge** – Recognizes all PSRR runners who complete the 2024 PSRR 1000 Mile Challenge. Miles may be walked or run anytime between January 1 and December 31. Only miles completed on foot count. No bikes, ellipticals, rowing machines. Treadmills are okay. All miles must be intentional miles, i.e. walking around the house and/or while working do not count. Participants must record daily mileage on the PSRR-provided daily mileage chart ([http://tinyurl.com/3sar6wms](http://tinyurl.com/3sar6wms?fbclid=IwAR1DMPuLdGb7ABLI5FD7oIB28CsK-fD89pY-UQTO75VX1r_DqpcLSM-UK8g)). Participants are encouraged to use a GPS device for accurate mileage reporting, but this is an honor system. All participants who complete this challenge will receive a recognition award (sticker, decal).

**NEW: Ultramarathon Challenge** – Provides recognition to club members who complete ultramarathon races. Club members will receive recognition for completing 1, 2, or 3 or more ultramarathons. An ultramarathon race is anything over 26.2 miles. Club members must successfully finish the race to be recognized for this race. (“Do Not Finish” or DNFs do not count towards this challenge). Report ultramarathon finishes to ultragranddad@gmail.com. Races must be reported no later than 6 weeks after the race date and/or no later than December 6, 2024.

**NEW! Outstanding Performance of the Year** – Recognizes one outstanding performance made by a club member at a race in 2024. Members will be asked to submit nominations in December 2024. The PSRR Board will review the submitted nominations and vote on the award winner.

**Most Circuit Races:** One (1) member will be recognized for completion of the most Circuit Races.

**Most Volunteer Credits –** The member who receives the most volunteer credits will be recognized with an award. Volunteer credits will be awarded for volunteering at PSRR races (Irish Fest, Poultry and Pie Predictor, and Free 5km) and/or for volunteering at select PSRR circuit races (working at PSRR tent/table and/or gear check). Credits will also be awarded for organizing and/or participating in a PSRR volunteer activity (e.g. park clean-up) and/or writing a full-length article for the PSRR newsletter. Credits will be awarded to PSRR board members and other club leaders (statistician, newsletter editor, committee members.) Credits will also be awarded to members who serve as the main organizer for club events (destination races, summer picnic, holiday party). Volunteer credits may not be transferred or ‘gifted’ to other members. Volunteer credits will be awarded as follows:

* Club Leadership (Board Officer, Statistician, Newsletter Editor, etc.) – **2 points per person**
* PSRR Race Director (Irish Fest, Poultry and Pie Predictor, Free 5k) – **2 points per event**
* PSRR Race Volunteer (Registration, Set-up, Clean-Up, etc.) – **1 point per event**
* Other (Board or Committee Member, Event Organizer, Volunteer, etc.) – **1 point/activity**

Members may receive a **maximum** of 2 credits/event. If a member volunteers at a race and runs the same race, the member will receive a total of two credits (1 race credit + 1 volunteer credit).

The board may distribute up to 5 additional volunteer credits (1 per member) for other volunteer activities on an as needed basis. Race directors and/or event organizers are responsible for recording and reporting volunteer credits within 2 weeks of the race or event.

**Hall of Fame** – Induction into the HOF is based on the following criteria: significant contributions to PSRR; individual running accomplishments; regular attendance at club functions, and at least 10 years membership in PSRR.

**Additional Information**

* You can begin to receive mileage/race/volunteer credit on the day that you become a PSRR member. Any mileage/races/volunteering that was completed before you became a member does not count for the purposes of these awards.
* You must notify the statistician of any corrections no later than 6 weeks after the date of a race/event or by December 10, whichever comes earlier.