



Calumet Region Striders 2007 Gold Cup Race Review

Submitted by: _____

Weather: _____

CRS Participants last year: _____

CRS Participants this year: _____

RATING

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Provided at least two months ahead to CRS Board for review.

“CRS Gold Cup Series Race” printed on form.

\$1 or more pre-registration discount offered to CRS members.

CRS Coupon Code provided for online registration.

Pre-Registration Deadline Clear; No more than 2 weeks before event.

Includes liability waiver, CRS included on liability waiver.

Includes CRS logo, GC logo, RRCA logo, CRS sponsor logos where appropriate.

Includes contact person, phone, and email address.

Provides detailed directions and/or map to race site.

Includes type of premium and awards offered.

Age Groups listed in accordance with GC standards

0-8; 9-10; 11-12; 13-14 (Mandatory for 5K)

15-18; 19-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69;

70-74; 75-79; 80+; Masters Division 40 and over and Overall (male and female)

Race Web Site identified.

Registration form provided online at Race Web Site.

1=Low 5=High

1 2 3 4 5

RACE-DAY REGISTRATION:

Adequate volunteer staff.

Adequate sound system to ensure all runners can hear pre-race instructions.

Separate tables or lines for pre-registered runners and race day entrants.

Adequate restroom facilities at race site (one toilet for every 50-75 runners).

Advertised race premiums/sizes available for all pre-registered runners.

If premiums are t-shirts, sizes S-XL are offered.

Adequate parking.

Race begins at advertised start time.

Two tables provided to CRS for distribution of information to members.

1=Low 5=High

1 2 3 4 5

COURSE:

Course map posted or available in advance to runners.

Safe start - the first 200 meters of race maintains constant width.

Start/finish line clearly marked by tape, paint, chalk, or banner.

Course design minimizes traffic.

1=Low 5=High

1 2 3 4 5

COURSE: (continued)

- Race start time appropriate for time of year and length of course.
- Adequate amount of course marshals/volunteers.
- Police or adult marshals located at busy intersections to direct traffic.
- Each mile point is clearly marked.
- Digital clock, or person calling split times at mile markers.
- Lead vehicle.
- Vehicle following last runner/walker.
- Course closed to traffic or clearly marked lane for runners.
- Safe course.
- Certified course/accuracy of course length.
- System exists to communicate with race personnel on course.
- Available water stations at start, finish, and throughout course.
- Adequate number of finish chutes.
- Manual backup of automated and computerized results.
- Ambulance, hospital, or adequate medical staff located at finish line.

1=Low 5=High

1 2 3 4 5

RESULTS/POST-RACE

- Awards ceremony held promptly following race.
- Age Group 0-8; 9-10; 11-12; 13-14 (Mandatory for 5K)**
- Appropriate Age Group/individual awards for both male and female:
0-8; 9-10; 11-12; 13-14; 15-18; 19-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80+;
Masters Division 40 and over and Overall (male and female).
- Overall winners and master division winners are removed from age group prior to determination of age group awards.
- Awards for Overall winners are separate and distinct from age group winners.
- Adequate refreshments.
- GC race evaluations utilized.
- Individual race results (overall and age group) submitted within 5 days in electronic form to the Calumet Region Striders Statistician and Webmaster.
- Results include: Name (First, Last), Gender, Clock Time, Place, Age Group Place, Bib #, Age, Age Group, City, State, Gender Place, Chip Time
- Results data quality: (name spelling, correct place, time, gender, age group place).

HIGHLIGHTS:

RECOMMENDATIONS:
