



**Calumet Region
Striders
2009 Gold Cup Race
Review**

Submitted by: _____
 Weather: _____
 CRS Participants last year: _____
 CRS Participants this year: _____

Gold Cup Race: _____ Distance: _____ Date: ___/___/2009

RATING

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REGISTRATION FORM:

- 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

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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

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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:
