



FAQ for Race Directors

1. When do I need to submit my race registration?

Before you print, you must submit your race flyer/registration form **90 days** prior to the race for content review. Once your race registration is approved, 500 printed forms (only 100 folded) are due no later than **60 days** before the event for insertion into our monthly Instep newsletter.

The follow provides a minimum timeline. You are encouraged to submit your flyer/registrations as early as possible. If your race is in:

Race Date	Flyer/Registration Due on the 1st of:	Printed Flyers Due 3rd Tuesday of:
January	October	November
February	November	December
March	December	January
April	January	February
May	February	March
June	March	April
July	April	May
August	May	June
September	June	July
October	July	August
November	August	September
December	September	October

2. When and where can I drop off race registration forms for the Instep newsletter?

Flyers/registrations are due no later than the third Tuesday of each month.

In Lake County, the drop-off site is:

Jose Lopez
 6542 Coyote Lane
 Schererville, IN 46375

P O Box 225
 Griffith, IN 46319



In Porter County, the drop-off site is:
Extra Mile Fitness Company
1330 E Lincolnway
Valparaiso, IN 46383

3. What are the race registration requirements?

Your race applications should be 8.5" x 11" and should include the following:

- a. Event liability waiver includes Calumet Region Striders.
- b. Gold Cup/Strider Logo.
- c. At least \$1.00 discount for Gold Cup participants over and above all other discounts.
- d. Early entry discount no more than 2 weeks before race date.
- e. Time/Date/Location of race.
- f. Simple directions to race.
- g. Correct age groups, divisions, and awards. See FAQ 4 for Gold Cup age divisions.
- h. Contact person. Phone/e-mail address.
- i. Online registration/race info. Website if available.
- j. Provide copy of registration form (preferably via e-mail) to Gold Cup Chairman a minimum of 3 months/90 days before race for review and approval.
- k. 2 months/60 days prior to race, deliver 500 copies of forms (only 100 folded) - see FAQ #2 for locations.

4. What are the Gold Cup Age Divisions?

Overall Male & Female winner

Overall Male & Female master's winner

Top 3: CLYDESDALE (210 lbs+) & ATHENA (170 lbs+)

Top 3: Male and Female in the following age divisions: 8 & UNDER, 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+

5. How do I promote my race with the Cal Striders?

Contact PR Chairman, Deanna Grimes, for additional promotion of your race.
Email: pr@calstrider.org