



ULTRA STRIDER AWARD

The Ultra Strider Award is an award available to members of the Chautauqua Striders Running & Walking Club who earn points by participating in road races throughout the year. Participation can occur in any road race throughout the world. Individuals who earn enough points will be recognized at the Chautauqua Striders Running & Walking Club Winter Banquet in February 2011 and receive an award certificate suitable for framing.

The Ultra Strider Award rules are as follows:

- All applicants must submit an Awards Application Form by January 15, 2011.
- Applicants must be current Chautauqua Striders Running & Walking Club members.
- Only one award is allowed per member per year.
- Awards are based on accumulated points during calendar year 2010.

Runners and walkers can earn points toward their year-end point total as follows:

| Race Distance | Points per race |
|-----------------------|------------------------|
| 1 mile – 4 miles | 1 point |
| 8 km – 15 km | 2 points |
| 10 miles – ½ marathon | 3 points |
| 25 km – marathon | 4 points |

At the end of the year, the following point totals will be required to receive an Ultra Strider Award certificate:

| Age | Points Required |
|------------|------------------------|
| 20-49 | 12 |
| 50-69 | 8 |
| 70+ | 2 |