

# 2023 Circuit Award Rules

There will be the Traditional Circuit Award to reward participation (running, volunteering, and participating in operating the club). There will also be the Age Group Circuit Award which allows those who are really competitive to see how they stack up against those in their age group. There will be two divisions of the Most Miles Award which are given to the person(s) who accumulates the most miles in each division. The three award systems will work as follows:

**Traditional Circuit Award:** A member qualifies for a circuit award by earning 7 circuit credits, which may be earned by running circuit races, volunteering in club activities, and any of the special **2022** credits described below. The one exception to the 7 circuit credit requirement is that any member age 14 or younger on January 1 will only be required to earn 5 circuit credits. All members who earn the required 7 (or 5) circuit points will receive the circuit award, which changes from year to year, but typically consists of club merchandise with a value of about \$30.

Those members who run 7 or more circuit races will be ranked against other runners on the basis of their age graded race scores, with the scoring done cross-country style. Age grading is done by using the Howard Grubb Age Grading Calculator (<http://www.howardgrubb.co.uk/athletics/wmaroad20.html>). For this grading, age is considered to be the age on race day, and time is input to the nearest second. The one exception will be the Galena Sky 8 Hour, which we will score by most mileage regardless of age.

At year end, the top 3 ranked runners will be recognized at the annual banquet. The award for being one of the top ranked runners is in addition to the circuit award, and is a much more modest award, such as a plaque. In the event of a tie on the basis of the best 7 scores, we will first look at head to head competition in races that both ran. 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.

**Age Group Circuit Award:** Because of the club demographics, there are not enough members in some of the traditional 5 year (or even 10 year) age brackets to provide any meaningful competition. The board has reviewed the demographics (and intends to do so annually) and has agreed to continue using the 20 age groups (10 each for male and female) that were used for 2020 awards.

The age groups are: Under 15, 15-29, 30-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70 & over. For the purpose of determining age group, age on January 1 will be used and nobody will be allowed to compete in two different age groups during the year. For example, a person aged 54 on January 1 who turns 55 in March will remain in the 50-54 age group for the entire year.

Scoring in the age groups will be done cross-country style, based on actual finish times rather than age graded scores. Ranking will be done on the basis of the best 7 race scores in each category except the under 15 category, which will only require 5 race scores. Winners in each age group will be recognized at the annual banquet with a nominal award, such as a plaque or medal. The three top ranked members based on age graded scoring will not be eligible for age group awards. Finally, ties will be broken using additional races as described above.

**Most Miles Award:** The first division will be races of half marathon, marathon or anything in between that are run between January 1 and December 9. It is up to the individual member to report to the statistician who will then record it and keep a running total of miles run in such races. Any PSRR Circuit Race of half marathon or longer will count toward total miles, but will only count once toward the Circuit Award (i.e., it will count as a circuit race, but not as a long run).

The second division will be the ultramarathon division consisting of any races longer than the marathon (50K, 50 Mile, etc.) run between January 1 and December 9. Again it is up to the individual member to report to the statistician. The winner with most miles will be recognized with a nominal award, such as a plaque or medal.

To be eligible for the 'Most Miles' award, you need to have earned seven (7) circuit credits. This can be in any combination of circuit races run, volunteering at club activities, and the special credits for **2022** described below. The member with the most miles and no fewer than 7 circuit credits shall receive the 1<sup>st</sup> place award. 2<sup>nd</sup> and 3<sup>rd</sup> place will be determined accordingly.

**Most Miles Award:** Long Course Mileage categories will encompass a full 12-month period, with a cutoff date of December 1. If you complete a long race in the month of December you can use those miles in the following year.

**Most Circuit Races:** There will also be an award for the most Circuit Races completed (in-person, live races). Virtual completion of circuit races will not count.

This means that if anyone completed a qualifying distance in the month of **December 2022**, they can use those miles in **2023**. Just contact our statistician at: [statistician@psrr.org](mailto:statistician@psrr.org).

#### Criteria for long race inclusion:

1. Must be a member in good standing on the day of the event
2. Member must self-report completion, which includes the following:
  1. Name
  2. Event date
  3. Event name & Location
  4. Event distance (if not included in event name)
  5. Bib #
  6. Link to online results (optional)
3. All events completed prior to July 1 must be reported by August 1.
4. Cutoff date for qualifying events is Dec 1.
5. Deadline for all reporting is 2nd Friday in December or December 10, whichever comes first

**Virtual Race Credits:** One race credit will be awarded for completion of any circuit race as a virtual run. Up to 3 credits can be awarded for virtual runs. The race must be an event listed on the **2023** circuit. Participants must complete and report within 30 days following the date of the event, unless the deadline for the event exceeds the 30-day period.

**Other race credits: Races** that may be done for circuit credit only (no scoring) are as follows: Quarryman Challenge 10 Mile, and the Galena Sky 4 Hour. Neither will count toward the one circuit credit available for a choice race. (See Choice Race Credit and Guidelines, below).

### New for 2023

**New Award Category: Race Excellence Award:** We have added a new category for Circuit Awards this year. It will be based on a member's place in any race that has 200 or more participants. If you have finished in the top 20% of all participants you will receive a percentile score. The percentile score will be calculated by the number of participants in that race minus your place divided by the number of participants. (For example: a runner placed 9<sup>th</sup> out of 207 runners. The percentile score would be calculated as follows.  $(207-9)/207$  which would equal 95.65%.) At the end of the 2023 cycle (2<sup>nd</sup> Friday in December or December 10<sup>th</sup>, whichever comes first); the top 3 percentiles of each member that has

scores in this category will be averaged. The three members with the highest average in separate rankings for men and women will be recognized at the annual banquet and earn a modest award such as a plaque or medal.

In 2022, there were 10 circuit races with over 200 participants. We anticipate a similar number of races over 200 in 2023.

**Criteria for eligibility of Race Excellence Award:**

1. Must be a member in good standing on the day of each scoring event
2. Member must have earned at least 7 circuit credits for the year.
3. Member must have earned a Race Excellence score in at least 3 circuit events.

**Change in Women's Age Group:** The women's age group of 30-39 will be split up into 30-34 and 35-39 because of the increase in the number of members in these age groups for 2023.

**Choice Race Credit and Guidelines:** For 2023, one non-circuit race of any distance can be claimed for circuit credit. To qualify, the race must be a timed event, and to claim credit for the race it must be done in person. Similar to the long race mileage credit, an individual member must be a member in good standing on the day of the event. He or she must self-report regarding all items under Criteria 2, except for race distance. The report should be made no longer than 6 weeks after the day of the event.

**Important Information Pertaining to Race Stats:**

1. You need to be a member in good standing (i.e. dues paid up) when you run any race that will count towards any of the above awards. And, yes, you will be considered a member in good standing by signing up the day of that particular race.
2. You must notify the statistician of any corrections to be made in the race statistics within 6 weeks of the day of the race for a race to be rescored. The exception being the last 2 or 3 races of the year which will have an ending date of the 2<sup>nd</sup> Friday in December or December 10<sup>th</sup> whichever comes first for any corrections. If you notify the statistician of any corrections after the 6 weeks, you can only be given credit for that race, not a score.