



2017 Winter 5K Series FAQs

What is Age Grading?

Age graded results are a way of attempting to "even the playing field". For each age (by gender) a specific adjustment can be specified to be made to each participant's actual time. This creates the "age grade" which is intended to evaluate a participant's performance related to their specific gender and age. More information about the background and mechanics involved with age grading can be found at <http://www.runscore.com/alan/agegrade.html>

What Age Grading System Will Be Used During the Series?

The Race Director age grading system is the official age grading system of the 2017 Chautauqua Striders Winter 5K Series. The age-graded tables in the system were researched and compiled by the National Masters News and by the World Masters Association. Each participant's age for the purpose of age grading will be his or her age as of December 31, 2017.

To whom are Wing City Grille gift cards awarded?

\$10 Wing City Grille gift cards will be awarded to ten runners at EACH race through a drawing. Runners must have participated in the race to be eligible for the drawing.

To whom are Jamestown Cycle Shop gift cards awarded?

Runners placing in the top 50 of each race based on age grading will be awarded points as follows: 50 points for first place, 49 for second, 48 for third, etc. A runner will receive zero points for any race that he or she does not run.

The top series point accumulator after Race #5 will be awarded a \$100 gift card at the Jamestown Cycle Shop. The runner with the second most points will receive a \$75 gift card, and the runner with the third most points will receive a \$50 gift card. Gift cards will be awarded in \$25 increments for the runner with the fourth most points through the runner with the tenth most points. Additional gift cards may be awarded pending race participation.

Jamestown Cycle Shop gift cards will be awarded at the 2017 Chautauqua Striders Winter Banquet in late-February or early-March.

How much does it cost to register for the series?

The series entry fee is \$55 if received by December 20 (\$60 if received thereafter). *This results in an average cost of less than \$15 per race!* All series participants will receive a 2017 family membership to the Chautauqua Striders Athletic Club (a \$40 value), a discount card good for 25% off running and walking footwear and apparel at the Jamestown Cycle Shop during 2017, and a pair of running gloves. Any participant, who is an immediate family

member of another participant who has paid the \$55 (or \$60) entry fee, can participate in the series for only \$15 if received before December 20th (\$20 thereafter).



Example: Jake and Christy are married and live with their dependant daughter, Maria. Jake registers for the series and pays \$55. Therefore, Jake, Christy, and Maria become Chautauqua Striders Athletic Club members for 2017. If Christy and Maria decide to participate in the series, their entry fee is only \$15 per person if received before December 20th (\$20 per person thereafter).

What are the benefits of becoming a Chautauqua Striders Athletic Club member?

Benefits of membership include the following:

- * 25% discount on running & walking footwear and apparel at the Jamestown Cycle Shop
- * Local race registration forms e-mailed to members
- * A monthly online club newsletter
- * Social running groups and camaraderie
- * Opportunities to participate on competitive club teams
- * Entertaining club social events, including a winter banquet
- * Organized road trips to out of town running events

Is it possible to register for individual races within the series?

Runners can register for individual races within the series rather than registering for the entire series. The registration fee for each individual race is \$20. Individual race registrants will receive their finishing time and be eligible for drawing prizes. However, individual race registrants will not receive running gloves, series points, a Jamestown Cycle Shop gift card, or a 2017 club membership.

Will there be a post-race ceremony or party after each race?

Race participants are encouraged to go to Wing City Grille for lunch at their own expense immediately following the race. Wing City Grille opens at 11:00 a.m. and will be arranging tables for us. All participants will receive a Wing City Grille menu item discount. This is a great way to catch up with old friends and make new friends. Also, all participants will receive an invitation to the 2017 Chautauqua Striders Winter Banquet to be held in late-February or early-March.

Where do the proceeds from the series go?

Proceeds from the series are used to support Chautauqua Striders youth track and field program.