



2010 ULTRA STRIDER AWARD APPLICATION

To receive a 2010 Ultra Strider Award certificate suitable for framing, mail this award application to **Michael Engdahl, P.O. Box 3682, Jamestown, NY 14702** by January 15, 2011.

The Ultra Strider Award rules are as follows:

- * Applicants must be Chautauqua Striders Running & Walking Club members.
- * Only one award certificate is allowed per member per year.
- * Award certificates 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 year 2010, the following point totals will be required to receive an Ultra Strider Award certificate

Age	Points Required
49 and under	12
50-69	8
70+	2

Name _____

Address _____

Phone _____ E-mail _____

AGE (as of 12/31/10) _____

RACE NAME

DATE OF RACE

DISTANCE

POINTS

TOTAL POINTS
