



Sponsored by WCA Center For Orthopedics, Sports Medicine & Rehabilitation

The Chautauqua Striders Runner of the Year Series is a year-long grand prix style running competition designed to determine the top area distance runners. During the year, runners accumulate points in selected area races. In 2011, the selected races are as follows:

Race Name	Distance	Date
St. Patrick's Dash	3 miles	Saturday, March 12
Wooden Shoe 5K	5K	Saturday, May 21
Salvation Army Anew Run	5K	Saturday, June 18
Lakewood Family YMCA Firecracker Run	10K	Monday, July 4
Laurel Run	8K	Saturday, July 16
Cameron Run	5K	Saturday, August 13
Dan Feather Memorial 5K	5K	Sunday, September 4
Bemus Point Fall 15K	15K	Sunday, September 25
Heritage Halloween Trick or Trot	5K	Saturday, October 29
Amy King 5K	5K	Saturday, November 26

There are separate divisions for males and females who compete for overall and age-group titles. No special action need be taken to enter. A runner is automatically entered simply by running in the selected races.

For the overall competition, runners placing in the top ten of any of the selected races are awarded points as follows: 10 points for first place, 9 for second, 8 for third, 7 for fourth, 6 for fifth, 5 for sixth, 4 for seventh, 3 for eighth, 2 for ninth, and 1 for tenth.

For the age-group competition, points are awarded as follows: 3 points for a first place finish in the age-group, 2 for second, and 1 for third. Age-groups are as follows: 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70 and Over. **Runners are placed in age-group categories based upon their age on December 31, 2011.**

In each category, the runner with the most points at the end of the year will be crowned "Runner of the Year." The Runner of the Year awards will be distributed at the Chautauqua Striders Winter Banquet in February 2012. Awards will be given to the overall male runner of the year, the overall female runner of the year, and runners placing in the top three of their age-group category. No runner is eligible for an age-group award unless he or she received an age-group point in at least *two* Runner of the Year Series races. There will be no duplication of awards.