

CHAUTAUQUA STRIDERS WINTER 5K SERIES FREQUENTLY ASKED QUESTIONS

What is the definition of “handicap” for the purpose of the series?

Handicap is defined as the head start a runner has on the fastest runner in the series. The fastest runner has a handicap of zero. The maximum handicap a runner may receive is 30 minutes.

When are handicaps determined?

Handicaps are determined after predicted times for each runner are determined.

How are predicted times determined?

Predicted times are determined using different methodologies depending on whether the race is the runner’s first, second, third, fourth or fifth race in the series.

How are predicted times determined for a runner’s first race in the series?

The predicted time for a runner’s first race in the series is determined by the series handicappers, Mike Engdahl and Jeff Ondrey. Mike and Jeff will base each runner’s predicted time for his or her first race on the runner’s recent 5K times.

Example: Based on Susan’s recent 5K times, the handicappers give Susan a predicted time of 24:15 for her first race. If the predicted time of the fastest runner in the race is 17:00, Susan has a handicap of 7:15 for the race. Since the fastest runner will start at 10:30 a.m., Susan will start exactly 45 seconds after 10:22 a.m. (10:22:45).

How are predicted times determined for a runner’s second race in the series?

The runner’s predicted time for his or her second race in the series is the runner’s scratch time for his or her first race in the series plus or minus the time the runner finished faster or slower than his or her predicted time in his or her first race. If a runner finishes his or her first race slower than his or her predicted time, the runner will receive a positive handicap adjustment (PHA) for his or her second race. If the runner finishes his or her first race faster than his or her predicted time, the runner will receive a negative handicap adjustment (NHA) for his or her second race.

Example: Susan finishes her first race in 25:00, which was 45 seconds slower than her predicted time. Susan will receive a PHA of 45 seconds for her second race, and her predicted time for her second race will be 25:45. If the predicted time of the fastest runner in the second race is 17:00, Susan will have a handicap of 8:45 for her second race. Since the fastest runner will start the second race at 10:30 a.m., Susan will start exactly 15 seconds after 10:21 a.m. (10:21:15).

If Susan had finished her first race in 24:00, she would receive an NHA of 15 seconds for her second race. Her predicted time for her second race would be 23:45, her handicap would be 6:45 (assuming the fastest runner’s predicted time is 17:00), and her start time for her second race would be exactly 15 seconds after 10:23 a.m. (10:23:15)

PHAs and NHAs in a runner's second race are designed to reduce or eliminate any unfair advantage or disadvantage a runner receives by being less than perfectly handicapped in his or her first race.

How is the predicted time determined for a runner's third race in the series?

A runner's predicted time for his or her third race in the series is the fastest scratch time the runner ran in his or her first and second race in the series.

Example: Susan finishes her first race in 25:00 and her second race in 25:10. Her predicted time for her third race will be 25:00.

How are the predicted times determined for a runner's fourth race in the series?

A runner's predicted time for his or her fourth race is the fastest scratch time the runner ran in his or her first, second, and third race in the series.

How are the predicted times determined for a runner's fifth race in the series?

A runner's predicted time for his or her fifth race in the series is the fastest scratch time the runner ran in his or her first, second, third, and fourth race in the series.

When will I know my predicted time and start time for each race?

Predicted times and start times for each runner will be posted at www.chautauqua-striders.org approximately one week prior to each race. The times will also be posted at the Busti-Lakewood Community Center by 9:30 a.m. each race day.

Can a runner register for only an individual race without registering for the entire series?

No. Runners must register for the entire series.

Can a runner participate in the series if he or she expects to miss one or more of the races?

Yes. However, the runner will not receive series points for the race(s) he or she missed. Also, it is important to note that the runner's first, second, third, fourth, and/or fifth race may be different than other runners in the series.

Example: John runs Race #1 on December 31st, misses Race #2 on January 14th, and runs Race #3 on January 28th. Race #3 will be John's second race. Therefore, a PHA or NHA may be utilized to determine his predicted time for Race #3. However, Race #3 will be the third race for most other runners, and their predicted times will be their fastest scratch time in their first and second race. Also, since John did not run Race #2, he will not receive any series points for Race #2.

To whom are Wing City Grille gift cards awarded?

The top five finishers in each race will be awarded a Wing City Grille gift card subject to the following rules:

1. Any runner, who runs faster than his or her predicted time in his or her first race and is awarded a gift card in his or her first race is ineligible to receive a gift card in his or her third race.
2. Any runner, who receives a PHA in his or her second race and receives a gift card in his or her second race, is ineligible to receive a gift card in his or her third race.
3. Any runner, whose first race is after race #2 and runs faster than his or her predicted time in his or her first race, is ineligible to receive a gift card in his or her first race.
4. Any runner, whose second race is after Race #2 and receives a PHA in his or her second race is ineligible to receive a gift card in his or her second race.

These rules are designed to reduce the disadvantage runners receiving a correct (or close to correct) initial handicap may face when striving to win Wing City Grille gift cards. Wing City Grille gift cards will be awarded immediately following each race.

To whom are Jamestown Cycle Shop gift cards awarded?

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. Since \$10 of each runner's registration fee goes toward purchasing Jamestown Cycle Shop gift cards, additional gift cards will be awarded in \$25 increments for the runner with the third most points through the runner with the tenth most points and in \$10 increments thereafter.

Example: Forty-eight runners register for the series, and thus \$480 is available to purchase Jamestown Cycle Shop gift cards. The top series point accumulator will receive a \$100 gift card, 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. Also, runners with the fourth, fifth, sixth, seventh, eighth, ninth, and tenth most points will each receive a \$25 gift card. Furthermore, runners with the eleventh, twelfth, thirteenth, fourteenth, fifteenth, sixteenth, seventeenth, and eighteenth most points will each receive a \$10 gift card thus depleting the \$480 award pool.

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

How are points for each race awarded?

Points will be awarded as follows: 48 points for first place, 47 points for second place, 46 points for third place, etc. A runner who does not finish a race will receive zero points for that race. Note: The point system described on the Winter 5K Series registration form is incorrect.

How much does it cost to register for the series?

The series entry fee is \$50. *This results in an average cost of only \$10 per race!* All participants will receive a 2012 family membership to the Chautauqua Striders Running & Walking Club (a \$40 value) and will receive a discount card good for 25% off running and walking footwear and apparel at the Jamestown Cycle Shop during 2012. Any participant, who is an immediate family member of another participant who has paid the \$50 entry fee, can participate in the series for only \$10.

Example: Jake and Christy are married and live with their dependant daughter, Maria. Jake registers for the series and pays \$50. Therefore, Jake, Christy, and Maria become Chautauqua Striders Running & Walking Club members for 2012. If Christy and Maria decide to participate in the series, their entry fee is only \$10 per person.

What are the benefits to becoming a Chautauqua Striders Running & Walking 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 and an exclusive Chautauqua County Race Calendar e-mailed to members
- * 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 and walking events

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 Wing City Grille coupons. This is a great way to catch up with old friends and make new friends.

Is it possible to participate in the series if I have never run a 5K before?

Yes. However, we will somehow need to establish an initial handicap for you. Please contact race director, Mike Engdahl, at (716) 495-6913 or mbengdahl@netsync.net to discuss options.

Where do the proceeds from the series go?

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