

Annual DSE Awards Program: Running Info Form

Participation requires a current DSE membership

Please refer to the Annual DSE Awards Program (Description & Requirements) for a list of all awards and the requirements necessary.

Information submitted on this form will help determine your qualification for the following awards:

- Small / Large Mongo Trophy
- Top 5 for the Most Total Miles run (Male / Female)
- Top 5 for the Most Race Miles run (Male / Female)

Please try to provide accurate numbers for miles run/raced. Guessing could cost someone else an award they truly deserve.

New Members: No matter when during the year you joined DSE, you may include all running and race miles for the entire year.

NAME _____ Male Female
(print name)

E-mail address: _____

1. How many **TOTAL MILES** did you run/walk this year? _____
(Include all races, training runs, fun runs, exercise runs, etc.)

2. How many miles did you **RACE** this year? _____
(Official races with published results. Training and fun runs do not count.)

3. Did you run a Marathon this year? Yes No

4. Did you run an Ultra Marathon this year? Yes No

If I meet the qualifications, my preference for an award is:

Trophy Certificate Neither

Send or email your completed form to: Jerry Flanagan
325 – 18th Avenue
San Francisco, CA 94121
e-mail: jerryflan@yahoo.com

*****Deadline for receipt of your completed form: January 7th*****

REQUIREMENTS FOR ANNUAL DSE AWARDS

Mongo Trophies, Small & Large

To receive a small or large Mongo Trophy, you must meet the following requirements:

1) Be a current DSE member, dues paid up to date. 2) For the calendar year, have run and/or walked a total of: Small Trophy: 250-749 miles Large Trophy: 750+ miles. 3) Participated in a minimum number of DSE races (see number below) by either racing, self-timing, or volunteering, or a combination of all three. The Thursday Evening Summer races and any DSE Fun Runs do not count towards this total. Small Trophy: minimum of 10 DSE races Large Trophy: minimum of 20 DSE races. 4) Contributed a minimum number of volunteer hours (see number below). See sidebar at bottom of page for qualified volunteer opportunities. Small Trophy: minimum of 2 hours required Large Trophy: minimum of 4 hours required. 5) You must submit an Awards Reporting Form in order to receive a Mongo Trophy.

Top 5 Total Miles & Total Race Mile Awards

To be eligible to receive one of these awards, you must meet the following requirements:

1) Be a current DSE member, dues paid up to date. 2) Participated in a minimum of 10 DSE races, either by racing, self-timing or volunteering, or a combination of all three. The Thursday Evening Summer Races and any DSE Fun Runs do not count towards this total. 3) Contributed a minimum of two volunteer hours (see sidebar below for qualified volunteer opportunities). 4) You must submit an Awards Reporting Form.

Top 5 Race Participation & Race Place Points

To be eligible to receive one of these awards, you must meet the following requirements:

1) Be a current DSE member, dues paid up to date. 2) Contributed a minimum of two volunteer hours (see sidebar below for qualified volunteer opportunities). 3) Race Participation is defined as either racing or self-timing at one of the regular weekly races. Volunteering does not count towards race participation for this particular award. The Thursday Evening Summer Races and any DSE Fun Runs do not count towards this total. 4) Race Place Points are awarded whenever you finish in the Top 5 overall at a weekly race – 5 points for first place, down to 1 point for fifth place. The five male/female runners with the highest number of points will be presented with this award.

Age Division Awards

To be eligible to receive one of these awards, you must meet the following requirements:

1) Be a current DSE member, dues paid up to date. 2) Have raced in a minimum of 10 weekly DSE races. Self-timing does not count for this particular award. The Thursday Evening Summer Races do not count. 3) Contributed a minimum of two volunteer hours (see sidebar below for qualified volunteer opportunities).

Qualified Volunteer Opportunities

The following types of volunteer jobs will fulfill the volunteer requirements for the various awards described above. All awards except for the Large Mongo Trophy require two hours, the Large trophy requires four hours.

Board member/officer (4 hours); Operations Member or Coordinator. (This includes Newsletter Editor, Membership Chair, Kids Race Director, Race Director Coordinator, Folding Session Coordinator, Equipment Manager, DSE Hotline Coordinator, Course Descriptions, Course Maps, Attendance Tracking, Age Division Points Coordinator, Race Results Transcribers). (4 hours). **Race Director** (2 hours). **Double Dipsea Volunteer** – full shift (4 hours). **Course monitor or aid station at either Waterfront 10M, Practice Dipsea, or Lake Merced Half Marathon** (2 hours). **Hosting folding session at your home** (1 hour). **Registration or finish line at regular weekly race** (1 hour). **Registration or finish line at Thursday Evening Summer Races** (1 hour). **Course monitor or aid station at other weekly races** (1 hour)

The following do not qualify as volunteer hours towards DSE awards:

- Attending a folding session
- Unloading/re-loading equipment at weekly races
- Volunteering at non-DSE events such as Kaiser Half Marathon or SF Marathon Aid Station, Bay to Breakers Drawbridge, etc.