

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)

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 4th *****