

TIDEWATER STRIDERS
COMMITTEE POLICIES & PROCEDURES
&
ADDENDUM TO POLICIES & PROCEDURES

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ADVISORY COMMITTEE

Policies and Procedures

POLICIES:

1. It is the responsibility of the Advisory Committee to provide legal and/or medical counsel, primarily in the form of advice or opinion, when requested by the President or a designated representative of the Tidewater Striders, in response to a legal or medical issue that may interfere with optimal operation of Tidewater Striders activities.
2. It is also the responsibility of the Advisory Committee to provide advice or opinion on other issues, as requested by the President or a designated representative of the Tidewater Striders, that may interfere with the operation of Tidewater Striders activities.
3. The Committee shall consist of all necessary individuals, including at least one medical doctor and one lawyer, required to obtain all information and guidance.

PROCEDURES:

1. If and when a legal, medical or other issue arises which has a direct impact upon the effective operation of the Tidewater Striders, the President, or an appointed representative, may contact an appropriate member of the Committee in order to request relevant information, opinion or advice.
2. The Chairman for this committee shall form a committee from Tidewater Striders members. The Committee shall consist of personnel necessary to give the required guidance.
3. It shall be the Chairman's responsibility to obtain all necessary individuals to provide proper guidance requested from the President, or an appointed representative.
4. The information, opinion, or advice tendered by the Committee is intended to help provide general direction relative to an appropriate action plan determined by the Board.
5. The Committee is not designated to provide extensive legal or medical counsel that normally would be provided on a fee basis.

BUDGET:

1. Board approval will be required for any funding desired.

BOARD APPROVED: April, 2013

AUDIT COMMITTEE

Policies and Procedures

POLICIES:

1. It is the responsibility of the Audit Committee to conduct audits to assure the members of the Board of Directors and the general membership of the club that the financial reports presented by the Treasurer accurately reflect the expenses, revenues and financial condition of the club.
2. Complete audits will be conducted at least annually and upon election of a new Treasurer. These may be combined. Special audits will be conducted on specific functions or events upon direction of the Board of Directors.

PROCEDURES:

1. The Committee will conduct all audits.
2. The Committee chair will be appointed by the President with the consent of the Board. The Committee will have at least one other member.
3. The Treasurer will participate in and support audits but may not be a member of the Audit Committee.
4. A written report of all audits will be presented to the Board of Directors.

APPROVED: OCTOBER, 2013



AWARDS COMMITTEE

Policies and Procedures

The Chairperson of the Awards Committee shall be appointed by the president and approved by the Board of Directors. The committee shall consist of 4-6 members and will be selected from the Board or sub-committee chairpersons and shall be selected by the committee chairperson.

POLICIES:

1. It is the responsibility of the Awards Committee:
 - A. To oversee the selection of members to the following awards sub-committees:
 1. Jerry Bocie Founder's Award
 2. Appreciation Award
 3. Volunteer of the Year Awards
 4. Race Director of the Year Award
 5. Outstanding Male and Female Performance Award
 6. Outstanding High School Male and Female Cross Country Award
 7. T-Shirt of the Year Award
 - B. Select and secure special awards for the Tidewater Strider Annual Awards Banquet.
 - C. Select and secure special awards as designated by the President and the Board of Directors

PROCEDURES:

1. The Committee shall coordinate with the sub-committees to insure that they adhere to established guidelines relating to the following:
 - A. selection of chairperson
 - B. candidate nomination process
 - C. selection of candidates
 - D. type of award to be given
 - E. presentation of award
 - F. publicity of award
2. The committee shall consist of 4-6 members, selected by the Awards Chairperson. The members of the committee will be selected from the board or sub-committee Chairpersons.
3. The Committee shall order specific awards working with the President and Grand Prix Chairperson.

BUDGET:

1. The Chairperson will develop a budget for the upcoming year and present it to the Budget Committee.

ADOPTED: FEBRUARY, 2003

BANQUET COMMITTEE

Policies and Procedures

POLICIES:

1. It is the responsibility of the Banquet Committee to plan and implement all banquets conducted by the Tidewater Striders including but not limited to Volunteer Appreciation Banquet, Annual Awards Banquet and Annual Summer Picnic, and other banquets as the board might approve.

PROCEDURES:

1. The Committee shall arrange and coordinate a Volunteer Appreciation Banquet or some other type of banquet to recognize and thank volunteers who have assisted the Tidewater Striders throughout the current calendar year. Location, date and anticipated costs must be submitted to the Board for approval.

2. Selection criteria of volunteers is as follows:

- A. board members
- B. immediate past president
- C. race directors for Tidewater Striders club events
- D. committee chairpersons and recommended committee members
- E. guest speakers at general meetings
- F. others as approved by the Board

3. To assist in the selection of such persons, a volunteer tracking system will be employed. The volunteer coordinator, or other designated representative, will keep track of points and/or other volunteers to be invited to the Volunteer Appreciation Banquet.

4. For consideration, a volunteer must have demonstrated that he or she has attained the recommended number of points in the period from January 1-December 31. All race directors, chairpersons, or committee members involved in activities where points are awarded will submit a roster to the volunteer coordinator, or their designated representative, no more than one week after the activity.

5. Volunteer points will be based on both the time and effort devoted to various club activities. Examples of such volunteer efforts include the following, but it should be noted that this list is not all inclusive.

- a. race coordinator
- b. race volunteer
- c. adopt-a-highway participation
- d. adopt-a-trail participation
- e. authored rundown articles

6. All chairpersons (ad hoc or otherwise) wishing to acknowledge by means of an invitation to the Volunteer Appreciation Banquet, members performing volunteer duties outside the realm of the point system **MUST** submit to the volunteer coordinator the names of the members and a brief note of their involvement including approximate hours spent per month.

7. The volunteer coordinator or a designated committee member will submit to the Board a

preliminary guest list with the names of all volunteers to attend the Volunteer Appreciation Banquet. The list will include all accumulated points. A copy of all volunteer rosters that were submitted by the Committee Chairpersons shall also be available at the Board meeting prior to final approval of the list. Once approved, guests are invited accordingly.

8. The Committee shall arrange and coordinate an Awards Banquet to present awards to Grand Prix winners and provide a social event for the general membership. This banquet will be held on an annual basis and will be open to the Tidewater Striders general membership. Attendees pay on a per person basis. Location, date and cost considerations must be approved by the Board. Notice of the banquet should be published in the RUNDOWN a minimum of 4-6 weeks prior to the banquet. Free entry invitations will be given, upon final approval by the Board of Directors, to:

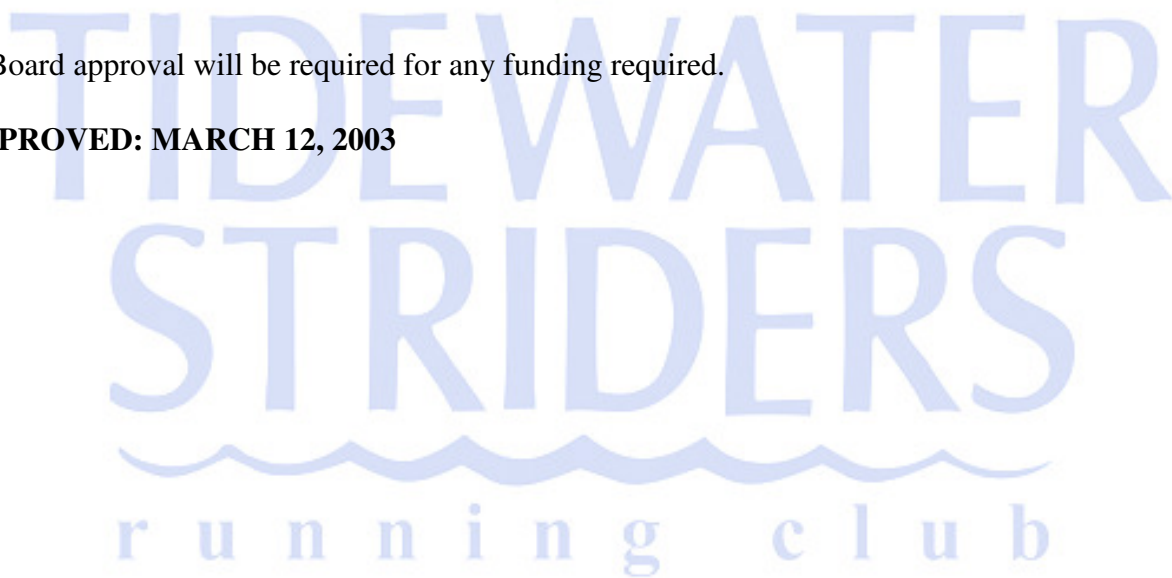
- A. Volunteer of the Year winners
- B. Appreciation Award winners
- C. Jerry Bocrie Award Winner
- D. President's Award winner(s)
- E. Race Director of the Year winner
- F. Outstanding Male and Female Performance winners
- G. Outstanding High School Male and Female Cross Country Runner

9. A subcommittee, with a subcommittee chair, will be appointed to plan and coordinate the Annual Summer Picnic.

BUDGET:

1. Board approval will be required for any funding required.

APPROVED: MARCH 12, 2003



**BUDGET
COMMITTEE**

Policies and Procedures

POLICIES:

1. It is the responsibility of the Budget Committee to develop an annual budget to be approved by the Board. The Budget Committee Chairperson will be the club Treasurer.

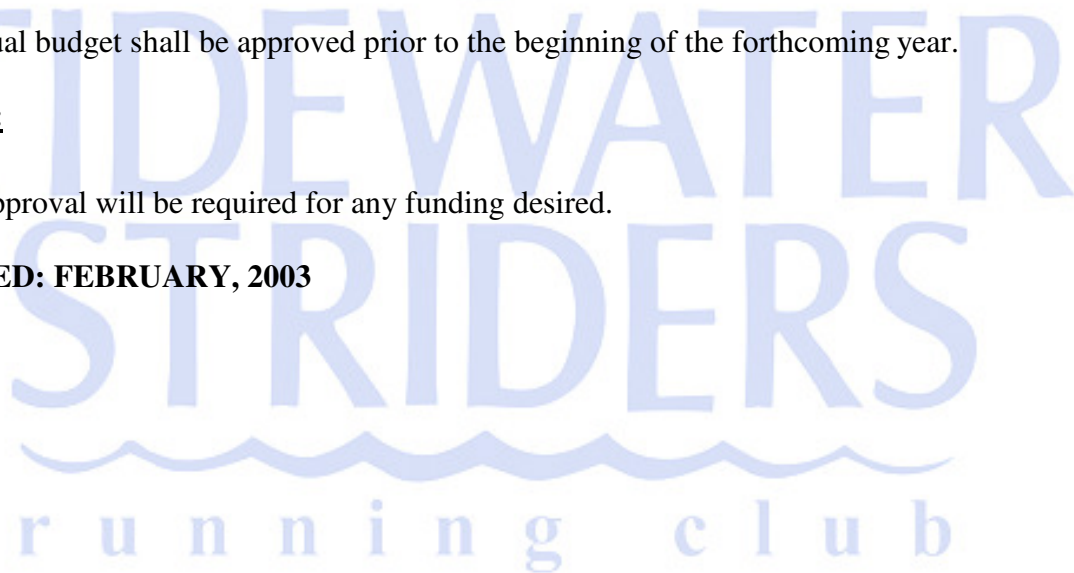
PROCEDURES:

1. The Budget Committee will be chaired by the club Treasurer.
2. The Committee shall solicit input from the various committees relative to their financial needs for the forthcoming year.
3. The Committee shall develop an annual budget which shall be presented to the Board by the November Board meeting for approval.
4. The Committee shall provide information with the forthcoming year's budget to include the previous year's revenues/expenses, current year's revenues/expenses to date and current year's budget.
5. The annual budget shall be approved prior to the beginning of the forthcoming year.

BUDGET:

1. Board approval will be required for any funding desired.

APPROVED: FEBRUARY, 2003



CONSTITUTION AND BYLAWS COMMITTEE

Policies and Procedures

POLICIES:

1. It is the responsibility of the Constitution and Bylaws Committee to:
 - A. Ascertain that official copies of the Constitution and Bylaws of the Tidewater Striders, as well as the Policies and Procedures of official Tidewater Striders Committees are continuously updated by incorporating additions, deletions or modifications as approved by the membership and/or Board of Directors.
 - B. Ensure that all amendments to the Constitution and Bylaws and Policies and Procedures follow the procedures listed in the Constitution as set forth below.
2. The Constitution and Bylaws Committee should consist of no fewer than three members, one of whom shall be chairperson.

PROCEDURES:

1. The Committee shall assemble all of the Policies and Procedures into one manual entitled "Policies and Procedures of the Tidewater Striders".
2. The Committee shall ensure that the most current and approved versions of the Constitution and Bylaws and the Policies and Procedures are posted on the Tidewater Striders website.
3. The procedures for amendments to the Constitution and Bylaws are as follows:
 - A. Amendments may be proposed at any time by a member of the Tidewater Striders.
 - B. Any amendment must be approved by the Board by majority vote when a quorum is present. An amendment approved by the Board will be submitted to the general membership in the following manner:
 - i. The proposed amendment shall be published in the RUNDOWN for the immediate two issues prior to the general meeting at which the amendment is to be discussed.
 - ii. This general meeting must have a quorum of 40 Tidewater Striders members (members are designated as active/family, honorary, youth and Golden Runner).
 - iii. Three-fourths of the votes cast at the general meeting shall be necessary for final adoption of the amendment to the constitution. Two-thirds of the votes cast at the general meeting shall be necessary for final adoption of the amendment to the Bylaws.
4. The procedures for amendments to the Policies and Procedures are as follows:
 - A. Amendments may be proposed at any time by a member of the Tidewater Striders.
 - B. Amendments must be approved by the Board by majority vote when a quorum is present. No further action is necessary.

BUDGET:

1. Board approval will be required for any funding desired.

BOARD APPROVED: April, 2013

**ELECTIONS
COMMITTEE**

Policies & Procedures

The Chairperson of the Elections Committee shall be appointed by the President and approved by the Board of Directors. Committee members shall be selected by the Committee chairperson.

POLICIES:

1. It is the responsibility of the Elections Committee to conduct the election process
2. The Elections Committee will consist of three non- Board members who did not serve on the Nominations Committee for the same election. This Committee shall report to the Board.

PROCEDURES:

1. The Elections Committee shall be responsible for the preparation of the election ballot. The ballot shall include:
 - A. all candidates reported on the Nominations Committee slate.
 - B. all candidates nominated from the floor at the General Meeting prior to the election.
 - C. the maximum number of votes allowed per ballot
 - D. instructions regarding family membership voting and different members sharing a common email address
 - E. the term of office for the elected candidates
 - F. the latest day and time by which voted ballots must be emailed to be counted.
 - G. the email address to which the ballots should be sent; normally the sending address.
 - H. appropriate safeguards to prevent duplication of votes.
 - I. any other required notice or instructions.
2. The Elections Committee shall coordinate the development of the election ballot with the Web Manager, the Rundown Editor, the Membership Chairman, and the Treasurer (if costs are involved.)
3. The election ballot shall be emailed in November. The date, time and place of ballot tabulation, as determined by the Election Committee, shall be published in advance in the Rundown. The date should be prior to the December Board meeting so those elected can be initially introduced to the club and existing Board at that meeting.
4. The Elections Committee shall ensure no individual has access to the email account receiving the voted ballots until they are tabulated.
5. The facilities, including Internet access, shall be arranged by the Committee.
6. The election ballot emails will be opened in the presence of the Elections Committee at the date, time and place of the prior notice. Observers shall be permitted on a not- to- interfere basis.

7. Ballots will be printed and a master list of the current membership database with names and email addresses will be available for ballot validation. The following ballots will not be accepted:

- A. ballots received from other than listed email addresses.
- B. ballots emailed after the publicized cut- off date and time.
- C. ballots with more than the specified number of candidates selected, as appropriate for individual or family memberships.
- D. multiple ballots received from the same email address except as appropriate for family memberships or multiple members sharing a common email address.

8. The Elections Committee shall tabulate and record the voting tally and election results. The printed copies of all ballots processed shall be retained in a sealed and safeguarded condition for one year. The voting tally shall be placed in the Archives.

9. In the event of a tie for the last Board position, the tie will be broken by placing the names of those tied into a hat and the one drawn will be declared the winner.



10. The Elections Committee shall report the results to all candidates at the earliest opportunity, including the tally, only if requested.

11. The Elections Committee shall report the election results to the current Board of Directors and the Rundown editor at the earliest opportunity.

BUDGET:

1. Board approval will be required for any funding above the approved budget.

APPROVED: FEBRUARY 2003

AMENDED: OCTOBER 2011



GRAND PRIX COMMITTEE

Policies and Procedures

The Chairperson of the Grand Prix committee shall be appointed by the President and approved by the Board of Directors. Committee members shall be selected by the Committee chairperson.

POLICIES:

1. It is the responsibility of the Grand Prix Committee to:
 - A. create and publicize a series of events to be called the Tidewater Striders Grand Prix Series, which will encourage race participation and running excellence among club members.
 - B. select and secure special awards for Tidewater Striders Grand Prix Winners.

PROCEDURES:

1. Grand Prix races will vary in distance from one mile to the ultramarathon. (A large variety is desired for obtaining the best overall runners and not to show favoritism.)
2. Grand Prix events should not be held closer than two weeks nor further than ten weeks apart.
3. The total number of Grand Prix events held yearly will be determined by the committee (maximum of 12).
4. The minimum number of Grand Prix events required to be run yearly to qualify for an award will be determined by the committee (minimum of 6).
5. The Committee shall coordinate with the Race Committee and select races to be included as part of the Tidewater Striders Grand Prix Series. The Committee should also coordinate with the Race Director of selected races to ensure that they will include, as a minimum, the age group breakdown to be awarded for the Grand Prix series. (i.e. if the Grand Prix awards categories are Male 20-29, 30-34 & 35-39 the race should not give 20-29 and 30-39. The race can however give 20-24, 25-29, 30-34 and 35-39.)
6. The Grand Prix Race schedule will be presented to the Board of Directors no later than the November Board meeting of the year preceding the proposed series. Final Board approval is required before the Grand Prix Race schedule becomes final.
7. The Committee will establish age groups and the depth of awards to be presented at the Annual Awards Banquet. The depth of awards should be at least 3 deep in the established age groups. These age groups and award levels should be presented to the Board for approval prior to the publishing of the Grand Prix Series information in the RUNDOWN.
8. All Grand Prix races will be scored to determine final results.
9. The Committee shall provide an article to the RUNDOWN prior to the first race of each Grand Prix Series to explain the rules of the Grand Prix and the races that are part of the series. The Committee shall provide any additional information or articles throughout the year that may increase interest and participation.
10. Grand Prix standings should be listed in the RUNDOWN at least quarterly.
11. The Committee shall work with the Awards Chairperson in obtaining awards to be given out at the Annual Awards Banquet.
12. The Committee shall work in conjunction with the Awards and Banquet Chairpersons for a program to present the Grand Prix awards.

BUDGET:

The Chairperson will develop a budget for the upcoming year and present it to the Budget Committee when requested.

APPROVED: OCTOBER, 2013



HALL OF FAME COMMITTEE

Policies and Procedures

The president shall appoint the chair of the Hall of Fame committee, who shall be a member of the Hall of Fame. If no current member of the Hall of Fame is willing to serve as chair of the committee, the president will appoint another person as chair. The chair will be considered a voting member of the committee. The committee will consist of between six (6) and eight (8) members chosen by the committee chair who are existing Hall of Fame members. If the minimum of six (6) committee members is unable to be met from existing Hall of Fame members, the chair will consult with the president on how to fill the vacant seat(s).

POLICIES

1. It is the responsibility of the Hall of Fame Committee to select, from a list of nominees, those individuals to be inducted into the Tidewater Striders Hall of Fame.
2. Individuals selected will receive a Hall of Fame award, appropriately inscribed with their name, Tidewater Striders logo, and year of induction.
3. A Hall of Fame plaque, containing the names and year of induction of all Hall of Fame members, will be maintained by the club and appropriately displayed at Tidewater Striders races and events when possible.
4. If not already a lifetime member, the inductees shall be granted a complimentary lifetime membership.

PROCEDURES

1. Candidates must have been members of the Tidewater Striders for at least ten (10) years. The candidate should be a recognized leader of the local running, walking, or triathlon community in competition, volunteerism and/or professionalism. Candidates may be nominated posthumously. The 10-year requirement may be reduced in exceptional cases, such as for those serving in the military.
2. Nominations of individuals to the Hall of Fame may be made by current members with at least five (5) years of membership in the Tidewater Striders. Individual members may nominate themselves, but must have been members of the club for at least 10 years.
3. Nominations must be submitted electronically on the official Nomination Form, which may be found at www.Tidewaterstriders.com. Nominations will be valid for five (5) years, during which time nominees will be eligible for election into the Hall of Fame. Nominees may update their nomination data periodically within this 5-year period. If not elected within this time frame, the nominee's name will be removed from the list of eligible candidates. Candidates may be re-nominated if removed from the list provided significant accomplishments have subsequently been attained following the initial nomination.
4. Candidates may be nominated for excellence in one or more of three categories associated with running, walking, and triathlon. Some examples are provided.
 - a. Competition
 - i. Have a high ranking overall or age-group regionally or nationally by an appropriate athletic governing body for at least several years.
 - ii. Holder of age-group records for various race performances at the state level or above.
 - iii. Outstanding overall or age-group performance in major Hampton Roads races over the course of several years.
 - iv. Multiple Tidewater Striders Grand Prix awards.
 - b. Volunteerism
 - i. Significant service to the Tidewater Striders as an elected officer

- ii. Service to the club as recognized by consistent high ranking in the Volunteer of the Year award system
- iii. Service to the club as a long-term director for major club races
- iv. Service to the club for long-term roles as coach for youth teams, editor or columnist for the *Rundown*, and similar service
- v. Service to national organizations associated with running, walking, and triathlon

c. Professionalism

- i. Provide significant support of the club and sport through coaching, race management/directing, sponsorship, writing and other related areas
- ii. Contribute substantially to the growth, development, and promotion of running, walking, and triathlon

5. The chairperson of the Hall of Fame committee will maintain a list of nominees along with supportive data presented on the nomination form. This list will serve as the ballot for each selection year.

6. A maximum of five (5) nominees may be elected to the Hall of Fame in the annual election process.

7. The list of nominees, along with supportive data from the nomination form, will be presented to the committee members via email at least 15 days before the meeting date. Each member present may nominate one (1) nominee from the list for election into the Hall of Fame. Committee members who cannot attend the meeting may submit their nomination to the chair, at least two days prior to the scheduled meeting. These nominations would constitute the ballot for voting. Committee members must be present to vote. Each member of the committee would rank up to their top five (5) nominees, with their first nominee receiving 5 points, the second nominee 4 points, and so on down to the fifth nominee, with a score of 1 point. The nominee of committee members who are absent will receive five (5) points from that committee member, but no other points will be permitted. Votes will be counted and tabulated by the committee chair and two committee members in the presence of the full voting committee. The five (5) individuals with the highest aggregate scores, but who must also have been selected as one of the top five (5) by at least 50 percent of those voting, would be elected into the Tidewater Striders Hall of Fame. The outcome of the election will be published at a set date. Only the names of those selected, in alphabetical order by last name, will be published. No vote tallies will be provided.

8. Recognition of the new inductees and presentation of the Hall of Fame awards will be conducted at the annual Awards Banquet. The inductee and one guest will receive a complimentary invitation to the Awards Banquet.

IMPORTANT DATES:

November 1 - Deadline for submitting or updating nomination form

November 15 - Chair compiles list of nominees for election to the Hall of Fame

December 15 - Hall of Fame committee completes voting process for new members

December 16 - January 1 - Announcement of new Hall of Fame members

January 1 – Deadline for Hall of Fame Committee Chair to provide list of new Hall of Fame members to Club Membership Committee Chair for inclusion in data base as lifetime members of the Tidewater Striders

January 1 – Deadline for Hall of Fame Committee Chair to provide list of new Hall of Fame members to Banquet Committee Chair for inclusion in the invitation process for the Annual Awards Banquet

January 15 – Membership Committee verifies that new Hall of Fame members have been added to membership data base as lifetime members

February - Induction of new members in the Hall of Fame at the Awards Banquet

BOARD APPROVED: May 14, 2018

HISTORY COMMITTEE

Policies and Procedures

Policies:

1. It is the responsibility of the History committee to maintain the current history of the Tidewater Striders as it develops.
2. It is the responsibility of the History committee to continually assess the club history for any additions or corrections.
3. It is the responsibility of the History committee to maintain the current narrative format.
4. It is the responsibility of the History committee to maintain the club history in the online version.

Procedures:

1. The committee chair will be appointed by the President with the consent of the Board. The committee chair shall be designated as the club Historian during his/her time of service.
2. The committee will have at least one other member.

Board Approved May, 2013



MARKETPLACE COMMITTEE

Policies and Procedures

The Chairperson of the Marketplace committee shall be appointed by the President and approved by the Board of Directors. Additional supporting help may be selected by the Chair to assist in efforts to sell such merchandise at Strider events.

POLICIES:

1. Tidewater Strider merchandise will be sold to members and other interested persons to promote regional awareness of the club.
2. Items for sale will be procured based on quotes from multiple vendors.
3. Items will be sold at prices to generally recoup full cost of the items, sales tax and a nominal profit, all of which may be included in the sale price. Orders processed through the mail will have appropriate shipping charge added. All marketplace sales must be paid in full at time of transaction.
4. Items removed from inventory and transferred to other club programs or events will be charged to those programs or events.
5. Third party sales of marketplace items may be set up online or at stores if deemed in the best interest of the club.

PROCEDURES:

The Chair shall:

1. Maintain accurate and current records of marketplace inventory, purchases, sales and financial receipts. Individual transactions should be recorded whenever possible.
2. Report sales and inventory status to the Board at least semi-annually in January and July, no later than the last day.
3. Reorder and purchase new items based on “real time” requirements and membership recommendations. Sales history and projections will be considered.
4. Set up direct sales opportunities at expos and large club races whenever feasible.
5. Accept and process mail or internet direct orders and mail items to customers in a timely basis.
6. Ensure all funds received for sales are transferred in a timely manner to the club Treasurer.
7. Advise the Treasurer of items transferred from inventory to programs or events.
8. Collaborate with Membership Chair to sell items, possibly discounted, to new members with their membership transaction.
9. Limit orders for restock or new items to sales dollar volume since the last order plus budgeted market place funding, verifying with the club Treasurer, or seeking Board approval to exceed these amounts.
10. Collaborate with the Treasurer to ensure sales are identified for each calendar quarter to permit sales tax to be remitted.

Board Approved: June, 2013

MEMBERSHIP COMMITTEE Policies and Procedures

POLICIES:

1. It is the responsibility of the Membership Committee to:
 - A. Maintain the membership database of the Tidewater Striders
 - B. Process new member and renewal applications.
 - C. Coordinate the recruitment of new members
 - D. Collect dues and coordinate the deposit with the Treasurer
 - E. Report the number of members and member households to the RRCA upon the club's RRCA renewal for calculation of the club's RRCA dues and insurance expense and submit membership database in format prescribed by RRCA annually

PROCEDURES:

1. RESPONSIBILITY TO MEMBERS:
 - A. The Chairman and the committee are responsible for keeping the membership informed of changes affecting them through announcements in the *Rundown* or other media.
 - B. The Chairman and the committee are responsible addressing and resolving problems with memberships and/or receipt of the *Rundown*, but it is the responsibility of each member to keep their contact information current by updating the database online or advising the Membership Chairman.
 - C. The Chairman and the committee are responsible for keeping the Board informed of significant changes in membership.
 - D. The Chairman and the committee are responsible for assessing the need for changes in the membership fee or dues structure in collaboration with the Treasurer and submitting proposed changes to the Board for consideration.
2. MAINTENANCE OF THE DATABASE:
 - A. The Membership Committee Chairman shall maintain a current and accurate database of members and their type of membership.
 - B. The Chairman shall provide electronic membership rosters to those designated by the President as needing them on a monthly basis. Rosters are to be used for Strider business only.
 - C. All lifetime memberships will be validated in terms of continued interest in the club annually, usually in October.
3. PROCESSING OF NEW MEMBER AND RENEWAL APPLICATIONS:
 - A. The Chairman shall process all applications for membership, including updating the membership database and issuing membership cards to each member. Memberships include one and two year options in the following categories:
 1. Regular Individual.

2. Youth (age 18 & under).
 3. 2-Person Family – same address. Family member – immediate family member residing in the same household as a full paid adult member though payment of a family membership fee.
 4. 3-Person Family– same address. Family member – immediate family member residing in the same household as a full paid adult member though payment of a family membership fee.
 5. Golden Runner receives all benefits of membership plus free entry to all club-owned & produced races – only 1-year memberships available.
 6. Complimentary memberships are granted to individuals based on service to the club and must be approved on an annual basis, usually in July.
 7. Lifetime members and Lifetime Golden Runners are those granted perpetual memberships; these are reaffirmed annually by response to an annual verification of desired continuation by the Membership Chairman, usually in October.
- B. Golden Runner (GR) Membership processing and privileges:
1. GR's will receive a 4-digit GR number indicating their status. This number is included in the database and included on the GR's membership card.
 2. GR's will receive a list of the eligible races and entry procedures with the GR number.
 3. GR's must pre-register for any races they are entering using their GR status.
 4. GR memberships are not transferable and requests for extension due to injury or other extenuating circumstances of at least six months duration will be considered by the Membership Chairman.
 5. GR memberships are effective on the first day of month following receipt of the application.
 6. GR memberships, just like all memberships, are not refundable.
4. RECRUITMENT OF MEMBERS:
- A. The Chairman shall solicit current members to renew their memberships by emailing members three, two and one month prior to their expirations.
 - B. The Committee shall set up an information table at larger events to recruit new members.
 - C. The Committee shall maintain membership materials including electronic and paper applications and other promotional materials deemed appropriate.
5. COLLECTION OF MEMBERSHIP DUES / OTHER FISCAL RESPONSIBILITIES:
- A. The Chairman shall be responsible and coordinate with the Treasurer for collecting and depositing money received for dues into the club's bank account on a timely basis.
 - B. The Chairman shall submit a budget to the Treasurer on an annual basis and submit receipts for reimbursement of budgeted expenses.
6. COMPLIMENTARY MEMBERSHIPS may be granted by the Board of Directors upon the recommendation of a standing committee. Those automatically provided to the Board for consideration include:
- A. Past Presidents and Board Members completing two full consecutive two-year terms for potential Lifetime Golden Runner memberships.
 - B. Members inducted into the Tidewater Striders Hall of Fame for lifetime memberships.

- C. Members age 75 and above who request complimentary memberships and have been members for at least the previous ten consecutive years.

APPROVED: December 14, 2014



NOMINATIONS COMMITTEE

Policies and Procedures

POLICIES:

1. It is the responsibility of the Nominations Committee to:
 - A. solicit and develop a list of candidates for election to the Board.
 - B. obtain a profile of each candidate for publication one month prior to the election deadline.
 - C. present a slate of candidates to the club members at a general meeting prior to the election, allowing additional candidates to be nominated from the floor.
2. The Nominations Committee shall consist of three non-Board members who then are ineligible for service on the Elections Committee for that election.

PROCEDURES:

1. The Nominations Committee shall solicit in the RUNDOWN for candidates for the Board of Directors at least two months prior to the scheduled closing date for nominations. Candidates may be nominated by other club members, but must receive permission from the nominee. Club members may nominate themselves. The committee will ensure that there are a sufficient number of nominees to fill the projected board vacancies.
2. Only individuals who have been members of the Tidewater Striders for at least six months prior to the close of nominations are eligible for nomination.
3. At the general meeting which should be held in September or early October prior to the election, the Nominations Committee shall present the list of nominees to the members. Additional nominations, with the permission of the nominee, may be made from the floor at this meeting. Nominations will close at the conclusion of this general meeting. The final slate shall be presented to the Board and the Elections Committee.
4. The Nominations Committee shall distribute profile questionnaires to the nominees to include the following:
 - A. Please give a brief personal background.
 - B. What would you like to accomplish during your term on the Board?
 - C. What areas on the Board interest you the most and why?
5. The Nominations Committee shall forward the completed questionnaires to the RUNDOWN editor for publication.
6. The Nominations Committee shall obtain pictures or arrange for pictures to be taken of all candidates to accompany the profiles for publication in the RUNDOWN.

BUDGET:

1. Board approval will be required for any funding desired.

APPROVED: May, 2013.

PROGRAM COMMITTEE

Policies and Procedures

The Program Committee will consist of a chairperson appointed by the President and others selected by the chair. Others will include members and non-member technical advisors.

POLICIES:

1. It is the responsibility of the Program Committee to:
 - A. survey the membership regarding their interest in running to obtain ideas for programs.
 - B. design the non-business portion of general meetings.

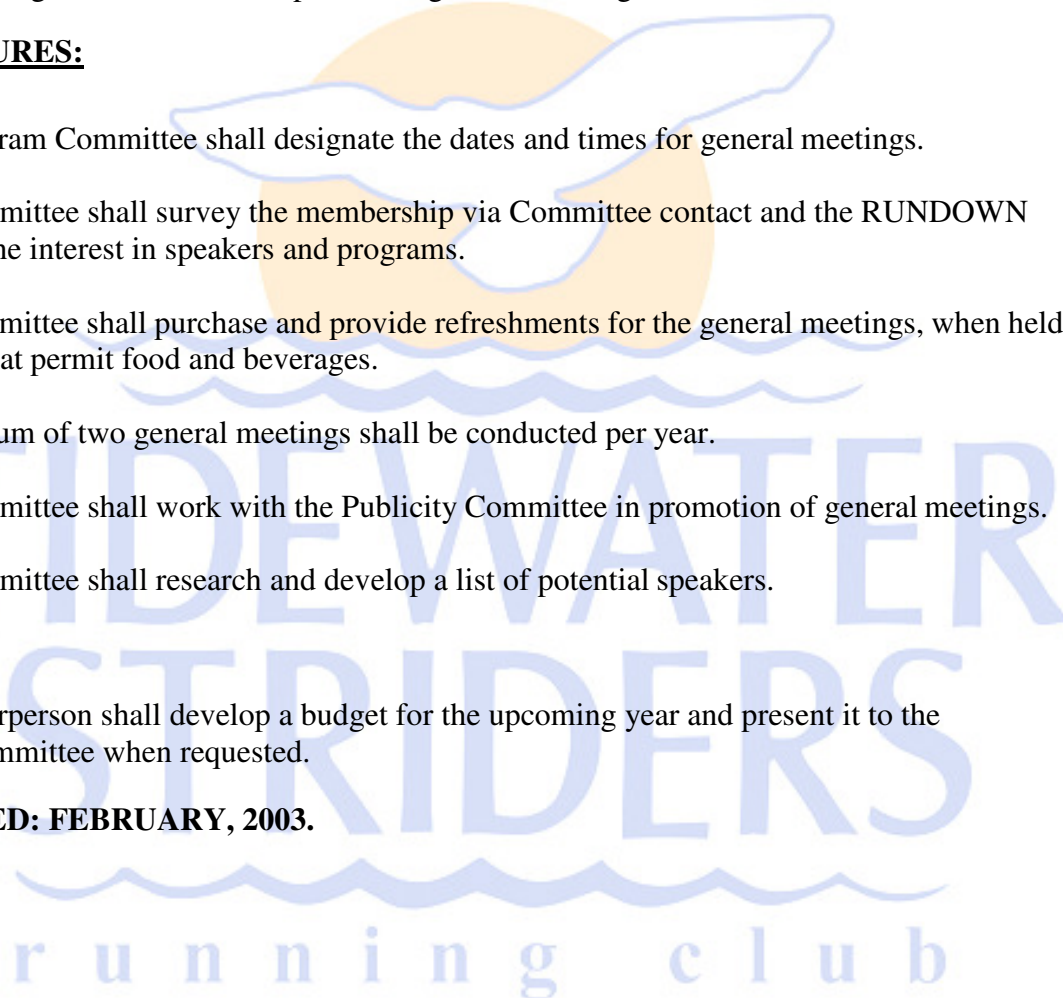
PROCEDURES:

1. The Program Committee shall designate the dates and times for general meetings.
2. The Committee shall survey the membership via Committee contact and the RUNDOWN regarding the interest in speakers and programs.
3. The Committee shall purchase and provide refreshments for the general meetings, when held in locations that permit food and beverages.
4. A minimum of two general meetings shall be conducted per year.
5. The Committee shall work with the Publicity Committee in promotion of general meetings.
6. The Committee shall research and develop a list of potential speakers.

BUDGET:

1. The Chairperson shall develop a budget for the upcoming year and present it to the Budget Committee when requested.

APPROVED: FEBRUARY, 2003.



PUBLIC RELATIONS AND PUBLICITY COMMITTEE

Policies and Procedures

POLICIES:

1. It is the responsibility of the Publicity and Public Relations Committee to:
 - A. Promote Tidewater Striders activities through active contact with the news media.
 - B. Serve as the focal point for the Tidewater Striders participation in civic and community programs within the South Hampton Roads area and promote the club on a National as well as regional level

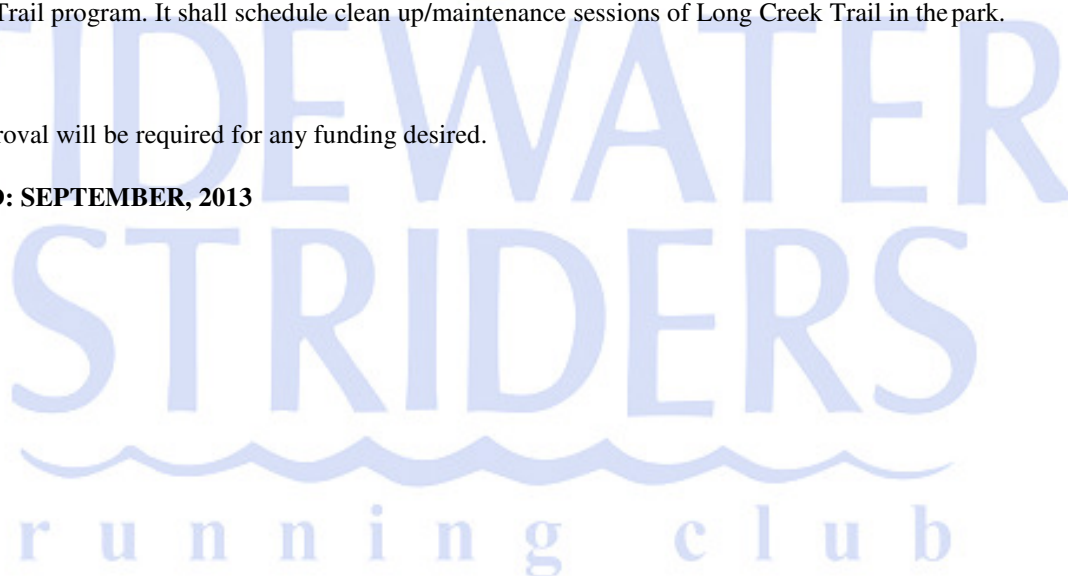
PROCEDURES:

1. The Committee shall support Tidewater Striders promotions and advertising to local media contacts as needed.
2. The Committee shall maintain a list of media contacts with email addresses and phone numbers.
3. Subcommittees shall be appointed to organize and coordinate the Adopt-a-Highway, Adopt-a-Trail, and military programs. Subcommittees may also be formed to address other community issues, such as the adopt-a-family program during the Christmas season, the Relay for Life program in the spring, environmental enhancement projects such as Clean the Bay, and other activities as time and resources permit.
 - A. A subcommittee shall coordinate with the city of Virginia Beach for Tidewater Striders participation in the Adopt-a-Highway program. It shall schedule and supervise cleanup sessions of a designated portion of Shore Drive near the oceanfront.
 - B. A subcommittee shall coordinate with First Landing State Park for the Tidewater Striders participation in the Adopt-a-Trail program. It shall schedule clean up/maintenance sessions of Long Creek Trail in the park.

BUDGET:

1. Board approval will be required for any funding desired.

APPROVED: SEPTEMBER, 2013



PUBLICATIONS COMMITTEE

Policies and Procedures

POLICES:

1. It is the responsibility of the Publications Committee to maintain a newsletter that is timely, informative, of high quality and created in a controlled professional manner.
2. The RUNDOWN is published monthly as the newsletter of the Tidewater Striders.
3. Opinions and points of view expressed in the RUNDOWN are those of the editor, staff members and contributing writers. They are not necessarily the views of the members, officers and directors of the Tidewater Striders.

PROCEDURES:

1. GENERAL GUIDELINES FOR ARTICLE AND MATERIAL SUBMISSION:

- A. The Editor is engaged as an independent contractor by the club to produce the RUNDOWN monthly with duties listed in Section 4.
- B. Material must be received in an electronic format or through an interview conducted by the newsletter staff.
- C. The RUNDOWN content is determined by the editor.
- D. Minutes from the Tidewater Striders Board meetings will be printed only after Board approval and will not be reworded by the newsletter editor or staff.
- E. "Candidate Profiles" that appear in the newsletter prior to elections will not be edited and will be printed as received from the Nominations Committee.
- F. Writers contributing on a regular basis or in a series are invited to attend Publications Committee meetings.
- G. Contributing writers are requested to have article content approved in advance, reducing the possibility of redundant material. It will then be a decision of the editor as to whether the article shall be printed in full, in part, or not at all.
- H. Any contributor requesting newsletter space for a series of ongoing articles should have approval in advance by the editor.

2. PHOTOGRAPH STANDARDS:

- A. The RUNDOWN welcomes photographic contributions from anyone at anytime.
- B. Photographs are considered too late for publication if two issues of the newsletter have been distributed since the event took place. The only exception would be if they appeared with the race results for that specific race.
- C. The main subject of a picture should be a Tidewater Strider member. It also is suggested to include a few pictures of our fine volunteers (include names).
- D. All photographs should be provided as jpegs with a minimum resolution of 430 pixels by 430 pixels for head shots to 660 pixels by 660 pixels for action shots. Generally, if the file size is greater than 1MB, it can be utilized.
- E. Person submitting the photograph for use in the Rundown is responsible for obtaining permission from the copyright holder.
- F. The source of the picture must be provided when submitting. Names of all identifiable people, event name, date, and location should be provided. For Strider events, if the bib number is visible, the staff can determine the name if the submitter doesn't know.
- G. If submitting over 5MB of pictures and articles they should be uploaded to the Rundown drop box – <https://dropbox.hightail.com/rundown>.
- H. Use of submitted pictures is not guaranteed.

3. ADVERTISING STANDARDS:

A. All invoicing or billing of advertisers is to be handled by the editor and audited monthly by the Treasurer. Editor will provide the Treasurer with an updated base created to record, manage, bill and control advertisers for each fiscal year.

B. Payment of all advertisements is due in advance of publishing.

C. Ads should be provided in a pdf or jpeg format in the following sizes

Full Page Ad 7.5in x10in

Half Page Ad 3.667in x 10in or 7.5in x 5in

Qtr Page Ad 3.667in x5in

Eighth Page Ad 3.667in x 2.5in

For ads not provided in the correct format, the editor will provide and estimate to the advertiser for graphic services.

D. Advertising rates for the RUNDOWN are as follows and will not be deviated from: monthly rates, six months (5% discount), and twelve months (10% discount).

	Strider Member	Non-Strider
Eighth page:	\$20.00/month	\$25/month
Quarter page:	\$35.00/month	\$45/month
Half page:	\$50.00/month	\$60/month
Full page:	\$75.00/month	\$90/month

E. The fee for non-strider race flyers is \$50. Event flyers will be placed at the rear of the e-Rundown, will be 8.5in x 11in, and will be in PDF format.

F. Editor, or other soliciting member, will be paid a 25% commission for all paid advertisements.

G. Merchants providing discounts to Tidewater Striders will be invoiced for advertising at the Strider member rates.

H. Payment by advertiser with merchandise in lieu of money must have confirmation by a race director or the treasurer that merchandise has the prescribed value to the club before advertisement appears in the newsletter. Value will be charged to appropriate account and credited to advertising revenue and commissions paid.

I. Advertisers cannot be guaranteed any particular position or location of their ad in the newsletter.

J. Advertisers will receive complimentary newsletters for the duration of their ad.

4. RESPONSIBILITIES OF THE EDITOR:

A. To publish the RUNDOWN in a timely manner. Current editor's fee is based on board approval during budget review and will not vary with workload. Any increase or decrease must be made with Board approval.

B. To submit an invoice to the Treasurer each month for editor fee, including commissions due, and a list of advertisers for audit.

C. To edit submitted material for proper grammatical form and style.

D. To serve as an ad hoc member of the Publication Committee.

E. To coordinate with other committees in soliciting paid advertisements.

F. To create and distribute a deadline schedule for all race directors, officers, directors, newsletter staff and all interested parties.

BOARD APPROVED: August, 2013

Policies and Procedures

POLICIES:

1. It is the responsibility of the Race Committee to conduct races in accordance with Tidewater Striders' guidelines as set forth in the procedures set forth below and in conformity with the guidelines of the Road Runners Clubs of America (RRCA). Given the club's mission to support running, the Race Committee will endeavor to support all races in the South Hampton Roads area as much as possible given the available volunteers, including those skilled in race timing, as well as the equipment assets of the committee.

PROCEDURES:

1. The Chairman or Co-Chairmen of the Race Committee will be appointed by the club president. If the chairman is not an elected member of the Board of Directors he shall serve as an ex-officio non-voting member of the Board. The chairman should attend Board of Directors meetings and make committee reports.

2. The Chairman will submit budget and inventory of race committee equipment information annually upon the call of the Treasurer for budgeting and equipment insurance purposes.

3. The Tidewater Striders will support road racing and other races including interscholastic cross country, walking and multi-sport events in the Tidewater area.

There are three types of relationships the club will have with a race:

a. Club race with a Race Director assigned by the Race Committee. Club assumes all duties and provides or recruits all volunteers for the race. Race Director is responsible to the race committee and will coordinate with the treasurer regarding the race budget, depositing race revenue and directly paying or reimbursing race expenses

b. Co-produced Race with a community partner sharing production responsibilities through a formal letter of agreement (sample attached). The Race Committee participates in all phases of the race preparation and marketing and a revenue share of \$1.75 per runner or \$2.25 per runner for a chip-timed event based on a minimum of 225 runners for manual timing and 300 for a chip-timed race is received by the club. Insurance can be provided for a \$30 processing fee for each certificate required. Other items the Striders routinely stock can be provided to the race with actual costs for these items being added to the invoice for the co-production revenue share.

c. Strider supported race is an event that uses some Strider equipment for a rental fee or Strider timing. While not involved in all phases of this type of race, the race committee will provide advice and suggestions as well as equipment and/or timing services based on a schedule with nominal fees set by the Race Committee. Equipment rental fees are nominal and set by the Race Committee.

4. The Chairman is responsible for developing and maintaining the race schedule and will keep the Board advised on an ongoing basis. The Grand Prix chair will be advised of any changes on an ongoing basis and the Membership Chair will receive information regarding race directors for co-produced races and Golden Runner eligible races.

5. The Race Committee is responsible for direction or coordination/liason for all Strider race events; this includes: providing logos for and proof-reading flyers prior to posting or printing, reviewing and ensuring compliance race permits, ensuring Strider or other insurance is available for the race, measuring proposed courses, providing Strider equipment to the race site, providing race results to race directors and to the media for potential publication, advising host organizations on other aspects of their race including decisions to cancel, delay or modify races for weather related causes and to advise host organizations of their revenue share due the Striders. The Race Committee will ensure compliance with RRCA guidelines for road race safety and application of USATF road race rules where appropriate.

APPROVED: FEBRUARY, 2003

AMENDED: MAY 2011

Policies and Procedures

POLICIES:

1. It is the responsibility of the Scholarship Committee to encourage college attendance and provide financial assistance to Tidewater Striders members.

PROCEDURES:

1. Eligibility is open to any Tidewater Striders member who is a graduating high school senior or current college student, who has been a member of the club for at least six months (Dr. Mel Williams Memorial Scholarship applicants require at least one year membership), and who is or has recently been a cross-country, track and field, road race runner/walker, or multi-sport athlete in the Hampton Roads area.

2. Scholarships shall be awarded for one year in an amount determined by the Scholarship committee and approved by the board. Recipients of memorial scholarships shall receive an additional stipend. The scholarship committee can recommend that a scholarship be split or shared in the event of a tie.

3. The number of scholarships awarded each year, inclusive of the Tom Bashara, Pamela Edwards, and Dr. Mel Williams Memorial Scholarships, may vary from year to year, and the monetary amounts awarded for individual scholarships may vary between \$500 and \$3,000, with the exception of the Dr. Mel Williams Scholarship which may be awarded up to \$5,000. The total monetary amount of scholarships awarded each year will be limited by the annual budgeted funding for scholarship awards, but will also vary based on the strength of the applicant pool. The total monetary amount of scholarships awarded can be adjusted above the budget if recommended by the scholarship committee and approved by the board in conjunction with the board review and approval of the committee's recommended awards.

4. For the majority of scholarships awarded, priority shall be given to individuals applying for their freshman year of college. For the Dr. Mel Williams Scholarship, priority will be given to graduate school applicants and students or college upper classmen with demonstrated potential for graduate study or postgraduate professional certification training. Scholarships may be awarded to former recipients or applicants who remain eligible based on these criteria.

5. Scholarship recipients must reapply each year to continue receiving scholarship funds.

6. Applications must be submitted to the Scholarship Committee by April 15. Applications for the Dr. Mel Williams Memorial Scholarship may be considered out of the normal cycle because graduate degree or professional certification programs may operate outside the normal academic year. Eligible candidates shall be nominated by the Scholarship Committee to the Board of Directors. Consideration shall be based on (in no particular order, and not limited to):

- A. length of membership and participation in the Tidewater Striders.
- B. volunteerism (applicant and/or family) to the Tidewater Striders.
- C. athletic achievement as a runner/walker/multi-sport athlete with emphasis on interscholastic competition at the high school and/or college levels.
- D. academic achievement.
- E. community service.

7. Financial procedures. The club's scholarship funds are accounted for separately from the general operating fund.

A. All funds donated to the club for scholarships and the net profits from all designated events for scholarship fund raising shall be restricted to scholarships. These funds shall be maintained in interest bearing accounts proposed by the Treasurer and approved by the board.

B. The Board may approve awarding "named" scholarships. All funds donated to the club for any named scholarship and the net profits from all events designated to raise funds for a named scholarship shall be restricted to scholarships given in the designated name. These funds shall be maintained in interest bearing accounts proposed by the Treasurer.

C. The Treasurer will disburse funds for scholarships approved by the Board of Directors. Scholarship funds will be sent, in the recipient's name, to the financial aid office of the institution the recipient will attend. Funds are usually disbursed on a semester basis with one half for the fall semester and one half for the spring semester.

APPROVED: March 6, 2017



TEAMS COMMITTEE

Policies and Procedures

The Chairperson of the Teams Committee shall be appointed by the president and approved by the Board. The committee shall consist of the coordinators of each of the official teams listed below and shall be nominated by the Chairperson and approved by the Board.

POLICIES:

1. It is the responsibility of the Running Teams Committee to promote team competition in an effort to bring recognition to the Tidewater Striders. This will be accomplished by participation in local, and where appropriate, out of area running events which involve competition among USATF, RRCA and other running organizations.
2. Tidewater Striders' sponsorship is normally provided only when participating as a member of an official Tidewater Striders Team in an event.
3. In exceptional cases, the Chairperson may recommend to the Board that the Tidewater Striders sponsor an individual runner in competition. To be eligible for individual sponsorship, the individual must have been a regular member of a team, participated in at least two team competitions in the preceding 12 months, and meet all other requirements for reimbursement.

PROCEDURES:

1. STANDING TEAMS:

- A. The standing teams shall be: Men (open, masters and seniors) and Women (open, masters, and seniors).
- B. Ad Hoc teams may be formed as required for event such as age-graded competitions against the Peninsula Track Club (PTC) and Colonial Road Runners (CRR).
- C. Team members will conform to individual race requirements.
- D. Tidewater Striders teams shall not normally enter Corporate or Military Team categories. Approved team categories include all Organizational, Open, Mixed and Running Club. Entry into other categories is subject to approval by the Teams Chairperson.

2. COMMITTEE COMPOSITION:

- A. The Committee will be chaired by the individual appointed by the President with approval of the Board as specified in the Constitution.
- B. Other members of the Committee will be the coordinators of each of the six Standing Teams listed above. Committee members/team coordinators are to be nominated by the Committee Chairperson and approved by the Board. All attempts will be made to select standing team coordinators who are active participants involved with their respective teams.

3. RESPONSIBILITIES OF CHAIRPERSON:

- A. Nomination of Standing Team Coordinators to the Board.
- B. Coordination of the development of the budget for the following operational year.
- C. Reporting expenditures to the Treasurer.
- D. Refinement of policies and procedures as necessary through meetings of the Committee.
- E. Reporting status of team events to the Board.
- F. Ensuring team coordinators have a copy of the latest Teams Committee policies and procedures.

G. Maintain a log of new issuances of official team uniforms noting team member name and date of initial issuance.

4. RESPONSIBILITIES OF STANDING TEAM COORDINATOR:

A. Recruiting top runners to compete.

B. Designating and prioritizing competitive races for the next operational year.

C. Recommending a per diem reimbursement for selected races.

D. Planning the logistics for selected races to include submitting entries, transportation and hotel reservations/lodging.

E. Submitting articles to the RUNDOWN about the team members and supporting data on all races entered.

F. Submitting reimbursement information for team members to the Treasurer and Teams Chairperson within one week after the race.

G. Informing team members of all responsibilities and/or obligations as per paragraph 7 and 8 below.

H. Sending copies of all communications to the Teams Chairperson.

5. TYPES OF SPONSORED TEAMS:

A. Out-of-town: per diem given to defray the cost of entry fee, travel, and lodging.

B. Local: entry fee paid for team members.

NOTE: If possible, discount codes should be used to cover or reduce required entry fees for local races.

Team coordinators should check with the Teams Chairperson on whether or not race passes can be used on a given Tidewater Striders race.

6. SELECTION OF STANDING TEAM MEMBERS:

A. Each team coordinator should have a list of Tidewater Striders runners ranked in priority order (based on their current racing speed for the race distance), through approximately fifteen positions. Standing team runners should be selected from this list, in priority, based on their speed and availability (the latest race results should be used). The team coordinator may consult with the Race Committee, Grand Prix Chairman, and <http://athlinks.com> to develop this list.

B. Only one team from each standing team category will participate in an out-of-town sponsored competition (i.e., women's open or men's senior).

C. A maximum of two teams from each official team category can participate in a local sponsored competition (i.e., women's masters team A and team B).

NOTE: Reimbursement of any kind is not allowed for teams exceeding what is listed above; although, as many teams can be entered as desired for inter-club competition or just general club recognition. Any team using the Tidewater Striders name must consist of only current Tidewater Striders members.

7. RESPONSIBILITIES OF OFFICIAL TEAM MEMBERS:

A. Team members must be members of the Tidewater Striders for a minimum of one (1) month prior to competition. All exceptions to the longevity policy must be approved by the Teams Chairperson in the best interest of the club.

B. Team members must wear a singlet/shirt bearing an official Tidewater Striders logo in sponsored races if reimbursement of any kind is to be made. Exceptions to the uniform policy due to extreme weather will be made in advance by the Teams Chairperson on a case by case basis. Any exceptions to accommodate sponsor uniform requirements for elite runners will be recommended by the Chairperson to the Board for a decision.

C. Team members must enter the race as requirements necessitate.

D. Except under extreme circumstances, team members must honor their commitments to team races.

E. Reimbursement of any fees paid in advance by the team coordinator should be made by the team member if an adequate substitute cannot be found.

F. Team members should contact their team captain ASAP after a race to inform them of their time and placement in an event.

8. UNIFORMS:

A. The official Tidewater Striders team uniform of is a singlet/shirt or other appropriate uniform that will be obtained by the Teams Chairperson and worn by the individual team member who competes in an organized team race during the year. Upon request, a onetime issue (per three years) of the official team singlet shall be made to new team members. The team member is responsible for upkeep and the expected life of the official uniform is three years. Team member may purchase additional team singlets/shirts or other appropriate uniform attire at any time.

9. TEAM REIMBURSEMENTS:

A. 60 days prior to the adoption of the Strider's annual budget, each Running Team Coordinator will submit a team budget request to the Teams Chairperson. This request should outline the events that the team expects to attend in the coming calendar year as well as the requested amount of money to be included in the budget.

B. The following are acceptable reimbursable items:

1. Event entry fees

2. Lodging - limited to one night, double occupancy (for same sex team members) and limited to mid-range hotels (i.e., Holiday Inn, Hilton Garden Inn, Spring Hill Suites, Hampton Inn, Comfort Inn and similar properties)

3. Gas (if team size exceeds 6 members, van rental is allowed)

C. The following are not acceptable reimbursable items:

1. Meals

2. Alcohol

3. Lodging for spouse/significant other

4. Rental vehicles (see exception above)

D. Reimbursement will only apply to the number of team members necessary to qualify as a team at a particular event (i.e., 5 members are needed to qualify as a team, only the top 3 are scored - 5 members are entitled to reimbursement. As another example, 15 members sign up to be on a team, but only 5 are necessary to qualify as a team - 5 members are entitled to reimbursement, it will be up to the Team Coordinator to determine the 5 individuals).

E. At the conclusion of the event, it is the responsibility of the Team Coordinator to submit the reimbursement request to the Teams Chairperson, who will then approve/disapprove the request and if approved, forward to the Treasurer for payment. If the request is disapproved, the Teams Chairperson will so notify the Team Coordinator.

F. Team members, who participate in Strider races as a Golden Runner, use a race pass or otherwise run for free, shall not be eligible for entry fee reimbursement. Before submitting a list of participants to the Treasurer for reimbursement, the Teams Chairperson will ask each team member if they are eligible under this policy and if they wish to be reimbursed. Those who are eligible and desire to be reimbursed will be reimbursed at the early bird rate.

G. Request for reimbursement for races that emerge after the annual budget submission should be made as far out as possible.

10. AWARDS:

A. Team prize money earned by a club sponsored team in any race will be distributed among all team members, i.e., those who score and those who do not score. This does not apply to team members receiving prize money as an individual award.

APPROVED: AUGUST, 2015.



TRIATHLON COMMITTEE

Policies and Procedures

POLICIES:

- 1 It is the responsibility of the Triathlon Committee to:
 - A. promote multi-sport training and participation within the membership.
 - B. serve as a liaison to local multi-sport events.
 - C. provide multi-sport information to the membership.

PROCEDURES:

1. The Committee shall provide multi-sport information to the RUNDOWN including race results, athlete profiles, interesting articles on training tips and articles by area experts on the various facets of multi-sport events.
2. The Committee shall provide multi-sport information to the membership through programs/clinics.
3. The Committee shall maintain a race schedule for both local and Mid Atlantic races. This will include points of contact for races as well as obtaining race entry forms when possible for distribution to interested members.
4. The Committee shall coordinate group training sessions and provide meeting times and locations to the RUNDOWN for publication.
5. The Committee shall determine which races teams can enter and coordinate with the Triathlon Team Coordinator to encourage entering teams following Teams Committee policies and procedures
6. The Committee shall keep abreast of the major rule changes by USAT, inform the membership of those changes and, in the event the interpretation of a rule is in question, contact the USAT for an explanation.
7. The Committee shall keep and maintain club membership in USAT.
8. The Committee will conduct a multi-sport Grand Prix series, which will be governed by the following rules.
 - A. All Tidewater Striders are automatically registered and scored for each race based on the current roster. To be eligible for an award, you must be a Tidewater Strider in good standing at the end of the series AND volunteer at a minimum of one Tidewater Strider function during that calendar year, i. e., newsletters, race volunteer, trash pickup, running a clinic, writing a Rundown Article, etc.
 - B. Participants need to use the same name on each race entry form to prevent name mix-ups. If you belong to USAT, you should use the name on your membership card. Contact the Tidewater Striders Triathlon Committee if the spelling or nicknames are different from your Tidewater Striders membership name. This will ensure your participation is not overlooked when compiling results electronically.
 - C. You must be a Strider at the conclusion of the series to qualify for an award.
 - D. Your age on December 1st will determine your age group placement for the entire series.
 - E. To qualify for an award, you must have completed a minimum of three races in the Grand Prix Series. It is not necessary that you score in all races to qualify for an award. Points scored for all races will count towards your final score. The Triathlon Committee will maintain responsibility for obtaining race results and updating scoring for the Grand Prix.
 - F. DNFs (due to mechanical failure, accident, injury, or concern for safety) will count as participation but No-Shows will not count.
 - G. The scoring of the Grand Prix races is as follows:

Place	Points
1	25
2	20
3	16
4	13
5	10
6	8

7	6
8	4
9	3
10	2

8. The age groups for women and men are as follows:

24 & under, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, and 60 & over.

9. There will be an overall division and an overall masters division for women and men. The first ten athletes will be awarded points in the same manner as the age group points are awarded. Athletes will be allowed to score in the open, masters (40+) and the age group. If an athlete places in the open category or masters category at the end of the year, that athlete will not be eligible for an award in the age group award. Athletes are eligible for only one award.

10. Awards

- A. Top 3 in the overall division
- B. Top 3 in the overall masters division.
- C. Top 3 in each age group

11. Participation Awards

A. The Committee will try to arrange for sponsor gifts for a drawing, which will include all participants whom completed all the races and another drawing for all those who were eligible for scoring in the Grand Prix (minimum of 3 races).

B. Special prizes will be awarded to all participants who participate in all the Grand Prix events.

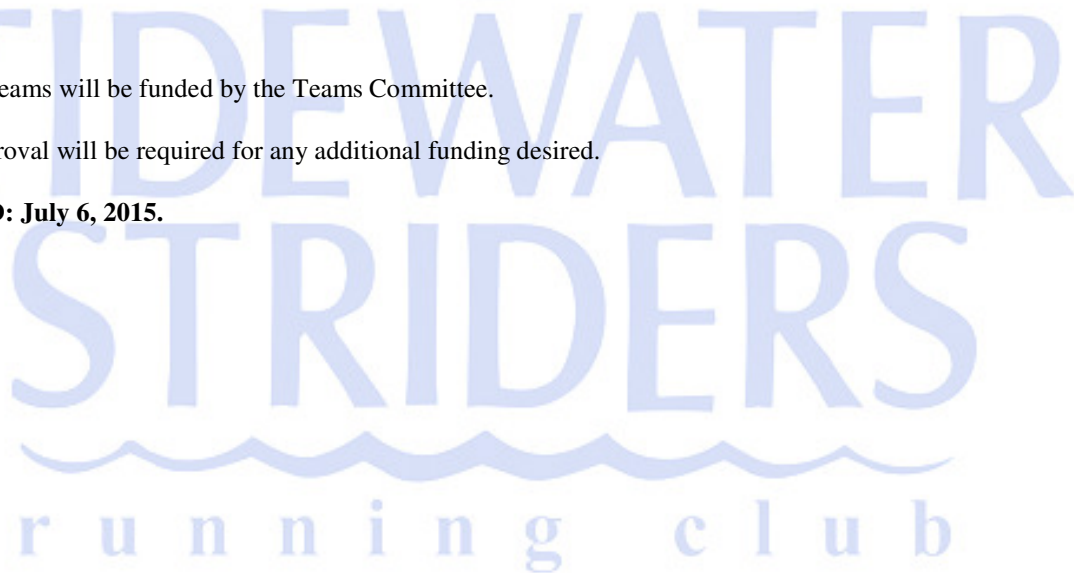
C. Grand Prix awards will be funded by the awards budget.

12. If a race director determines that the water temperatures are such that athletes who wear wet suits are not eligible for awards, then any athlete wearing a wet suit is not eligible to score points for that event in the triathlon grand prix. However, those athletes will receive participation credit.

BUDGET:

- 1. Triathlon teams will be funded by the Teams Committee.
- 2. Board approval will be required for any additional funding desired.

APPROVED: July 6, 2015.



VOLUNTEER COMMITTEE

Policies and Procedures

The Chairperson of the Volunteer Committee shall be appointed by the president and approved by the Board of Directors. The Committee shall consist of the vice president, a past volunteer of the year winner and other selected individuals that shall be selected by the committee chairperson.

POLICIES:

1. It is the responsibility of the Volunteer Committee to:
 - A. Assist race directors of club hosted events in getting volunteers
 - B. Coordinate the volunteer point system
 - C. Record and track points for volunteers
 - D. Provide input for volunteer awards

PROCEDURES:

1. The committee shall assist in obtaining volunteers for club hosted events once contacted by the race director or Race committee representative
2. The committee shall obtain volunteer lists from individual race coordinators for volunteer duties. For known volunteer activities the Chairman should contact the appropriate coordinator to update the volunteer list.
3. The committee shall track and maintain the volunteer point system.
 - a. For Grand Prix awards the point system shall be on a calendar year basis with the first race to be the 50K. The point totals shall be provided to the Grand Prix Chairpersons by Dec. 31 of the calendar year for determining awards.
 - b. For invitations to the volunteer banquet currently held in November, the point standings as of September 15 shall be used in determining invitees.
 - c. The point system to be used shall be determined by the committee
4. The committee shall provide input to the Board on all volunteer associated awards.
5. Upon direction/approval from the Board the committee shall assist non Tidewater Striders owned events with obtaining volunteers.
6. The committee shall write articles as necessary for the Rundown requesting volunteers for events as listed above.

BUDGET:

1. Board approval will be required for any funding desired.

APPROVED: OCTOBER, 2013

WALKING COMMITTEE

Policies and Procedures

POLICIES:

1. It is the responsibility of the Walking Chairman and Committee to:
 - A. Promote and encourage walking to include race walking and walking for fitness.
 - B. Serve as a liaison to local walking events.
 - C. Provide information to the membership and others in the community.
 - D. Create and publicize a series of events to be called the Tidewater Striders Walking Grand Prix Series (WGP) to encourage participation among the club members.

PROCEDURES:

1. Committee Membership. The Chairperson or the Co-Chairpersons of the Walking Committee shall be appointed by the President and approved by the Board of Directors. Any walker on the Board of Directors is an automatic member of the committee. Committee membership will normally be five members including the Chairperson or Co-Chairpersons.
2. The Committee shall provide walking information to the *eRUNDOWN* and the Strider web site such as a list of all WGP races, WGP rules, race walking results, profiles, articles on training and various facets of walking.
3. The Committee shall provide walking information to the membership through programs and clinics.
4. The Chairperson or designee shall act as the liaison, in collaboration with the Race Committee, when dealing with race directors concerning walking and USATF sanctioned race walking events.
5. The Committee will select various local races for inclusion in the WGP using the following criteria:
 - A. Most races will not be held closer than two weeks apart.
 - B. The Committee will determine the total number of WGP events.
 - C. To qualify for an award in the WGP series participants must walk in at least (3) events and be a judge for (1) event.
 - D. The Committee's WGP schedule will be presented to the Board of Directors for approval no later than the December Board meeting of the year preceding the proposed series.
 - E. The WGP schedule will mirror the Running Grand Prix (GP) as close as practicable, except when GP races are not amenable to walking, such as mud runs, cross-country runs, sand runs, or do not include walking divisions; or when scheduling conflicts arise. Races will then be substituted with other scheduled area races.
 - F. The Committee reserves the right to substitute races in the event of the cancellation of a scheduled race.

- G. Walkers finishing 1st through 10th in a race will accumulate Competition Points.
- H. Competition Points will be awarded in two divisions, i.e. overall male and overall female, for placing first through tenth. WGP competitive scoring will be as follows:

Place	Points	Place	Points
1 st	10	6 th	5
2 nd	9	7 th	4
3 rd	8	8 th	3
4 th	7	9 th	2
5 th	6	10 th	1

- I. Only a participant's top (3) races will be scored in the final WGP competitive standings.
- J. Walkers are required to adhere to race time constraints. Walkers who do not complete a race within published times will not be awarded points.
- K. USATF Rules of Competition apply to designated races (e.g. 1500M race walk of the Strider Mile and the One Hour Postal Race Walk). For all other non-USATF Rules of Competition races, walkers must walk the entire race distance. Violating USATF rules in designated races and running or jogging at anytime during non-USATF designated races will result in removal from the race's walk division. Walk Judges will be used at all WGP races to ensure that walkers observed running or jogging are removed from the race's walking division and that their race results are moved to the appropriate running age group.
- L. The Committee will determine the number of walk judges needed at each race.
- M. The depth of awards to be presented at the Annual Awards Banquet will be five (5) deep in both the male and female overall WGP groups (total of 10 competition awards).
- N. The Committee shall coordinate presentation of the awards with the Awards and Banquet Chairpersons.

Approved:
March 12, 2018

Policies and Procedures

The Chairperson of the Web site Committee shall be appointed by the president and approved by the Board of Directors. The committee shall consist of a minimum of three members selected by the Committee Chairperson. The Committee Chairperson shall select a Web Manager with adequate skills to manage day to day operations of the Web Site. The Committee Chairperson shall also select other members as deemed necessary to ensure continuous and timely maintenance of the Web site in all the areas described below.

POLICIES

1. To maintain the Tidewater Striders Web site at www.tidewaterstriders.com.
2. To maintain a web hosting contract with a hosting service capable of supporting the Web site.

PROCEDURES

1. Maintenance of the Tidewater Striders Web site shall include but not limited to the following:
 - A. Comprehensive schedule for Strider races including downloadable race application forms when available.
 - B. Race results from Strider races posted in a timely manner.
 - C. Posting of important upcoming Strider events.
 - D. Archived race results for a minimum of one year previous to the current year.
 - E. Information on Strider membership and a downloadable membership application form.
 - F. Grand Prix scoring information for both the running Grand Prix and triathlon Grand Prix as available.
 - G. Up to date Service Directory with contact information for Strider Board Members, committee chairs and key volunteers.
 - H. Information on club volunteer activities such as Adopt a Highway and Trail Cleanup days
 - I. Information on volunteer points earned throughout the year by Strider members as available.
 - J. Up to date Strider Marketplace page with pictures and ordering information on Strider merchandise currently on sale.
 - K. Manage a Discussion Forum for Striders and anyone else visiting the site to discuss running related issues in real time.
 - L. Maintain an active and up to date e-mail subscription list of Striders wishing to be e-mailed information on upcoming Strider events and volunteer opportunities. Send selected e-mails to the list as directed by the Board of Directors.
 - M. Include information on non-Strider events that are of particular interest to the running community.
2. Additional topics may be added to the site as deemed appropriate by the Web site committee.

BOARD APPROVED: April, 2013

YOUTH DEVELOPMENT COMMITTEE

Policies and Procedures

POLICIES

1. It is the responsibility of the Youth Development Committee to support youth running in the Tidewater area by:
 - A. Sponsoring a youth running club, New Energy/New Energy Program of Wonderfully Exceptional Runners (P.O.W.E.R.), and other youth running teams in the area.
 - B. Encouraging youth participation in Tidewater Strider events through a Youth Grand Prix Series and promoting Tidewater Strider race participation.
 - C. Sponsoring team or individual competition in local, regional, and national events where appropriate (AAU and USATF, etc.). A subcommittee may be formed to administer team competition.
 - D. Providing youth running clinics and/or supporting youth attendance at running camps by partially funding tuition through camperships.
 - E. Identifying funding requirements and seeking support through the Tidewater Striders' budget process, commercial sponsorships and RRCA grant programs.

PROCEDURES

1. A Youth Grand Prix Series will be coordinated with the Race Committee consisting of quality, short distance, generally school-sponsored races. Grand Prix points will be scored with series awards presented.
2. The Youth Committee Chairperson shall appoint a Team Coordinator to encourage participation in local, regional and national events, where appropriate, including participation as individuals and as a team in cross country and track competition and relay teams for track. Team Coordinator should assist runners with entries, participant requirements and race logistics as needed and report youth competition status to the Board. Submission of articles and photographs to the Rundown should be encouraged.
3. Within budgeted, donated and escrowed youth funds, reimbursement or partial reimbursement for entry fees, travel and a team meal will be provided by the Treasurer. Reimbursement will be made to participants who are Tidewater Strider members only.
4. Uniforms: The official New Energy team uniform (singlet/shirt) or other appropriate uniform will be worn by the individual team member who competes in an organized team race during the year. This may be waived for individuals required by a non-interscholastic race event to wear their school uniform (Footlocker, etc.).
5. The Committee will promote all of these activities through contacts with school coaches, providing flyers to school physical education teachers and recruitment of interested youth at all Tidewater Striders events. The Committee also serves as an area contact for all youth running programs referring interested runners to appropriate programs and/or teams.

6. Youth running clinics will be provided when suitable venues can be obtained. Support for member youth attending running camps will also be provided by camperships funded within the Youth Development Committee budget.

APPROVED: July 7, 2014



ADDENDUM TO POLICIES AND PROCEDURES

The Jerry Bocrie Founders Award

Tidewater Striders Volunteer of the Year Awards

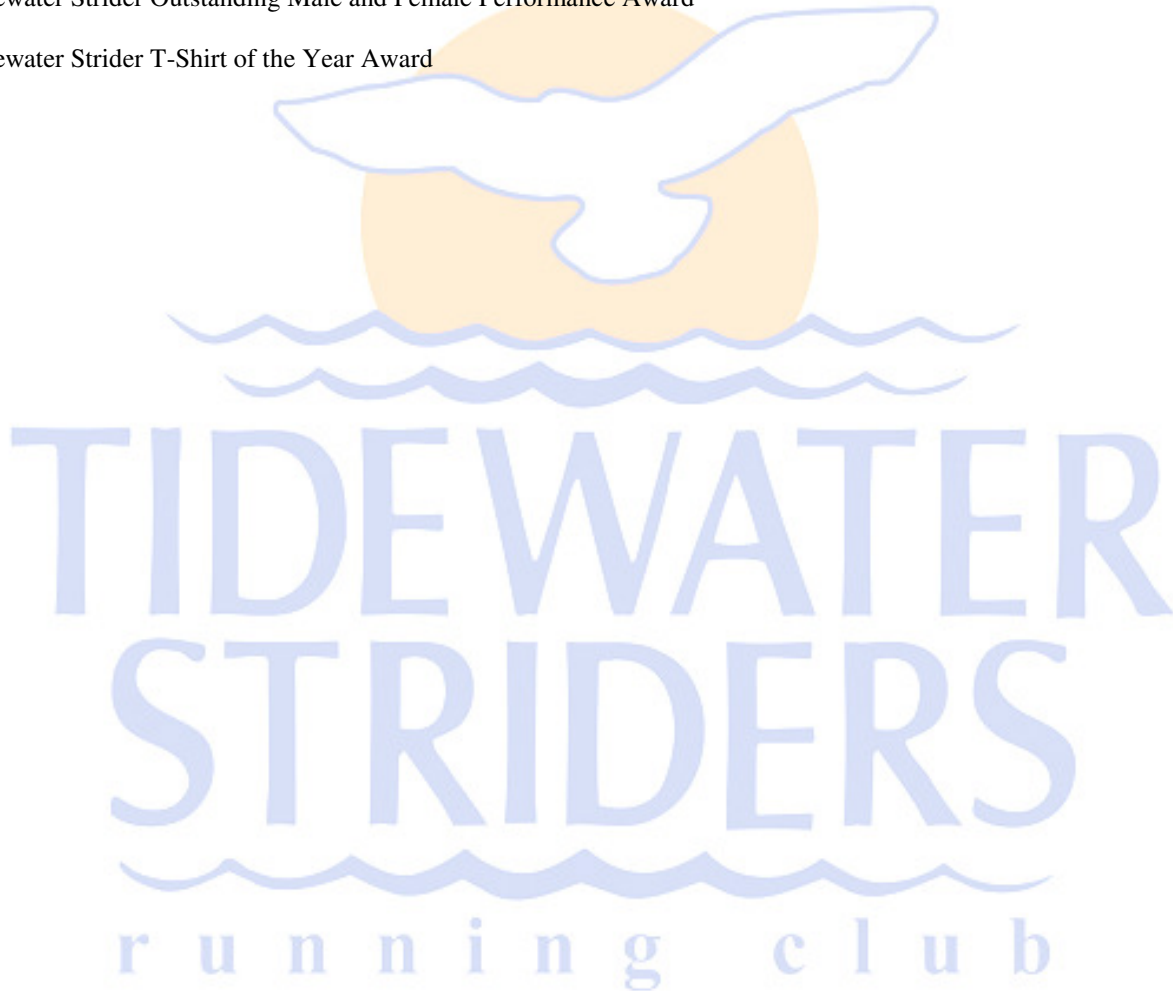
Tidewater Striders Presidential Award

Tidewater Striders Appreciation Award

Tidewater Strider Race Director of the Year

Tidewater Strider Outstanding Male and Female Performance Award

Tidewater Strider T-Shirt of the Year Award



The Jerry Bocrie Founder's Award

1. Purpose

A. The purpose of the Jerry Bocrie Founder's Award is to honor an exemplary club member by presentation of the Tidewater Striders most prestigious award.

2. Qualifications

A. Nominees must show evidence of running performance, promotion of running endeavors, or a combination of the two, meriting consistent national, and possibly international, recognition.

B. Nominees must also be a member of the Tidewater Striders for a minimum of five (5) years.

3. Nomination process

The nomination process must adhere to the following procedures:

A. Current or former board members may submit the name of nominees to the existing Board of Directors, with supporting documentation.

B. Individual club members who desire to nominate an individual must do so through a current or former board member.

C. Nominations must be made by November 1 of the current award year.

D. Previous recipients of the Jerry Bocrie Founder's Award are ineligible for renomination.

4. Selection committee/chairperson

A. The selection committee shall consist of no fewer than four (4) former presidents of the Tidewater Striders.

B. All former presidents will be invited to serve on the committee.

C. The chairperson of the Tidewater Striders Awards committee will issue the invitation to all former presidents and will organize the selection committee's first meeting.

D. The chairperson of the selection committee will be elected by the committee members at this first meeting.

5. Selection process/timeline

A. Names of the nominee(s) for consideration, along with supporting documentation, shall be presented to the selection committee by the Board of Directors by December 1.

B. The selection committee will consider the credentials of the nominee(s) and recommend the name of a single recipient, if any, to the Board of Directors by December 31.

C. It should be emphasized that this award need not be given each year and that if given, only a single award will be presented annually.

6. The award

A. The design of The Jerry Bocrie Founder's Award shall be selected by the Tidewater Striders Awards Committee.

B. The design should be unique with appropriate engraving, including the name and year of the award and the name of the recipient.

7. Presentation of the award

A. The Jerry Bocrie Founder's Award will be presented by the chairperson of the selection committee at the

Tidewater Striders Annual Awards Banquet; the chairperson shall also prepare appropriate commentary.

B. The recipient will receive a complimentary invitation to the banquet.

8. Publicity of the award

A. The chairperson of the selection committee shall transmit appropriate information to the chairperson of the Tidewater Striders Public Relations and Publicity committee, who shall then transmit appropriate information about the award to The Rundown and other media outlets, particularly the Virginian Pilot.



Tidewater Striders Volunteer of the Year Awards

1. Purpose

A. The purpose of the Tidewater Striders Volunteer of the Year Awards is to honor club members for their exceptional volunteer efforts throughout the year. Exceptional volunteer efforts involving the conduct of club races will be honored by the Race Volunteer of the Year Award, while exceptional volunteer efforts involving club and community service will be honored by the Club/Community Service Volunteer of the Year Award.

2. Qualifications

A. Nominees will be the top ten (10) volunteer point earners for either (a) points earned for race volunteer contributions or (b) points earned for club and community service contributions.

3. Nomination process

The nomination process shall adhere to the following procedures:

A. The Chairperson of the Volunteer committee will provide to each of the two selection committees the names and total point awards, partitioned as points for race volunteer contributions and club\community service contributions, of the top ten (10) volunteer point earners for the year in each of the two award categories.

B. This information will be provided to the Awards Committee chairperson no later than December 1.

C. Recipients of the gold award will not be eligible for awards in that category for the subsequent three(3) years.

4. Selection committee/chairperson

A. The Race Volunteer of the Year Award selection committee membership will consist of five (5) voting members, selected as follows:

- i. One past president
- ii. One past Volunteer of the Year award winner
- iii. One current Board of Directors Member
- iv. Chairperson of the Volunteer committee
- v. Executive Director of the Tidewater Striders

B. The Club\Community Service Volunteer of the Year Award selection committee membership will consist of five (5) voting members, selected as follows:

- i. One past president
- ii. One past Volunteer of the Year award winner
- iii. One current Board of Directors Member
- iv. Chairperson of the Volunteer committee
- v. Chairperson of the Community Service committee

C. The selection committees will be nominated by the Chairperson of the Awards committee, as per the preceding guidelines, and submitted to the Board of Directors for approval prior to the November Board meeting.

D. The Chairperson of the Awards committee will be the non-voting chair of both selection committees.

E. If, for some reason, one or more of these designated individuals are not available for service on the selection committee, one or more of the then current Board of Directors members will serve as a replacement.

5. Selection process/timeline

A. Nominees for consideration, as described above, shall be presented by the Chairperson of the Volunteer committee to the chairperson of Awards committee, by December 1.

B. The selection committees will consider both the quantity and quality of the volunteer contributions in

designating the recipients of the gold, silver and bronze awards for their category, as designated below under The Awards.

C. The awards selection process will take place during the month of December.

6. The awards

A. The Chairperson of the Awards Committee is responsible for designing and securing appropriate awards. The Tidewater Striders Volunteers of the Year Awards will be designated as two separate categories, with three awards in each category, as follows:

- i. Race Volunteers of the Year
 - a. Gold - The first place award
 - b. Silver - The second place award
 - c. Bronze - The third place award
- ii. Club\Community Service Volunteers of the Year
 - a. Gold - The first place award
 - b. Silver - The second place award
 - c. Bronze - The third place award

B. The name and year of the award and the name of the recipient shall be on the award.

7. Presentation of the awards.

A. Both committee awards will be presented at the Tidewater Striders Annual Awards Banquet.

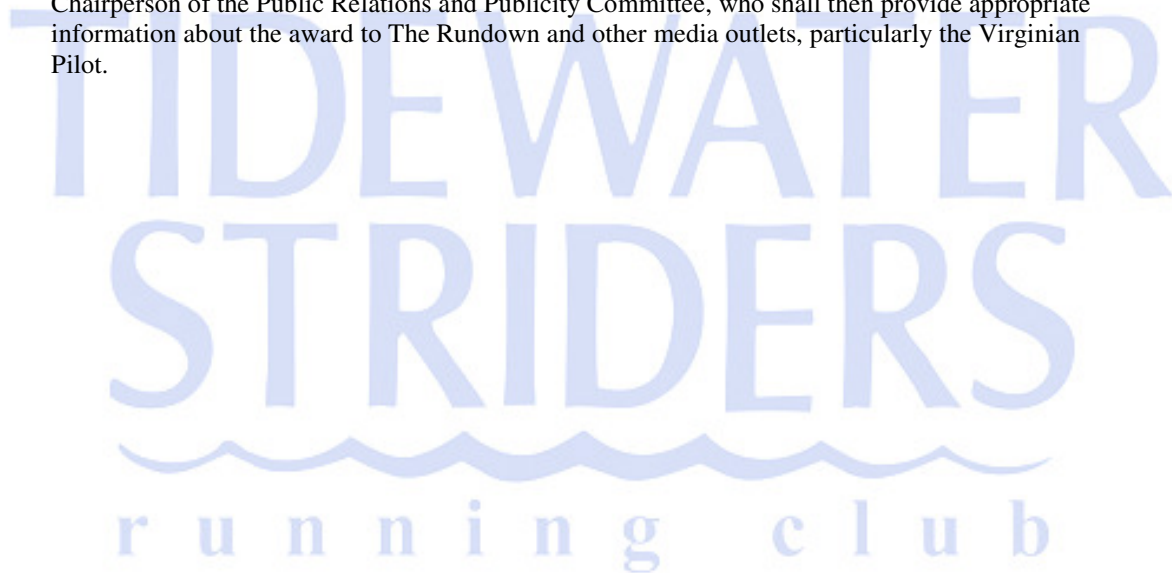
B. The President shall present the award.

C. The Chairperson of the Awards committee shall oversee the preparation of the commentary for the presenter.

D. Award winners will receive complimentary invitations to the banquet.

8. Publicity of the award

A. The Chairperson of the Awards Committee will transmit information concerning the award to the Chairperson of the Public Relations and Publicity Committee, who shall then provide appropriate information about the award to The Rundown and other media outlets, particularly the Virginian Pilot.



Tidewater Striders Presidential Award

1. Purpose

A. The purpose of the Tidewater Striders Presidential Award is to allow the President of the club to, if desired, recognize annually an exemplary club member.

2. Qualifications

A. This award is made to an individual who has, in the eyes of the President, made contributions to the club and the sport that are so significant that they transcend typical contributions.

B. There is no requirement that this award be presented each year unless a candidate meets this high level of expectation. The President does have the right to honor an individual annually if he/she deems it appropriate.

C. Board approval is required if the President would like to recognize more than one individual.

3. Nomination process

A. As this award is completely at the discretion of the President, there is no nomination process.

B. The President is free to solicit advice and input from others in the club and community and is encouraged to do so. The award recipient decision is, however, ultimately the decision of the President.

4. Selection committee/chairperson

A. This is a committee of one.

B. In the case of more than one individual serving in the role of President for a term year, the award decision will be based on input from all persons serving in that capacity and the input process will be managed by the most current President.

5. Selection process/timeline

A. The President shall select the recipient of the award with the only restriction that the winner is a current member of the club. All club members are eligible including current board members and past officers. The President cannot select himself/herself for the award.

B. The award selection process will be completed at least three weeks prior to the scheduled Awards Banquet so an appropriate award may be prepared.

6. The Award

A. The design of the award shall be selected and procured by the President.

7. Presentation of the award

A. The award will be presented at the annual Awards Banquet. The President will deliver an appropriate commentary about the recipient and do the presentation of the award at the banquet. If, for some unforeseen reason, the President is unable to attend the banquet, they will supply the Vice President with the written commentary on the award recipient and the Vice President will do the presentation.

B. The recipient will receive a complimentary invitation to the banquet.

8. Publicity of the award

A. The President will transmit information to the chairperson of the Public Relations and Publicity committee, who shall then transmit appropriate information about the award to the Rundown and other media outlets, particularly the Virginian Pilot.

Tidewater Striders Appreciation Award

1. Purpose
 - A. The purpose of the Tidewater Strider Appreciation Award is to recognize an individual, company, municipal or civic organization for outstanding contributions to the club and sport over an extended number of years.
2. Qualifications
 - A. This award should be based on financial and/or time and/or professional contributions, however, it is suggested that we rotate this award to show our appreciation to all our top sponsors/contributors.
 - B. This award may be made for such support over an extended number of years or for exceptional support over a shorter time frame.
3. Nomination process
 - A. The Committee will decide on a list of candidates.
 - B. Unless we have a contributor that simply stands way beyond the rest, it is also suggested that previous winners not be nominated for at least five years.
4. Selection Committee/chairperson
 - A. A member of the Awards Committee shall be the non-voting chair of the Appreciation Award Committee.
 - B. In addition to the chairperson, service on the Appreciation Awards Committee shall consist of the Executive Board (the president, vice-president, treasurer and secretary) and the Executive Director. If one or more of these designated individuals are not available for service on the Appreciation Committee, the Awards chairperson will select one or more of the then current Board of Directors members to serve as a replacement.
 - C. The Appreciation Awards chairperson shall arrange and chair each Committee meeting.
5. Selection process/timeline
 - A. The Committee shall identify candidates who are qualified to receive the award and select the recipient.
 - B. The Committee shall complete the above in a timely fashion, meeting the deadlines assigned by the Awards Committee chairperson.
 - C. The Committee should conclude their assigned tasks by December 31.
6. The award
 - A. The Committee shall decide on the type of award to be given. Since the classification of the recipient may change from year to year, so may the type of award.
7. Presentation of the award
 - A. The Appreciation Award shall be presented to the recipient at the Awards Banquet.
 - B. The Committee shall provide a written commentary for the presenter and select an appropriate presenter.
 - C. The recipient will receive a complimentary invitation to the banquet.
8. Publicity of the award recipient
 - A. The Chairperson of the selection committee shall transmit the appropriate information to the Chairperson of the Tidewater Striders Public Relations and Publicity Committee, who shall then transmit appropriate information about the award to The Rundown and other media outlets, particularly the Virginia Pilot.

Tidewater Strider Race Director of the Year

1. Purpose

- A. The purpose of Tidewater Strider Race Director Award is to recognize the most outstanding race director.

2. Qualifications

Nominees must meet the following criteria:

- A. Race Director must be selected from one of the Tidewater Strider sponsored races.
- B. Race directors from multi-sport events can also be nominated.
- C. Previous winners may not be nominated for five years.

3. Nominations Process

The nomination process shall adhere to the following procedures:

- A. Nominations for race director of the year may come from the general membership, board members or race directors.
- B. All the names for the race director of the year shall be submitted to the chairperson or the awards committee.
- C. Forms for nomination will be included in each race director's packet and will be run quarterly in the Rundown.

4. Selection Committee/chairperson

- A. It will be the responsibility of the Awards Committee Chairperson to select a Tidewater Strider member to serve as chair for the Race Director of the Year Committee.
- B. The selection committee shall consist of at least 3 current race directors (who have not been nominated), 3 race volunteers and the Executive Race Director (if not nominated).
- C. This committee shall also include a previous race director of the year (with the exception of the first year of this award).

5. Selection Process/timeline

- A. The selection committee will consider the following criteria in their selection

- i. Pre-Race

- a. How well the race is organized
 - b. Registration procedures
 - c. Race flyers

- ii. Race

- a. Course marshals
 - b. Water stations
 - c. Accuracy of the course

- iii. Post Race

- a. Adequate refreshments after the race
 - b. Timeliness of race results

- iv. Other

- a. Number of years the director has hosted the race
 - b. Satisfaction of the runners
 - c. Contribution of race to
 - (i). Tidewater Striders
 - (ii). Runners
 - (iii). Community
 - (iv). Volunteers

- B. Deadline for final nominations shall be December 31st of each year.

- C. The committee shall meet no later than the second week of January to choose the winner of the Race Director of the Year Award.

6. The Award

A. The design of the award shall be selected by the chairperson and include the name of the award and the recipient's name.

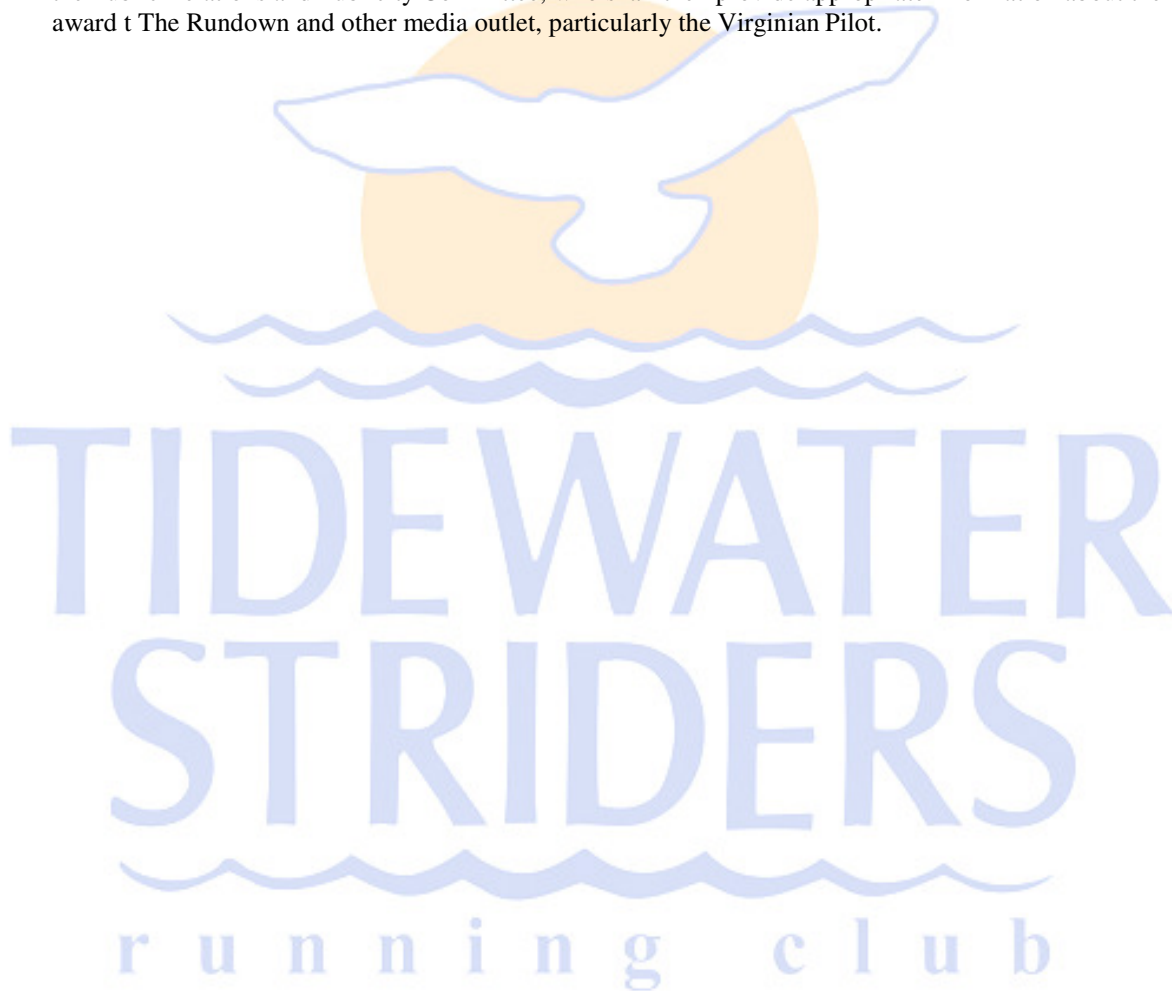
7. Presentation of Award

A. The award will be given at the Annual Awards Banquet. The Executive Race Director will present the award (unless the Executive Director is the winner).

B. The recipient will receive a complimentary invitation to the Awards Banquet.

8. Publicity of the Award

A. The Chairperson of the committee will transmit information concerning the award to the Chairperson of the Public Relations and Publicity Committee, who shall then provide appropriate information about the award to The Rundown and other media outlet, particularly the Virginian Pilot.



Tidewater Strider Outstanding Male and Female Performance Award

1. Purpose

A. The purpose of the Tidewater Strider Performance Award is to recognize outstanding performance of running, walking or multi-sport athletes.

2. Qualifications Nominees must meet the following criteria:

- A. Be a member of the Tidewater Striders
- B. Demonstrate excellence at the regional, state or national level
- C. Open to all ages

3. Nomination Process

The nomination process shall adhere to the following procedures:

- A. Nominations can be made by the membership and/or the committee.
- B. A nomination form will be available to all members throughout the year.
- C. Forms will be distributed in the October Rundown.
- D. Nominations must be made by December 31.

4. Selection Committee/chairperson

- A. The committee shall consist of five appointed members
 - i. Grand Prix Committee Chairperson
 - ii. Triathlon Committee Chairperson
 - iii. Walking Committee Chairperson
 - iv. Team Committee Chairperson
 - v. Youth Committee Chairperson
- B. If an individual chairs more than one of these committees, an alternate committee member will be selected to insure representation of all committees.
- C. A Chairperson shall be selected from the five voting members.
- D. The selection of these committee members will prevail into the subsequent year, when the selection process will take place.

5. Selection Process/timeline

- A. Nominees for consideration shall be presented to the committee during the month of December.
- B. The process should be completed no later than the second week in January.

6. The Award

- A. The design of the award shall be selected by the Awards Committee.
- B. The awards chairperson shall oversee the ordering of awards.
- C. The name and year of the award and the name of the recipient shall be on the award.

7. Presentation of Award

- A. An individual knowledgeable of the recipient shall present the award at the Annual Awards Banquet.
- B. The presenter shall write the presentation and make a copy available to the committee.
- C. The recipients will receive a complimentary invitation to the banquet.

8. Publicity of the Award

- A. The chairperson of the committee will transmit information to the chairperson of the Tidewater Striders Public Relations and Publicity committee, who shall then transmit appropriate information about the award to The Rundown and any other media outlets, particularly the Virginian Pilot.

Tidewater Strider Outstanding High School Male and Female Cross Country Runner

1. Purpose

A. The purpose of the Tidewater Strider High School Cross Country Award is to recognize outstanding performance in high school cross country.

2. Qualifications

Nominees must meet the following criteria:

- A. Be a member of an accredited high school cross country team in the Tidewater area.
- B. Demonstrate excellence at the district, regional, state or national level in cross country.

3. Nomination process

- A. Coaches, individuals and/or committee members can make nominations.
- B. A nomination form will be available to all high school country cross country coaches and athletic directors.
- C. Nominations must be made by the Saturday following completion of the Beach, Eastern and Southeastern District Cross Country meets.

4. Selection committee/chairperson

- A. The committee shall consist of five members appointed by the awards committee.
 - i. Youth Committee Chairperson
 - ii. Four High School Cross Country Coaches selected from the Beach, Eastern and Southeastern Districts, with at least one coach from each district.
- B. A Chairperson shall be elected from among the five-committee members.
- C. Replacement committee members shall be selected from other coaches.
- D. The selection of these committee members will prevail into the subsequent year, when the selection process will take place.

5. Selection process/timeline

- A. Nominees for consideration shall be presented to the committee during the December 15th.
- B. The process should be completed no later than the second week in January.

6. The award

- A. The design of the award shall be selected by the Awards Committee.
- B. The awards chairperson shall oversee the ordering of awards.
- C. The name of the award, the year, and the name of the recipient shall be on the award.

7. Presentation of award

- A. An individual knowledgeable of the recipient shall present the award at the Annual Awards Banquet. The Outstanding High School Cross County Committee will select this individual.
- B. A copy of the presentation will be available to the committee and Awards Chairperson.
- C. The recipients will receive a complimentary invitation of the banquet.

8. Publicity of the award

- A. The awards Committee shall provide the Public Relations and Publicity Committee the appropriate information about the purpose of the award and background on the recipients. The Public Relations and Publicity Committee will then provide the information to the Rundown and other media outlets, particularly the Virginian Pilot.

Tidewater Strider T-Shirt of the Year Award

1. Purpose

A. The purpose of the T-Shirt of the Year Award is to recognize the most creative and best-designed T-Shirt.

2. Qualifications

A. All Tidewater Strider sponsored events are eligible to submit their T-shirt for the award.

3. Nomination Process

- A. The race director may nominate his/her T-shirt.
- B. Along with the nomination, at least one T-shirt is to be submitted.
- C. The race director should submit the name of the artist(s) that designed the shirt.
- D. The race director should include the race name along with any information about the T-shirt design.

4. Selection committee/chairperson

- A. It will be the responsibility of the Awards Committee Chairperson to select a Tidewater Strider member to serve as chair for this committee.
- B. The committee shall consist of at least 2 race directors (whose shirts are not nominated), and 3 race volunteers selected at random.

5. Selection committee/timeline

- A. The selection committee will consider the following criteria in their selection
 - i. the design of the shirt
 - ii. the use of color
 - iii. the theme of the design in relation to the race
 - iv. originality
 - v. Tidewater Strider/RRCA printed on the shirt
- B. The winning design cannot be re-submitted.
- C. Deadline for final nominations shall be December 31st of each year.
- D. The committee shall meet no later than the second week in January to select the winning T-shirt.

6. The Award

A. The award shall consist of a plaque given to the race director and the artist that designed the T-shirt. The name and year of the award and the name of the recipient shall be on the award.

7. Presentation of Award

- A. The award will be presented at the Annual Awards Banquet.
- B. The awards chairperson will present the award.
- C. The recipient will receive a complimentary invitation to the banquet.

8. Publicity of the Award

A. The chairperson of the committee will transmit information to the chairperson of the Tidewater Strider Public Relations and Publicity Committee, who shall then transmit appropriate information about the award to The Rundown and any other outlets, particularly the Virginian Pilot.