

Tidewater Striders Track Club

Policies and Procedures

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COMMITTEES

ADVISORY COMMITTEE

Policies

- 1) It is the responsibility of the Advisory Committee to provide legal, medical or other 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 issues that may interfere with the optimal operation of Tidewater Striders activities.
- 2) The Committee shall consist of individuals, who are qualified to obtain all information and guidance.

Procedures

- 1) If and when issues arise for which professional guidance is needed and which have a direct impact upon the effective operation of the Tidewater Striders, the President, or an appointed representative, may contact 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.
- 3) It shall be the Chairman's responsibility to seek input from qualified individuals to provide proper guidance requested by 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 consulting or advice that normally would be provided on a fee basis.

Budget

Board approval will be required for any funding desired.

Board Approval

Approved: April 2013
Amended: April 12, 2021

AUDIT COMMITTEE

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.
- 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.

Board Approval

Approved: October 2013

Amended: April 12, 2021

AWARDS COMMITTEE

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

Policies

It is the responsibility of the Awards Committee:

- 1) To oversee the selection of members to the following awards sub-committees:
 - a) Appreciation Award
 - b) Volunteer of the Year Awards
 - c) Race Director of the Year Award
 - d) Outstanding Male and Female Performance Award
 - e) Outstanding High School Male and Female Cross-Country Award
 - f) Inspiration Award
 - g) New Energy Coach of the Year Award
- 2) Select and secure special awards for the Tidewater Strider Annual Awards Banquet.
- 3) 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 ensure 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 be selected by the Awards Chairperson. The members of the committee will be selected from the board or sub-committee Chairpersons.
- 3) The selection of the awardee shall be made based on a voting process acceptable to the Executive Board.
- 4) The Committee shall order specific awards working with the President and Grand Prix Chairperson.

Budget

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

Board Approval

February 2003

Amended: February 7, 2022

BANQUET COMMITTEE

Policies

It is the responsibility of the Banquet Committee to plan and implement all banquets conducted by the Tidewater Striders including an Annual Awards Banquet and Annual Summer Picnic and other banquets as the Board might approve. In lieu of a Volunteer Party there will be a separate tent for volunteers only at each Striders race with refreshments.

Procedures

- 1) 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. Complimentary invitations to the banquet will be provided upon final approval by the Board of Directors to the following:
 - a) Volunteer of the Year winners and one guest
 - b) Appreciation Award winner and one guest
 - c) President's Award winner(s) and one guest each
 - d) Inspiration Award winner and one guest
 - e) Race Director of the Year winner and one guest
 - f) Outstanding Male and Female Performance winners and one guest each
 - g) Outstanding High School Male and Female Cross Country Runners and two guests each
 - h) New Energy Coach of the Year winner and one guest
 - i) New Hall of Fame inductees and one guest each
 - j) Each member of the Board of Directors and outgoing Board members from the immediate prior term

Budget

Board approval will be required for any funding required.

Board Approval

Approved: January 7, 2019
Amended: April 12, 2021
Amended: February 7, 2022
Amended March 6, 2023

BUDGET COMMITTEE

Policies

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

Board approval will be required for any funding desired.

Board Approval

February 2003

COMMUNITY ADOPT-A-PROGRAMS COMMITTEE

Policies

It is the responsibility of the Community Adopt-A-Programs Committee to organize and coordinate the Adopt-A-Highway, Adopt-A-Trail, and other community outreach programs where needed.

Procedures

- 1) Establish and maintain agreements with local jurisdictions for community cleanup programs.
- 2) Coordinate and provide member volunteers as needed to support local cleanup programs.
- 3) Continually explore other community outreach programs that may further enhance organizational goals.

Budget

Board approval will be required for any funding desired.

Board Approval

September 12, 2022

CONSTITUTION AND BYLAWS COMMITTEE

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 .
 - 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

Board approval will be required for any funding desired.

Board Approval

April 2013

Amended: March 6, 2023

ELECTIONS COMMITTEE

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 up to 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) The maximum number of votes allowed per ballot.
 - c) Instructions regarding family membership voting and different members sharing a common email address.
 - d) The term of office for the elected candidates.
 - e) The latest day and time by which voted ballots must be submitted to be counted.
 - f) Appropriate safeguards to prevent duplication of votes.
 - g) 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/Media committee.
- 3) The election ballot link (secure) shall be emailed in November to the Election Committee Chair. 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 introduced to the club and existing Board at that meeting.
- 4) The Elections Committee shall ensure that no individual has access to the email account receiving the voted ballots until they are tabulated.

- 5) The election ballot emails will be tabulated in the presence of the Elections Committee as soon as possible after the voting deadline.
- 6) Ballots results file will be reviewed 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 with more than the specified number of candidates selected, as appropriate for individual or family memberships.
 - c) Multiple ballots received from the same email address except as appropriate for family memberships or multiple members sharing a common email address.
- 7) The Elections Committee shall tabulate and record the voting tally and election results. The voting tally shall be placed in the Archives.
- 8) 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.
- 9) The Elections Committee Chair will notify a member of the Executive Board who is not on the ballot that year who will then notify the candidates at the earliest opportunity, including the tally, only if requested.
- 10) The Elections Committee Chair shall report the election results to the current Board of Directors and the RUNDOWN editor at the earliest opportunity.

Budget

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

Board Approval

Approved: February 2003
Amended: October 2011
Amended: December 2020

GRAND PRIX COMMITTEE

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

It is the responsibility of the Grand Prix Committee to:

- 1) 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.
- 2) Select and secure special awards for Tidewater Striders Grand Prix Winners.

Procedures

- 1) Grand Prix races will vary in distance. (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, if possible.
- 3) The total number of Grand Prix events held yearly will be determined by the committee (maximum of 14 effective January 1, 2023).
- 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 Directors of selected races to ensure that they will include, as a minimum, the age group breakdown to be awarded for the Grand Prix series.

For example, if the Grand Prix awards categories are Male 25-29, 30-34 & 35-39, the race should not give 20-29 and 30-39 unless the number of entries is small and warrants ten-year age groups. 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 shall be updated as soon as possible after each race.
- 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.

Board Approval

October 2013
Amended October 2021
Amended April 3, 2023

HALL OF FAME COMMITTEE

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 Approval

May 14, 2018

HEALING HEARTS COMMITTEE

Policies

The Healing Hearts (H&H) Chairperson will act as a Tidewater Strider Club representative providing a social support network and interaction with those in serious illness (information as requested by family members or discovered), near or at death.

Procedures

- 1) Upon request or discovery (social media, conversation, etc.) the H&H Chairperson would contact family or next of kin of Strider member affected to offer club condolences and support. In the case of death notification, Committee will notify the Strider President to affect club notification (RUNDOWN note and social media).
- 2) The Committee will attend any “celebrations of life” and or funeral services (if H&H cannot attend, another representative will be solicited to attend). If serious illness, the H&H will, as available, visit the member and/or family to show and offer support.
- 3) The H&H will coordinate directly with the club Treasurer for any required monies to support flower/card orders.
- 4) The H&F Chairperson will report monthly status in advance of the Board of Directors meetings.

Budget

Board approval will be required for any funding desired.

Board Approval

October 3, 2022

HISTORY COMMITTEE

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 Approval

May 2013

MARKETPLACE COMMITTEE

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 Approval

June 2013

MEDIA COMMITTEE

Policies

- 1) The Chairperson of the Media 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.
- 2) Effective January 1, 2023, the Media Committee shall select a Web Manager with adequate skills to manage day to day operations of the Web Site as well as other members as deemed necessary to ensure continuous and timely maintenance of online publications and social media.
- 3) It is the responsibility of the Media Committee to
 - a) Maintain the Tidewater Striders web site at www.tidewaterstriders.com through a contract with a web hosting service capable of supporting the site.
 - b) Maintain a newsletter and social media (including, but not limited to Facebook, Instagram, and Twitter) that is timely, informative, of high quality, and created in a controlled, professional manner. The contributing members of these platforms along with the Web Manager will comprise the Media Committee.
- 4) The RUNDOWN is published monthly as the newsletter of the Tidewater Striders.
- 5) Opinions and points of view expressed in the RUNDOWN and social media are those of the editor and contributing members. They are not necessarily the views of the membership, officers and directors of the Tidewater Striders.

Procedures

- 1) Requirements for published material in the RUNDOWN:
 - a) A link to the minutes for the Tidewater Striders Board Meetings. These minutes will be posted to the website only after Board approval and will not be reworded by the editor or contributing members.
 - b) Nominations for the Board of Directors that will be posted prior to elections as received (unedited) by the Nominations Committee.

- c) A “President’s” article on the current affairs of the Tidewater Striders. If the President of the Board is unavailable to write the article, then another member of the Executive Committee can fill-in.
 - d) A call to membership for Awards and Hall of Fame Nominations.
 - e) A call for Scholarship and Campership Applications.
- 2) Guidelines for the RUNDOWN and Social Media Editor and Contributing Members
- a) The RUNDOWN editor and Media Committee are responsible to publish the RUNDOWN and social media posts in a timely manner.
 - b) All advertisement rates are subject to the discretion of the RUNDOWN Editor, Media Committee, Race Committee, and/or Race Directors. This includes but is not limited to advertising space on these media platforms: the RUNDOWN, the Tidewater Striders website, Facebook, Instagram, and Twitter.
 - c) Race Directors or the other Committees that would like to advertise or post through the Media Committee need to do so in a timely fashion.
 - d) Any written communications made on behalf of the Tidewater Striders, including social media posts and emails, shall be reviewed by at least one Media Committee member for content and language prior to transmission.
- 3) Guidelines for Submitting Material to the RUNDOWN and/or social media:
- a) Material must be submitted in a timely fashion. If the event is more than two months past, it will not be used.
 - b) Person submitting a photograph for use in the RUNDOWN or social media is responsible for obtaining permission from the copyright holder.
 - c) The source of the picture or other material must be provided when submitted. When the editor deems appropriate, names of all identifiable people, event date, and location should be provided.
 - d) Use of submitted material is not guaranteed.
- 4) 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.
- 5) Additional topics may be added to the web site as deemed appropriate by the Media Committee.

Board Approval

August 5, 2019
Amended July 12, 2021
Amended September 12, 2022

MEMBERSHIP COMMITTEE

Policies

It is the responsibility of the Membership Committee to:

- 1) Maintain the membership database of the Tidewater Striders
- 2) Process new member and renewal applications.
- 3) Coordinate the recruitment of new members
- 4) Collect dues and coordinate the deposit with the Treasurer
- 5) 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 for 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. Memberships include one- and two-year options in the following categories:
 - i) Regular Individual.
 - ii) Youth (age 22 & under).
 - iii) 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.
 - iv) 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.
 - v) Complimentary memberships granted per Article III Membership of the Bylaws must be approved on an annual basis, usually in July. Complimentary memberships that are lifetime memberships per schedules in Article III Membership of the Bylaws will be

reaffirmed annually by response to an annual verification of desired continuation by the Membership Chairman, usually in October.
- 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.

Board Approval

Approved: September 10, 2018

Amended: April 12, 2021

Amended: December 4, 2022

MULTISPORT COMMITTEE

Policies

It is the responsibility of the Multisport Committee to:

- 1) Promote multisport training and participation within the membership.
- 2) Serve as a liaison to local multisport events.
- 3) Provide multisport information to the membership.
- 4) Conduct an annual Multisport Grand Prix series.

Procedures

- 1) The Committee shall provide multisport information to the RUNDOWN including race results, athlete profiles, interesting articles on training tips and articles by area experts on the various facets of multisport events.
- 2) The Committee shall provide multisport 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 USA Triathlon (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 an annual Multi-sport Grand Prix series, which will be governed by the following rules.

- a) Tidewater Striders whose membership is current and who sign up for the Multisport Grand Prix series via website link or otherwise notifying the Committee will be scored for each series event which they complete. To be eligible for an award, you must be a Tidewater Strider in good standing at the end of the series. Those members who volunteer at a minimum at one Tidewater Strider function during that calendar year, i.e., newsletters, race volunteer, trash pickup, running a clinic, writing a RUNDOWN article, etc., will receive an additional 50 points in the Grand Prix.
- 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) Your age as recognized by USAT (i.e., age at the end of the calendar year) will determine your age group placement for the entire series.
- d) 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 Multisport Committee will maintain responsibility for obtaining race results and updating scoring for the Grand Prix.
- e) Did Not Finish (DNFs), typically due to mechanical failure, accident, injury, or concern for safety, will count as participation. But No-Shows and disqualifications will not count.
- f) 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 Multisport Grand Prix. However, those athletes will receive participation credit.
- g) The scoring of the Grand Prix races is as follows:

Place	Points
1 st	25 pts
2 nd	20 pts
3 rd	16 pts
4 th	13 pts
5 th	10 pts
6 th	8 pts
7 th	6 pts
8 th	4 pts

9 th	3 pts
10 th	2 pts

- h) The age groups for women and men are as follows: 19 & under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70 & over.
- i) 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.
- j) Awards
 - i) Top 3 in the overall division.
 - ii) Top 3 in the overall masters' division.
 - iii) Top 3 in each age group.
 - iv) Grand Prix awards will be funded by the awards budget.

Board Approval

July 6, 2015
Amended June 6, 2022

NOMINATIONS COMMITTEE

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

Board approval will be required for any funding desired

Board Approval

May 2013

PROGRAMS COMMITTEE

The Programs 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

It is the responsibility of the Program Committee to:

- 1) Survey the membership regarding their interest in running to obtain ideas for programs.

Procedures

- 1) The Committee shall survey the membership via Committee contact and the RUNDOWN regarding the interest speakers and programs.
- 2) The Committee shall research and develop a list of potential speakers.
- 3) The Committee shall liaison with local running groups, promote the Striders organization in the running community, and explore enhancements to Striders programs that may also assist the goals of the community.

Budget

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

Board Approval

Approved February 2003
Amended June 3, 2019
Amended June 6, 2022
Amended December 4, 2022

RACE COMMITTEE

Policies

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 agreement.
 - 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.
- 5) The Race Committee is responsible for direction or coordination/liaison 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.
- 6) The Committee shall prepare and recommend a race package offering to members, called Striders Plus. Striders Plus packages shall be concurrently recommended by the Budget Committee by August of each year and be approved by the Board of Directors. Effective January 1, 2023, Striders Plus will be offered free to the following officers and committee chairs during their term of office:
 - a) Executive Board (President, Vice President, Treasurer, and Secretary)
 - b) Marketplace Chairperson
 - c) Race Committee Chairperson

Board Approval

Approved: February 2003
Amended: June 3, 2019
Amended September 12, 2022

SCHOLARSHIP COMMITTEE

Policies

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 (Bee McLeod Memorial Scholarship and 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 Bee McLeod and 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 Bee McLeod Memorial Scholarship, priority will be given to current female collegiate student applicants. 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.

Board Approval

Approved: March 6, 2017

Amended: April 12, 2021

TEAMS COMMITTEE

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: The official Tidewater Striders team uniform 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:
 - i) Event entry fees
 - ii) 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)
 - iii) Gas (if team size exceeds 6 members, van rental is allowed)
 - c) The following are not acceptable reimbursable items:

- i) Meals
 - ii) Alcohol
 - iii) Lodging for spouse/significant other
 - iv) 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 receive complimentary free races, 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: 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.

Board Approval

August 2015
Amended: September 12, 2022

VOLUNTEER COMMITTEE

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

It is the responsibility of the Volunteer Committee to:

- 1) Assist race directors of club hosted events in getting volunteers
- 2) Coordinate the volunteer point system
- 3) Record and track points for volunteers
- 4) 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 December 31 of the calendar year for determining awards.
 - b) For Volunteer of the Year and Community Awards the point system shall be on a calendar year basis with the first race to be Resolution 5k. The points shall be provided to the Awards Chairperson after the last race of the year, the Mel Williams Memorial Seashore 50k.
 - 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

Board approval will be required for any funding desired.

Board Approval

October 2013
Amended: February 6, 2023

WALKING COMMITTEE

Policies

It is the responsibility of the Walking Chairman and Committee to:

- 1) Promote and encourage walking to include race walking, power walking, and fitness walking.
- 2) Serve as a liaison to local walking groups and events.
- 3) Provide walking information to the membership and others in the community.
- 4) Create and publicize, when feasible, 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 Media Committee for inclusion in the RUNDOWN 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 working with race directors concerning establishing and assisting a walking division in a TS sponsored race.
- 5) WALKER GRAND PRIX (WGP):
 - a) The Committee will meet and decide at the September Walking Committee meeting if it is feasible to support a WGP event for each year. If feasible, a suggested number, name and date of races to be designated as the WGP will be submitted to the Board of Directors at the October or November meeting for approval..
 - 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) To qualify for an award in the WGP series, participants must be a TS member, walk in at least (3) events and volunteer in at least (2) TS supported events.
- h) Walkers finishing 1st through 10th in a race will accumulate Competition Points.
- i) 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

- j) Only a participant's top (3) races will be scored in the final WGP competitive standings.
- k) Walkers are required to adhere to race time constraints. Walkers who do not complete a race within published times will not be awarded points.
- l) Walkers must WALK the entire race distance. Walkers MUST wear the designated Walker Bibs throughout the race. Running, jogging, skipping, hopping etc. at any time will result in removal from the race's walk division and placed in the Running or Running/Walk Division of that race. Monitors on the race course will be used at all WGP races to ensure that walkers are walking and will pass on runners to the Race Director for change of division. The racer will be allowed to complete the entire race.

- m) USATF Rules of Competition apply to designated races (e.g. 1,500 m 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 any time 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.
- n) The Committee will determine the number of monitors needed for each race.
- o) 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).
- p) The Committee shall coordinate presentation of the awards with the Awards Chairperson.

Walking Division Guidelines for Races

- 1) Race director will coordinate with the Walking Committee Chair if there is a competitive walk division.
- 2) Walker race time start should be noted on registration and sign-up forms and in advertisements to the public.
- 3) Race Timer must be advised of a competitive walk division.
- 4) Race announcements via news media and on registration sign up will note competitive walk division and the following information: "You must walk and not hop, skip, jump, jog or run, for the entire race".
- 5) Competitive walk division awards will be 3 top male and 3 top female.
- 6) Bibs: There will be separate yellow Bibs for Walkers. Each Walker will receive two bibs - one with a number from 3000-4000 (goes on front) and a second bib with a large "W" (goes on back). At packet pick-up/registration the Walker's number can be handwritten on the back yellow bib with the "W" for ease of identifying the Walker from the rear.
- 7) On race day, the Chief Walk Official assigned to the race should be notified if there is any change impacting the walk category, such as the start time.
- 8) GRAND PRIX RACES: Walking Committee will provide officials and assign a Chief Walk Official. Chief Walk Official will coordinate with the Race Timer and Race Director for results and will report walking offenses to the Race Director to move any walkers to the running division if needed.

- 9) NON-GRAND PRIX RACES: Complaints should be provided to the Chief Walk Official or the Walking Committee Chair who will forward the complaint to the Race Director (or their designee). It is the Race Director's discretion to move a Walker to the running category.
- 10) AWARDS: Competitive walk division awards will be presented at the same time as the running division awards.
- 11) Refer all questions to the Chief Walk Official for any Walker questions on Race Day.

Board Approval

March 12, 2018

Amended December 5, 2022

YOUTH COMMITTEE

Policies

It is the responsibility of the Youth Committee to support youth running in the Tidewater area by:

- 1) 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.
- 2) Encouraging youth participation in Tidewater Strider events through a Youth Grand Prix Series and promoting Tidewater Strider race participation.
- 3) 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.
- 4) Providing youth running clinics and/or supporting youth attendance at running camps by partially funding tuition through camperships.
- 5) Identifying funding requirements and seeking support through the Tidewater Striders' budget process, commercial sponsorships and RRCA
- 6) Manage a Striders Youth Scholarship Program to reach more families, specifically those with financial hardships, and find ways to bring more opportunities to those in the running community.

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) The Committee may assign up to two lead Administrative Coaches, and up to six New Energy Lead Coaches to assist the Youth programs. Effective January 1, 2023, Admin

Coaches and Lead Coaches will receive a free Strider Plus race package while actively assigned and performing these duties; and New Energy Coaches will receive a free Striders membership and race of their choice for the following year.

- 4) 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.
- 5) 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.).
- 6) 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.
- 7) 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.
- 8) Youth Scholarship Program will include:
 - a) Providing the following to each awardee.
 - i) One-year membership to the Tidewater Striders.
 - ii) Free Entries to all Strider Youth races.
 - iii) A new pair of shoes.
 - iv) One Strider gear item.
 - b) Families may apply via an application form, which will be available on the Internet. In general, the questions will include:
 - (1) Parent's name and contact information.
 - (2) Child's name.
 - (3) How long the child has been affiliated with Tidewater Striders.
 - (4) If new, how did they hear about the Striders.

- (5) How many races would the child be able to participate if this scholarship wasn't available.
 - (6) How many races would the child like to participate in if cost wasn't an issue. Scholarship will pay up to 6 races.
 - (7) How often does the child plan on attending practice sessions during the spring and fall of the New Energy season (all, half, once a month, etc.).
 - (8) How often does the child plan on attending practice sessions during the spring and fall New Energy season (all, half, once a month, etc.).
 - (9) If selected, will the child be willing to participate in a feature story if Strider's or Running Etc. would like to do one.
 - (10) Is there other information they would like to share.
- ii) Applications will be reviewed and approved by the Youth Committee Chairpersons and the Board President, or their designees as approved by the Board.
- c) For the privacy of the family, application forms will be confidential, and will be seen only by the application review committee.

Board Approval

July 7, 2014

Amended June 6, 2022

Amended September 12, 2022

AWARDS

VOLUNTEER OF THE YEAR AWARD

Purpose

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.

Qualifications

Nominees will have volunteered for a race or for club and community service contributions.

Nomination Process

The Chairperson of the Volunteer committee will provide to the Awards Committee chairperson, no later than December 1st, the names of the proposed award winners in each category.

Selection Committee/Chairperson

- 1) The Race Volunteer of the Year Award selection committee membership will consist of four (4) voting members, selected as follows:
 - a) One past President
 - b) One past Volunteer of the Year award winner
 - c) One member of the Race Committee
 - d) Chairperson of the Volunteer committee
- 2) The Club/Community Service Volunteer of the Year Award selection committee membership will consist of four (4) voting members, selected from the following persons:
 - a) One past president
 - b) One past Volunteer of the Year award winner
 - c) One current Board of Directors Member

- d) Chairperson of the Volunteer committee
 - e) Chairperson of the Adopt-A-Highway or Adopt-A-Trail program
- 3) 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.
 - 4) The Chairperson of the Awards committee will be the non-voting chair of both selection committees.
 - 5) If, for some reason, one or more of these designated individuals are not available for service on the selection committee, one or more current Board members will serve as a replacement.

Selection Process/Timeline

- 1) 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.
- 2) 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.
- 3) The awards selection process will take place during the month of December.

The Award

- 1) 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:
 - a) Race Volunteers of the Year
 - i) Gold - The first-place award
 - ii) Silver - The second-place award
 - iii) Bronze - The third-place award
 - b) Club\Community Service Volunteers of the Year
 - i) Gold - The first-place award

- ii) Silver - The second-place award
 - iii) Bronze - The third-place award
- 2) The name and year of the award and the name of the recipient shall be on the award.

Presentation of the Award

- 1) Both committee awards will be presented at the Tidewater Striders Annual Awards Banquet.
- 2) The Chairperson of the Awards committee shall oversee the preparation of the commentary for the presenter.
- 3) The club will provide complimentary invitations to the banquet to each award winner and one guest.

Publicity of the Award

By December 15, the Chairperson of the Awards Committee will transmit information concerning the award to the Chairperson of the Media Committee, who shall then provide appropriate information about the award to The Rundown and other media outlets, particularly the Virginian Pilot.

Approved

April 5, 2019
Amended April 12, 2021
Amended October 4, 2021
Amended March 6, 2023

PRESIDENTIAL AWARD

Purpose

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

Qualifications

- 1) 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.
- 2) There is no requirement that this award be presented each year. The President has the right to honor an individual annually if he/she deems it appropriate.

Nomination Process

- 1) As this award is completely at the discretion of the President, there is no nomination process.
- 2) 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.

Selection Committee/Chairperson

- 1) This is a committee of one.
- 2) 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 current President.

Selection Process/Timeline

- 1) 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.
- 2) The award selection process will be completed at least three weeks prior to the scheduled Awards Banquet so an appropriate award may be prepared.

The Award

The design of the award shall be selected and procured by the Chairperson of the Awards Committee.

Presentation of the Award

- 1) 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.
- 2) The club will provide complimentary invitations to the banquet to the award winner and one guest.

Publicity of the Award

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

Approved

April 5, 2019

Amended: April 12, 2021

APPRECIATION AWARD

Purpose

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. This award need not be given each year.

Qualifications

- 1) This award should be based on financial and/or time and/or professional contributions; however, it is suggested that this award be rotated to show our appreciation to all our top sponsors/contributors.
- 2) This award may be made for such support over an extended number of years or for exceptional support over a shorter time frame.

Nomination Process

- 1) The Committee will decide on a list of candidates.
- 2) 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.

Selection Committee/Chairperson

- 1) A member of the Awards Committee shall be the non-voting chair of the Appreciation Award Committee.
- 2) In addition to the chairperson, service on the Appreciation Awards Committee shall consist of the Executive Board (the president, vice-president, treasurer and secretary). 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 current Board members to serve as a replacement.
- 3) The Appreciation Awards chairperson shall arrange and chair each Committee meeting.

Selection Process/Timeline

The Committee shall identify candidates who are qualified to receive the award and select the recipient by December 15.

The Award

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.

Presentation of the Award

- 1) The Appreciation Award shall be presented to the recipient at the Awards Banquet.
- 2) The Committee shall provide a written commentary for the presenter and select an appropriate presenter.
- 3) The recipient will receive a complimentary invitation to the banquet.

Publicity of the Award

By December 15, the Chairperson of the selection committee shall transmit the appropriate information to the Chairperson of the Tidewater Striders Media Committee, who shall then transmit appropriate information about the award to The Rundown and other media outlets, particularly the Virginian Pilot.

Approved

April 5, 2019
Amended: April 12, 2021
Amended April 3, 2023

RACE DIRECTOR OF THE YEAR

Purpose

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

Qualifications

Nominees must meet the following criteria:

- 1) Race Director must be selected from one of the Tidewater Strider sponsored races.
- 2) Race directors from multi-sport events can also be nominated.

Nomination Process

The nomination process shall adhere to the following procedures:

- 1) Nominations for race director of the year may come from the general membership, board members or race directors.
- 2) All the names for the race director of the year shall be submitted to the chairperson or the awards committee.

Selection Committee/Chairperson

- 1) The Chair(s) of the Race Committee shall serve as chair for the Race Director of the Year Committee.
- 2) The selection committee shall consist of at least 3 current race directors (who have not been nominated), 3 race volunteers and a previous race director of the year.

Selection Process/Timeline

- 1) The selection committee will consider the following criteria in their selection
 - a) Pre-Race
 - i) How well the race is organized
 - ii) Registration procedures
 - iii) Race flyers

- b) Race
 - i) Course marshals
 - ii) Water stations
 - iii) Accuracy of the course
 - c) Post-Race
 - i) Adequate refreshments after the race
 - ii) Timeliness of race results
 - iii) Other
 - (1) Number of years the director has hosted the race
 - (2) Satisfaction of the runners
 - (3) Contribution of race to:
 - (a) Tidewater Striders
 - (b) Runners
 - (c) Community
 - (d) Volunteers
- 2) Deadline for final nominations shall be December 1 of each year.
- 3) The committee shall make their decision by December 15.

The Award

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

Presentation of the Award

- 1) The award will be given at the Annual Awards Banquet. The Race Committee Chair (s) will present the award.
- 2) The club will provide complimentary invitations to the Awards Banquet to the award recipient and one guest.

Publicity of the Award

By December 15, the Chairperson of the committee will transmit information concerning the award to the Chairperson of the Media Committee, who shall then provide appropriate information about the award to The Rundown and other media outlet, particularly the Virginian Pilot.

Approved

April 5, 2019
Amended April 12, 2021
Amended October 4, 2021
Amended April 3, 2023

OUTSTANDING MALE AND FEMALE PERFORMANCE AWARD

Purpose

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

Qualifications

Nominees must meet the following criteria:

- 1) Be a member of the Tidewater Striders
- 2) Demonstrate excellence at the regional, state or national level
- 3) Open to all ages

Nomination Process

The nomination process shall adhere to the following procedures:

- 1) Nominations can be made by the membership and/or the committee.
- 2) A nomination form will be available to all members throughout the year.
- 3) Forms will be distributed in the October Rundown.
- 4) Nominations must be made by December 1.

Selection Committee/Chairperson

- 1) The committee shall consist of five appointed members
 - a) Grand Prix Committee Chairperson
 - b) Multisport Committee Chairperson
 - c) Walking Committee Chairperson
 - d) Team Committee Chairperson
 - e) Youth Committee Chairperson
- 2) If an individual chairs more than one of these committees, an alternative committee member will be selected to ensure representation of all committees.
- 3) A Chairperson shall be selected from the five voting members.

- 4) The selection of these committee members will prevail into the subsequent year when the selection process takes place.

Selection Process/Timeline

- 1) Nominees for consideration shall be presented to the committee by December 1st.

The Award

- 1) The design of the award shall be selected by the Awards Committee.
- 2) The awards chairperson shall oversee the ordering of awards.
- 3) The name and year of the award and the name of the recipient shall be on the award.

Presentation of the Award

- 1) The award shall be presented at the Annual Awards Banquet.
- 2) The recipients will receive a complimentary invitation to the banquet.

Publicity of the Award

By December 15, the chairperson of the committee will transmit information to the chairperson of the Tidewater Striders Media committee, who shall then transmit appropriate information about the award to The Rundown and any other media outlets, particularly the Virginian Pilot.

Approved

April 5, 2019
Amended April 12, 2021
Amended April 3, 2023

HIGH SCHOOL MALE AND FEMALE CROSS-COUNTRY RUNNER

Purpose

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

Qualifications

Nominees must meet the following criteria:

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

Nomination Process

- 1) Coaches, individuals and/or committee members can make nominations.
- 2) A nomination form will be available to all high school country cross country coaches and athletic directors.

Selection Committee/Chairperson

The committee shall consist of the Race Committee Chair(s) and the Youth Committee Chair.

Selection Process/Timeline

- 1) Nominees for consideration shall be presented to the committee by December 1st.
- 2) The process should be completed no later than the second week in January.

The Award

- 1) The design of the award shall be selected by the Awards Committee.
- 2) The awards chairperson shall oversee the ordering of awards.
- 3) The name of the award, the year, and the name of the recipient shall be on the award.

Presentation of the Award

- 1) An individual knowledgeable of the recipient shall present the award at the Annual Awards Banquet.
- 2) A copy of the presentation will be available to the committee and Awards Chairperson.

- 3) The club will provide complimentary invitations to the banquet to each recipient and two guests.

Publicity of the Award

By December 15, the Awards Committee shall provide the Media Committee the appropriate information about the purpose of the award and background on the recipients. The Media Committee will then provide the information to the Rundown and other media outlets, particularly the Virginian Pilot.

Approved

April 5, 2019

Amended April 12, 2021

Amended March 6, 2023

INSPIRATION AWARD

Purpose

The purpose of the Tidewater Striders Inspiration award is to honor a club member whose efforts and accomplishments stand as a goal for others to try to achieve and also inspire us to give our maximum effort.

Qualifications

Nominees must show evidence of accomplishments that inspire others to try and achieve their very best.

Nomination Process

Any member of the Tidewater Striders may submit the name of a nominee to the Awards Committee Chair by December 1 of the current award year.

Selection Committee/Chairperson

The Awards Committee Chair shall serve as the selection committee chairperson.

Selection Process/Timeline

- 1) The selection committee shall recommend the name(s) of the recipient(s) to the Board of Directors by December 1st.
- 2) This award need not be given each year.

The Award

The design of the Inspiration Award shall be selected by the Awards Committee Chairperson / Committee.

Presentation of the Award

The Inspiration Award shall be presented at the Tidewater Striders Annual Awards Banquet.

Publicity of the Award

By December 15, the Chairperson of the selection committee shall transmit the appropriate information to the Media Committee, who shall then transmit the information to the appropriate media outlets.

Approved

April 5, 2019
Amended April 12, 2021
Amended April 3, 2023

NEW ENERGY COACH OF THE YEAR AWARD

Purpose

The purpose of the Tidewater Striders New Energy Coach of the Year Award is to honor a club member whose excels at coaching the Tidewater Striders youth.

Qualifications

- Must be an active Tidewater Striders Member, with current USATF Safe Sport Credentials.
- Must have been involved in both the Spring and Fall New Energy Training Seasons for the current calendar year for which they're nominated.
- Must have attended a total of 20 practices for the calendar year, based on recollection of the Site Lead Coach or Area Field Operations Lead Coach.
- High preference for those who also have volunteered during Outdoor (Summer) or Indoor (Winter) Track as well.
- Must have assisted as a Race Day Coach at a minimum of 2 Road Races throughout the calendar year
- Demonstrates care for both the emotional and physical wellbeing of runners by doing things like learning runner names and conversing with the parents as appropriate regarding the runners' progress, as well as running and doing strength work WITH the kids when possible.
- Is knowledgeable of the best practice training principles as well as the rules of racing and shares those items with youth as appropriate.
- Assists in providing a GREAT training situation for members by providing suggestions to the Site Lead Coach, Field Ops Lead Coach or other coaching contemporaries, regarding stretching and mobility drills, workout structure, game ideas, and other activities that fortify the training of the members.
- Models and encourages excellent sportsmanship for all youth members.
- Uses the coaching techniques appropriate for the age group which he or she is assigned, including modifying pace goal and outcome expectations, and tailoring approaches to the different levels of intellectual ability for those being coached.

Nomination Process

Any member of the Tidewater Striders may submit the name of a nominee to the Awards Committee Chair by December 1 of the current award year. The nomination shall include a brief statement, which not exceed 250 words, indicating the name of the nominee, the nominator and the outstanding ways in which the nominee surpasses the qualifications.

Selection Committee/Chairperson

The Awards Committee Chair shall serve as the selection committee chairperson.

Selection Process/Timeline

The selection committee shall recommend the name(s) of the recipient(s) to the Board of Directors by December 15th. This award need not be given each year.

The Award

The design of the New Energy Coach of the Year Award shall be selected by the Awards Committee Chairperson / Committee.

Presentation of the Award

The New Energy Coach of the Year Award shall be presented at the Tidewater Striders Annual Awards Banquet.

Publicity of the Award

By December 15, the Chairperson of the selection committee shall transmit the appropriate information to the Media Committee, who shall then transmit the information to the appropriate media outlets.

Approved

February 7, 2022
April 3, 2023

DAN EDWARDS SPIRIT AWARD

Purpose

The purpose of the Tidewater Striders Dan Edwards Award is to recognize a member who goes beyond normal volunteering for the club. This will be a person who devotes their time and energy in different aspects of the club, such as races, events, committees and community service. No one has gone above and beyond the normal volunteering in the past 35 years than Dan Edwards. He has put so much of his time and energy in this club in so many different aspects and has volunteered in every way. It is befitting to have an award called the Dan Edwards Spirit Award to recognize a member who best emulates the volunteer spirit of Dan Edwards himself.

Qualifications

Nominees will have volunteered for a race, club events, committees and community service contributions.

Nomination Process

The Chairperson of the Volunteer committee will provide to the Awards Committee chairperson the name of the proposed award winner no later than December 1st of each year.

Selection Committee/Chairperson

- 1) In addition to an open invitation to Dan Edwards, the selection committee membership will consist of four (4) voting members, selected as follows:
 - a) One past President
 - b) One past Volunteer of the Year award winner
 - c) One member of the Race Committee
 - d) One member of the Volunteer committee
- 2) The selection committee will be nominated by the Chairperson of the Awards committee and submitted to the Board of Directors for approval prior to the November Board meeting.
- 3) The Chairperson of the Awards committee will be the non-voting chair.

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

Selection Process/Timeline

- 1) 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.
- 2) The selection committee will consider both the quantity and quality of the volunteer contributions.
- 3) The awards selection process will take place during the month of December.

The Award

- 1) The Chairperson of the Awards Committee is responsible for designing and securing appropriate awards.
- 2) The name and year of the award and the name of the recipient shall be on the award.

Presentation of the Award

- 1) The award will be presented at the Tidewater Striders Annual Awards Banquet.
- 2) The Chairperson of the Awards committee shall oversee the preparation of the commentary for the presenter.
- 3) The club will provide complimentary invitations to the banquet to the award winner and one guest.

Publicity of the Award

By December 15, the Chairperson of the Awards Committee will transmit information concerning the award to the Chairperson of the Media Committee, who shall then provide appropriate information about the award to The Rundown and other media outlets, particularly the Virginian Pilot.

Approved

July 11, 2022
March 6, 2023

JERRY BOCRIE FOUNDERS AWARD

Purpose and Qualifications

This award is to honor an individual whose accomplishments far exceed local levels and extend to national and international stature. The accomplishments to gain nomination for this award include evidence of running performance, promotion of running endeavors, or a combination of the two, meriting consistent national, and possibly international recognition. Jerry Bocrie was the founding father of the Tidewater Striders.

Nomination Process

The Chairperson of the Awards Committee chairperson will provide the names of any nominees to the Board no later than December 1st of each year.

Selection Committee/Chairperson

- 1) The selection committee membership will consist of three (3) voting members, selected as follows:
 - a. One past President
 - b. The Awards Chairman
 - c. One HOF member

Selection Process/Timeline

- 1) Nominees for consideration, as described above, shall be presented by the Chairperson of the Awards committee, by December 1.
- 2) The selection committee will consider the outstanding qualities of the nominee.
- 3) The awards selection process will take place during the month of December.

The Award

- 1) The Chairperson of the Awards Committee is responsible for designing and securing appropriate awards.

- 2) The name and year of the award and the name of the recipient shall be on the award.

Presentation of the Award

- 1) The award will be presented at the Tidewater Striders Annual Awards Banquet.
- 2) The Chairperson of the Awards committee shall oversee the preparation of the commentary for the presenter.
- 3) The club will provide complimentary invitations to the banquet to the award winner and one guest.

Publicity of the Award

By December 15, the Chairperson of the Awards Committee will transmit information concerning the award to the Chairperson of the Media Committee, who shall then provide appropriate information about the award to The Rundown and other media outlets, particularly the Virginian-Pilot.

Approved

July 11, 2022
March 6, 2023

MEMBERSHIP SCHEDULES

MEMBERSHIP SCHEDULES

Purpose

To maintain a schedule of membership options and fees for the Tidewater Striders.

Qualifications

All levels of ability are welcomed. The Tidewater Striders is a club for everyone – not just the elite runners. There is a place for people of all levels of fitness from the social fitness walker to the most competitive racer, as well as multi-sport participants.

Option and Fees

The following membership rates are effective January 1, 2023.

Regular individual membership: \$25 for 12 months, or \$35 for 24 months

Youth membership for age 22 and under: \$12 for 12 months, or \$18 for 24 months

Two-person membership and living at the same household address: \$30 for 12 months, or \$45 for 24 months

Family membership of three or more, living in the same household: \$35 for 12 months, or \$55 for 24 months

Approved

June 6, 2022

March 6, 2023

GLOSSARY

GLOSSARY

1. AAU = Amateur Athletic Union
2. ASAP = As soon as possible
3. BOD = Board of Directors
4. CRR = Colonial Road Runners
5. GP = Running Grand Prix
6. MSGP = Multisport Grand Prix
7. New Energy = Striders youth running organization
8. PTC = Peninsula Track Club
9. RRCA = Road Runners Club of America
10. Rundown = Striders newsletter
11. Striders = Tidewater Striders
12. TS = Tidewater Striders
13. USAT = USA Triathlon
14. USATF = USA Track & Field
15. WGP = Walking Grand Prix
16. YGP = Youth Grand Prix