



Glacial Lakes Championship Running Series (GLCRS)

GLCRS RACE STANDARDS

GLCRS Vision Statement:

Inspiring and motivating everyone to be active by promoting health and wellness through a series of race events that are fun, safe, and well organized.

GLCRS RACE REQUIREMENTS:

1. All races will be timed.
2. A reasonably priced entry fee.
3. On-line registration option must be available and setup 90 days prior to the event.
4. Race course certification is highly recommended; certified if possible.
5. Race courses are to be accurately measured and clearly marked.
6. An adequate number of volunteers available on the course including key corners and intersections (volunteers in safety colors).
7. Finish line set-up to include: Race clock, clearly marked finish line, and GLCRS logo.
8. Free refreshments to be available during and after the race for the participants.
 - Minimum of 1 water stop during the race.

GLCRS RACE SUGGESTIONS:

1. Age groups awards divided into 5 year increments.
 - Beginning at 15 years old (2 or 3 year age groups 14 and under).
 - Ending at 70 years old (70+).
2. Suggest giving participation ribbons to all participants 14 and under.
3. Incorporate GLCRS calendar and logo in marketing materials, including event website.
4. Volunteers to use provided safety vests.
5. Clear plastic bag available to cover timing clock and speaker if weather requires.
6. Use of GLCRS inflatable finish line, banners and finish chute.
7. Water stops provided every 2 miles, with a minimum of 1 per race.
8. Provide photos, emails, and contact information to GLCRS to promote current and future events.



GLCRS PARTICIPATION POLICIES:

1. Fees: \$.75/registration (\$150 minimum, \$300 maximum)
 - \$150 Deposit is due within 30 days following the event to secure next year's slot;
 - Commitment made **NO LATER** than September 1 of current year
 - Any additional Series fees beyond the \$150 are due within 30 days following the race (facebook boosts, etc).

2. Series Deadlines:
 - September 1:
 - Date for following year's event determined
 - 30 days after event:
 - Any Series fees owed for current year to be paid
 - Minimum Series fee paid for upcoming year

3. Certificate of liability insurance required 90 days before event.
 - GLCRS must be listed as additional insured on certificate

4. GLCRS Equipment Trailer:
 - Available for all GLCRS races, included in registration fee. The event is responsible for the following:
 - Getting the trailer to and from their event;
 - Setting up the equipment;
 - Returning the trailer as it was with equipment **DRY** and **ORGANIZED**.

5. Each event will be evaluated to maintain a high level of standards.
 - Safety
 - Clearly marked course
 - Volunteer support
 - Respect and integrity of participants and volunteers
 - Availability of proper hydration / post race refreshments

6. New races will be bonus point races. The board may choose additional bonus point races at their discretion.

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