

Individual Rules:

Categories: Individuals may score points in three separate competitions: Overall, Age Group, and Age-Graded Formula.

Awards:

- Overall Category: Top 10 Males and Females
- Age Groups: Top 3 Males and Females
- Age Graded: Top 10 Overall

In addition to awards, cash prizes are awarded to the top three male and female runners in the individual Overall category.

Overall Women:

- 1st - \$250
- 2nd - \$150
- 3rd - \$100

Overall Men:

- 1st - \$250
- 2nd - \$150
- 3rd - \$100

Eligibility for Awards:

- Membership: Runners must be CARA members by July 1 of the current year. Non-members who have scored points during the year will be dropped from the final standings and will not be eligible for awards; scores will not be recomputed.
- Minimum Races: Runners must complete at least five (5) Runners' Choice Circuit races to become eligible for year-end awards.
- Maximum Scores: Only a runner's eight (8) best scores will be included.

Scoring Eligibility: All Illinois residents, whether CARA members or not, will be scored. Out-of-state runners will score points only if they are CARA members. All other runners will be removed from the standings before points are calculated.

Determination of Points for Age Group, Overall and Age-Graded Standings:

- Overall: In each race, the first 25 runners overall will be awarded points based on their finishing position. Twenty-Five (25) points will be awarded for first place, twenty-four (24) for second, etc.
- Age Group: In each race, the first 15 runners in each age group (based on CARA Circuit Age Group Determination Rules) will be awarded points based on their finishing position. Fifteen (15) points will be awarded for first place, fourteen (14) for second, etc.
- Age Groups: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85 and over. (Note: 18 & Under are part of the [Youth Circuit](#))
- Age Group Determination Rule: Runners will compete for points in the same age group the entire season based on their age on July 1, 2017. This system ensures uniformity and fairness in scoring; all runners compete against the same group during the entire year. Note - A runner's age in the Circuit competition may not be the same as his/her age in an individual race. Ex: Jill was born in September. Jill will be 24 at mid-point and therefore competes in 19-24 age group for the entire year. When Jill turns 25 in September she will continue to compete in the 19-24 age group for CARA points but individual races past mid-point will consider her as 25 for race day awards.

- Age-Graded: In each race, the first 25 runners in overall will be awarded points based on their finishing position. Twenty-Five (25) points will be awarded for first place, twenty-four (24) for second, etc. *Age-graded scores are based on a mathematical formula, which takes into consideration the runner's age and gender, the race distance, finishing time, and the national age group record.*

Other Considerations:

Runners need not report their times. Only posted results will be used for scoring.

Runners are responsible for checking the scorer's posted standings and will have 30 days from posting to offer corrections.

To ensure that your results are located by the scorer, **please register for races under the same name consistently and avoid initials, nicknames, etc. when registering for races. Please also register with the same hometown and birthdate at each race.**

Scoring for all races is the same, regardless of the race distance.

A Circuit race can be deemed ineligible for scoring at the discretion of the CARA Board of Directors.

In the event that one race is determined to be ineligible for scoring, the minimum number of races will remain the same. In the event that two (total) races are determined to be ineligible for scoring, the minimum number of races will remain the same if both events occur prior to or on June 22; minimum number will be reduced if occurring post July 23.

Participation and Long Distance Awards: [APPLICATION](#)

CARA members may qualify for the **Long Distance Award** two ways:

- Option #1: Complete five CARA Runners Choice Circuit or Certified races of 10 miles or more listed [here](#). One of these races must be of Marathon Distance or longer. (Total of Five Races)
- Option #2: Complete five CARA Runners Choice Circuit or Certified races of 10 miles or more listed [here](#) AND one Marathon or Longer Race of your choice (*does not need to be in the Long Distance Series*). (Total of Six Races)

Members may qualify for the **Participation Award** by Completing at least ten (10) CARA Runners Choice Circuit or CARA [Certified Races](#). The completed races may be of any distance with no maximum per distance.

Runners must complete an [application](#) for these awards and submit to CARA by 12-15-17 (**form to be posted by November 1, 2017**). Only CARA members are eligible for any of the above awards. Membership must be in good standing at the time of submission.

Clydesdale / Athena Rules:

Clydesdale & Athena Competition offers CARA runners the opportunity to compete in weight divisions. This recognized category of competition affords the heavier, taller runner the chance to compete on a level playing field with others in the same weight divisions.

Clydesdales and Athena runners will have the opportunity to score points in the 2017 CARA Runners' Choice Circuit in the following weight categories:

Women (Athena):

- A = 155-169
- B = 170+

Men (Clydesdale):

- A = 185-199
- B = 200-224
- C = 225+

The Clydesdale / Athena competition will be scored and administered by the same rules and procedures used for CARA Individual Age Group competition except that **finishing times will be converted to an age-graded score and runners ranked accordingly.**

In each race; in each male and female weight division, fifteen (15) points will be awarded to the runner with the highest age-graded score in his/her respective weight division, fourteen (14) for second, etc.

Registration: Runners must register online ([REGISTER HERE](#)) and weigh-in to participate in the 2017 Clydesdale / Athena Competition.

- You must be a CARA member at the time of registration and remain so the date of the last CARA Runners' Choice Circuit race.
- All Clydesdale / Athena applications must be on file by July 1 of the current year.

Weigh-Ins: Initially, upon registration, runners will be placed in a weight category according to their 'estimated' weight. Weight categories may change after weigh-in. Thereafter, runners will compete for points in the same weight division for the rest of the season. Runners who do not weigh in by July 31st will be dropped from the standings and all scores will be recalculated. Runners who are not CARA members at the end of the season will be dropped from the standings; however, scores will not be recalculated.

Scoring: As indicated above, finishing times will be age-graded and runners ranked accordingly. Age-graded scores are based on a mathematical formula which takes into consideration the runner's age and gender, the race distance, finishing time and the national age group record. Some of the races in the CARA Runners' Choice Circuit may have their own Clydesdale / Athena competitions and awards. **These are completely separate from and are conducted apart from the CARA Clydesdale / Athena Competition.**

Times: The Clydesdale / Athena scorer will locate the finishing times of all registered Clydesdale / Athena runners in the official race results of all *Circuit* races. Runners need not report their times. Only posted results will be used for scoring.

Awards: Runners may not win CARA year-end age group **and** CARA Clydesdale / Athena division awards. A runner may score points in both, but if qualifying for awards in both, must select one.

Other considerations:

Runners 18 & Under are not eligible for individual awards (overall, age group, age graded, Clydesdale / Athena, etc...) in the CARA Runners' Choice Circuit. Runners 18 & Under may compete in the expanded [CARA Youth Circuit](#) for individual awards.

Club Rules:

Club Competition: This is a season-long competition between Chicago area running clubs/teams (hereafter referred to as clubs).

Races: Clubs may score points in CARA's Runners' Choice Circuit races. The Circuit is made up of fifteen races of diverse distances and locations. Scores will only be accumulated in the Circuit scored distance at each event.

Registration: Running clubs (as a Club) must register to compete by completing the [CARA Club Application](#). There are no fees for club team participation (new for 2017).

Club Membership: Individual members of a club need not be CARA members. However, club members from states other than Illinois, Wisconsin and Indiana will be scored for clubs only if they have had continuing membership in the club for at least 30 days prior to the race in which they are scored.

Clubs must submit to the CARA Club scorer, [Doug Pearson](mailto:dpearso1@hotmail.com) (dpearso1@hotmail.com) the following at least one day prior to the first race they wish to score in:

- Current roster (in Excel) of Club members.
- Late submissions will NOT be accepted.

Complete and accurate information on the club roster is imperative. This is the only way CARA and the Club Competition scorer will know who is competing for each club. To meet the needs of the CARA Club scorer, every effort must be made to submit a roster, which contains only the names of persons eligible to be scored for that club.

That roster (in Excel) must be submitted with the following information in separate fields: last name, first name, gender, date of birth, hometown, state. Returning clubs who previously participated in the Club Competition may contact Doug Pearson to request their 2016 roster. Rather than creating a new roster, please update this roster; adding new, and deleting former, members and return to Doug Pearson.

Since runners may belong to more than one club and appear on more than one roster, CARA recommends that team captains continue to email their rosters to each other. In this way, captains can contact members with multiple club memberships to determine for which club the runner is competing. Once committed to competing for a particular club, runners may not switch clubs during a season.

New members may be added to a club roster during the season. They may not be added on race day. The Club Competition Scorer, Doug Pearson, needs to be notified of new members who are residents of Illinois, Indiana or Wisconsin at least 24 hours prior to a race. New members from any other states cannot be added within 30 days of a race. When adding or deleting a member, do not submit the entire roster unless the new information is color-coded. Otherwise, individual additions and deletions are sufficient.

Scoring: Clubs may compete and be scored in many categories. They may compete in any/all of the following categories using the indicated scoring method.

- Combined (using age graded scoring only) – Top 5 runners scored
- Male open – Top 5 runners scored
- Female open – Top 5 runners scored
- Male Masters (40 & over) - Top 3 runners scored
- Female Masters (40 & over) - Top 3 runners scored
- Male Veteran (50 & over) - Top 3 runners scored
- Female Veteran (50 & over) - 3 runners scored

- Male Senior (60 & over) - 3 runners scored
- Female Senior (60 & over) - 3 runners scored

Club participants who qualify for more than one category will be scored in all those categories. Ex: a 60 year old runner could place for their club in combined, open, masters, veteran and senior competitions.

First place club receives 15 points; 14 points for second place, etc. The 8 best races are scored.

If two teams have the same time, they will receive the average of the score the tied teams would get. For example if two teams tie for second, both teams would receive 13.5 points. All teams that enter the minimum number of scored runners will get at least one point. The top 10 races count for the year end total. If at the end of the season teams are tied, the 11th best race will be compared. If a tie still persists the 12th race, 13th, 14th, etc.

A default score of the slower of a 15 minute per mile pace or 10% slower than the last official finishing runner will be awarded for runners needed to fill in for absent runners.

The CARA scorer, working from club rosters, will do all scoring involved in this competition. Nothing further need be done before or after each race, except to update rosters as needed throughout the season.

Clubs are responsible for checking the scorer's posted standings and will have 30 days from posting to offer corrections.

Scorer will use chip time results (if available) to determine finishing times.

Awards:

The top three clubs in each category will be awarded at the CARA Awards Banquet

Corporate Circuit Rules

Eligibility: Any non-running related company in the Chicago metropolitan area may field a team in the CARA Corporate Team Competition.

Employees and their immediate family members (spouses, children, parents, and siblings) are eligible to compete for a company. Employees must be working a minimum of thirty (30) hours per week at the company/corporation as of each race date.

Team Size: Four runners may score for a team at each race. There is no limit to the number of runners who participate for a team and teams are not split by gender. The same four runners do not have to participate in all races where the team scores.

Team Captains: Each team must select a team captain who must be an active CARA member at time of registration. Other team members are not required to be CARA members to be part of Corporate scoring. Team Captains are responsible for registering their team, managing and submitting the team roster, and reporting results after each race.

Registration / Roster: Teams must register for this competition. Registration forms may be submitted at any time during the Circuit. Scores will not accumulate until races run after registration. All registered teams will be provided a discounted CARA membership rate for their company's employees and immediate family members upon request.

Registration Form

Rosters of all team members (employees and employee relatives) participating must be submitted to the Corporate Circuit Scorer. Only those listed on the roster prior to each race may count in scores. Rosters should be submitted by e-mail as an Excel file with labeled columns for full name, gender, birthdate and age of all eligible team members. Rosters may be updated through the Circuit.

Scoring: Runners will score points for their team based on the value of the percentile of their finish place within their age group. The average of the four best scoring runners from each team will determine the teams score. Therefore, individual team members scores are based on each runners performance level against runners their own age and gender, not their performance level against all runners overall. This is so that the circuit does not favor runners of any certain age or gender.

For team standings the top scoring team from each race will be awarded 15 points. Each of the next place teams will be awarded one less point. All participating teams will be awarded a minimum of one point.

Company's may score points in all races in this competition. However, only each team's top five (5) team scores will be used to determine the final team standings for the season. Meaning a team does not have to participate in every race to remain competitive. But competing in all races provides the best opportunity to maximize a team's five best scores.

In the case of a tie, three criteria will be used to break the tie:

- Number of races the team scored in
- The results of head-to-head competition between the tied teams
- The team's point total from its six best races.

Results Reporting: The team captain is required to submit to the CARA Scorer, within one week after each race, a list of all employees and relatives of employees who competed for the company in said race along with their approximate finishing times.

Send all rosters and results to [Jeff Vorreyer](#), Corporate Circuit Scorer.

Results and/or corrections will not be accepted if more than three races have passed since the race date. No more than one revision will be made per race.