

WALKING COMMITTEE
Policies and Procedures

POLICIES:

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

PROCEDURES:

1. Committee Membership. The Chairperson or the Co-Chairpersons of the Walking Committee shall be appointed by the President and approved by the Board of Directors. Additionally, any walker serving on the Board of Directors is an automatic member of the committee. A walker is defined as someone who participated in at least six Strider Walking Participation races in the prior year. Other members will be selected by the Chairperson from walkers who have participated in six races the previous year, and are willing to serve. Committee membership will normally be five members including the Chairperson or Co-Chairpersons.
2. The Committee shall provide walking information to 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 Committee shall act as the liaison, in collaboration with the Race Committee, when dealing with race directors concerning walking and USATF sanctioned race walking events.
5. The Committee will select various local races for inclusion in the WGP using the following criteria:
 - A. Most races will not be held closer than two weeks apart.
 - B. The Committee will determine the total number of WGP walking events.
 - C. To qualify for an award in the WGP series participants must walk in at least 6 events.
 - 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, and sand runs, or do not include walking divisions; or when scheduling conflicts arise. Races will then be substituted with other scheduled area races.
 - F. The Committee reserves the right to substitute races in the event of the cancellation of a scheduled race.
 - G. Walkers finishing 1st through 10th in a race will accumulate Competition Points and all walkers completing a race will accumulate Participation Points.
 - H. Competition Points will be awarded in two divisions, i.e. overall males and overall females, for placing first through tenth (10, 9, 8, 7, 6, 5, 4, 3, 2, 1). Participation Points will be awarded for completing WGP races.
 - I. Only a participant's top nine (9) races will be scored in the final WGP competitive standings. However, all WGP events count for the Participation awards.
 - J. WGP competitive scoring will be as follows:
 - (1) Two races – an "A" and a "B" race – with similar distances, but not necessarily the same distances, will be paired and listed together for race competitions in the WGP. Only one race (either A or B) in each of the paired races can qualify for competition points for any single walker. The fastest male and female in race A will earn 10 points for that race and no points in race B. If the same individuals

(i.e. the ones who won race A) complete race B they will be ignored for WGP points for race B. The remaining fastest male and female walkers in race B will each earn 10 points for race B. The next fastest male and female walkers in race A, excluding those earning 10 points in either race A or B will earn 9 points for race A. This will continue until all available points are awarded.

(2) An example is provided: The same twenty men enter both race 1A and 1B and finish in the following order for both races: A, B, C, D, E, F, G, H, I, J, K, L, M, N, O, P, Q, R, S, T. Points will be awarded as follows:

<u>Race A</u>		<u>Race B</u>	
A	10	B	10
C	9	D	9
E	8	F	8
G	7	H	7
I	6	J	6
K	5	L	5
M	4	N	4
O	3	P	3
Q	2	R	2
S	1	T	1

K. Participation Points are recorded in a separate ledger from the Competition Points.

L. Participation Points are awarded at one (1) point per complete kilometer. For example, a 6.2 kilometer race would rate six (6) points. No points are awarded for partial kilometers except for the One Hour Postal Race Walk where distance completed (instead of time of race completion) determines the race's results. Fractions of kilometers for this race are rounded up to the next whole kilometer.

M. Walkers are required to adhere to race time constraints, and walkers who do not complete a race within published times will not be awarded Competition or Participation points.

N. USATF Rules of Competition apply to designated races (e.g. 3000M race walk of The Strider Mile and the One Hour Postal Race Walk). For all other non-USATF Rules of Competition races, walkers must walk the entire race distance. Violating USATF rules in designated races and running or jogging at anytime during non-USATF designated races will result in removal from the race's walk division. Walk Judges will be used at all WGP races to insure that walkers observed running or jogging are removed from the race's walk division and that their race results are moved to the appropriate running age group. Walk judges will receive the same participation points for the race that the walkers receive.

O. The Committee will determine the number of walk judges needed at each race and the number of times/races each individual must serve as a walk judge to qualify for a WGP award.

P. There is no requirement that WGP participants must volunteer at Strider functions (i.e. newsletter stuffing, race volunteers, road/trail trash clean-up, etc). However, walkers will be awarded ten (10) points per two hours worked, excluding walk judging, for Strider sponsored events. A maximum of 50 points are available and will apply to both the Competition and the Participation portions of the WGP.

Q. 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); and the ten (10) individuals, either male or female, earning the most points who have not earned a walking competition award will receive a walking participation award (total of 10 participation awards).

R. Awards must be approved by the Board prior to the publishing of the final results of the WGP series in the RUNDOWN and the Strider web site.

S. The Committee shall coordinate presentation of the awards with the Awards and Banquet Chairpersons.

BUDGET:

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

APPROVED: March 1, 2010