

**VOLUNTEER POINT SYSTEM  
INCLUDING  
CMS NUMBERS FOR BOSTON**



Volunteers are an essential part of what makes Central Mass Striders such a great organization. Without the help of our volunteers, we would not be able to participate in local events or get the well deserved recognition of our community. Tracking volunteering efforts with a point system is intended to both encourage members to volunteer, and to reward them for their efforts. Points can be used for discounts on CMS gear and clothing, complementary entries to club events, and for timed waived entries to the Boston Marathon.

**2017/2018 Point Categories**

*CMS weekly 5k* (available throughout race) - 2

*CMS weekly 5K* (work and run) - 1

5k coordinator (minimum 13 weeks) - 40

*Minor race* (available throughout race) - 6

Partial day (work and run) - 3

Coordinator - 15

*BAA Events* (Marathon pickup, 10K, BAA Half) - 15

*Full day major race* (available throughout race) - 10

Partial day (work and run) - 5

Crew chief/coordinator- 20

*Race Director for CMS Race* - 40 (Freezer 5, Stu's 30k, Wachusett Mt., Devin Kravitz, Lake Park Series, Newton Hill Series, Ric Buxton)

*Rail Trail Fun Run Coordinator* - 5 points per week

**Board positions (split between calendar years)**

President - 40

Vice President - 34

Treasurer - 34

Membership Secretary - 34

Clerk - 34

Timing and Scoring - 34

Members at Large - 30

Web Master - 24

Communications - 20

Clothing Coordinator - 20

Team Rep/Captain - 20

As you see from the point totals, the higher the commitment, the more points you can earn. The higher point total categories reflect the need to encourage people into coordinator and leadership roles. We are grateful for ALL volunteers but we really need people that can “pull it all together”.

*Major Races:* Freezer 5, Stu’s 30k, Wachusett Mountain, Canal Diggers, Ric Buxton Memorial, Devin Kravitz, BAA Half Marathon, Boston Marathon, BAA 10k, Whitinsville, and other races may be considered by the board as Major races that are not listed above since CMS is always taking on new races.

*Minor Races:* Any other race that CMS times, scores, and/or volunteers that is not listed above, this typically includes any race that is a 5k that you are asked to volunteer less than 3-4 hours.

Additional points can also be awarded during the year for non-standard categories. This can be almost anything, as long as it helps the club. Consideration will be taken on the time commitment involved and points will be comparable to the above categories. Points are nontransferable.

**Clothing Discounts (points earned in one calendar year)**

- 75 points 25% off one item
- 100 points 50% off one item
- 125 points 60% off one item
- 150 points 75% off one item (plus one free hat, gloves, water bottle, or tee shirt)

**Complementary Race Entry (points earned in one calendar year)**

- 50 points free entry to Ric Buxton, Devin Kravitz
- 75 Points free entry to Freezer 5, Wachusett Mountain
- 100 Points free entry to Stu’s 30K

**Boston Marathon Time Waived Entries**

In anticipation of receiving numbers from the BAA for the 2019 Boston Marathon, the CMS Board has reviewed the criteria for members to receive one of the club entries. We realize that the demand for numbers may be greater than the amount available. The criteria are set at the beginning of the year. Selection of the recipients will take place at the December board meeting which will be on the first Tuesday of December. Please submit your request no later than November 30, 2018. Entries received after November 30th will not be considered for a number. So if you think you might be interested in a number for 2019, here are the criteria.

1. You must be a member of CMS at the time of selection and have joined before November 1st, 2017.

2. You must have volunteered to help CMS from December 1st, 2017 to November 30th, 2018. Volunteering can take many forms and we have set up a point system for ranking purposes. The ranking takes into account the general time commitments to each activity. The point system is listed above. Please note, this is not a complete list of activities. There are many ways to help out the club and we realize we can not list everything. When submissions of volunteering are made, we will review the activity and award points based on what the board feels is a comparable category.

3. The more you volunteer, the better your chance becomes to receive a number. Runners will be selected based on their point totals. These are some other stipulations if you do receive an application:

- If you cannot use the entry, you must return it, (ASAP), so we can pass it to the next qualified entrant.
- Per the BAA, you must not give or sell this entry to anyone else. The number is to be used by you only.
- You must promise not to start the race before the official start and to abide by all BAA rules and guidelines for their race.
- You must register as a member of the Central Mass Striders if you receive a time-waived entry from CMS. You may not register as a member of any other running club.
- You may not wear any merchandise or gear advertising for other running clubs while running with a time-waived entry from CMS.

If you are interested in a number please submit your name, contact information, and volunteer activity to the President of Central Mass Striders at the address below. If you have any questions regarding these criteria, please contact anyone on the board. We'll be glad to explain the requirements.

Central Mass Striders  
Boston Marathon Number  
PO Box 922  
Worcester, Ma 01613-0922

**Thank you,  
CMS Board**