



Volunteer Points Guidelines

Benefits for Volunteers, Boston Marathon Invitational Entry Rules, and Points System

December 1, 2023 - November 30, 2024

CMS is an organization run entirely by volunteers. Without the continued efforts of our loyal volunteers, we would not be able to stage our races and events or be such an important, thriving cornerstone of the local running community. Our volunteer points system has been developed with the hope that it will both encourage our members to volunteer, as well as reward them for their efforts throughout the year.

If you have any questions about the following Guidelines, please contact the board at president@cmsrun.org

Point System Guiding Principles

- The basic formula for how points have been assigned is simple: the higher the commitment, the more points you can earn.
 - It is up to the discretion of Crew Chiefs and others in leadership positions if they would like to see more points awarded to their volunteers for extenuating circumstances like harsh weather or an extremely large number of race participants. They must present the circumstances to the board in these cases.
 - The points system reflects 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”.
 - Volunteer points can be only used once and are non-transferable.
 - The board may choose to award points for new positions and other duties performed by CMS members for the club at their discretion.
 - Volunteer points are valid for 2 years.
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Benefits for Volunteers

For points accrued between December 1, 2023 - November 30, 2024 for use between December 1, 2024 - November 30, 2026

To use your volunteer points, you must be a current CMS member in good standing. If you have successfully applied for and registered with an invitational Boston Marathon number from CMS you have used your points in full. To confirm your remaining volunteer point total, please contact our Liaison at cmsvounteertracking@gmail.com, the Liaison is also the contact for ironing out any potential discrepancies in your total before you use your points.

How to Apply For a Free Race Using Volunteer Points:

- **You must submit your mail-in application to CMS at least 10 days prior to race day.** You must indicate on your application that you wish to use your volunteer points in lieu of payment.
- If you cannot run the race after your registration has been submitted, your points have been used and will not be restored to you for a Did Not Start. Volunteer Points are non-transferable, and race entries gained from Volunteer Points are also non-transferable.

The following races are included in our Free Race Entry program for CMS volunteers. Races in which the total net proceeds are donated to charity have been excluded from this program.

100 Points

Stu's 30K Individual Entry

75 Points

Stu's 30K Relay Team Member, Freezer 5 Road Race

50 Points

Wachusett Mountain 3 Mile or 10K, Fred Warren 5.5 Mile Race

How to Apply For a Free CMS Membership Using Volunteer Points:

You may use 100 active Volunteer Points on a free 1-year CMS membership (individual or family membership). You must contact centralmassstriders.membership@gmail.com to request and receive this benefit.

How to Receive Merchandise Benefits Using Volunteer Points:

You can trade in active CMS Volunteer Points for merchandise in the following amounts.

50 points = \$10.00 CMS Gift Certificate for clothing

75 points = \$15.00 CMS Gift Certificate for clothing

100 points = \$25.00 CMS Gift Certificate for clothing

Boston Marathon Invitational Entries

In anticipation of receiving numbers from the Boston Athletic Association for the 2025 Boston Marathon, the CMS Board has reviewed the criteria for members to receive one of the club invitational entries. Selection of the recipients will take place at the December board meeting which will be on the first Tuesday of December. **You must submit your application for an invitational entry to the Boston Marathon 2025 no later than November 30, 2024.**

REQUIREMENTS AND APPLICATION PROCESS GUIDELINES

Invitational numbers will be awarded through a lottery-based system.

For every 50 volunteer points a person has accrued, they will receive one entry in the Boston Marathon Invitational Lottery *if they have submitted a successful application.*

For the 2025 Boston Marathon, points earned in the December 1, 2022 through November 30, 2024 time period will be considered.

Points earned in that time period are valid for purposes of this lottery if they have not been redeemed for free CMS races, memberships, or merchandise.

Receiving a Boston Marathon invitational entry “uses” all current, remaining volunteer points.

It is the responsibility of a CMS member to verify that their volunteer point total is correct at the end of every year. Points may not be disputed from previous years.

1. ***To be considered for an invitational entry, you must be a member of CMS at the time of selection AND have joined before December 1, 2023.***
2. All volunteering points accrued between December 1st, 2022 to November 30th, 2024 will be considered. When submitting your application, please detail all your volunteering for the club in full, including volunteering that may not have currently assigned point values. Although the Volunteer Tracker does their very best to keep track of all activity throughout the year, *it is your responsibility to keep track of your activity and report it in your application.*
3. Ultimately, the more you volunteer, the better your chance becomes to receive a number, whether you are applying for the first time or not.
4. When a CMS member receives an invitational entry from the club and successfully registers for the Marathon, **that member is not eligible to receive another bib from the club the following year.**

5. If you do apply and receive a number, you will also have to abide by all of the following stipulations. It is best you review them all now before the application process.

- You may not wear any merchandise or gear advertising for other running clubs, especially the club's name or logo, while running with an Invitational Entry from CMS.
- If you cannot use the entry code for any reason, you must notify us immediately so we can pass it to the next qualified entrant before the registration deadline.
- 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 show evidence of your ability to run the marathon in less than 6 hours. If you have not run a recent marathon, other long distance races will be considered (ex: 1/2 marathon in under 3 hours) The BAA requires all runners to finish the Boston Marathon in 6 hours or less. Please submit this as part of your application.
- 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 at the Boston Marathon if you receive an invitational entry from CMS. You may not register as a member of any other running club.
- If you receive a number from CMS and move out of the Geographical Area, you must forfeit and return the number to CMS. All recipients of the Invitational program must live in the region of the awarding club per the BAA's policies.
- If a member of the Board of Directors of CMS applies for an invitational number, they are automatically recused from any discussion of distribution of Boston numbers.

If you are interested in applying for a BAA invitational entry please submit your name, contact information (including e-mail, as registration for the Boston Marathon is now done exclusively online), and volunteer activity to the President of Central Mass Striders by e-mail at president@cmsrun.org.

You may want to use the checklist attached to this document when preparing your application. Applications are classically composed in standard business letter format, although other styles are acceptable.

Yours,

The Central Mass Striders Executive Board
<https://cmsrun.org/>

Points System

Executive Board Points

CMS Elections are held at the Members Only Race and Annual Meeting in June.

Elected and appointed positions are awarded points ***on a half year basis.***

President	20
Vice President	17
Clerk	17
Treasurer	17
Assistant Treasurer	17
Membership Secretary	17
Member-at-Large (6 positions available)	15
Webmaster	17
Timing and Scoring Coordinator	17
Competitive Team Captain	10
Clothing and Merchandise Coordinator or Sales	10
CMS Volunteer Points Tracker	20
Newsletter	15

CMS Races and Events Points

Other volunteer opportunities beyond this list may exist. The board will award points for those duties at their discretion. Please contact the Executive Board if you have performed duties beyond what appears below so you receive the proper credit.

CMS Races (Freezer 5, Stu's, Wachusett, Fred Warren)	Race Director: 40 points Major Race Volunteer Coordinator: 20 points Full Event Volunteer: 10 points Run and Volunteer: 2 points Packet Pick-Up: 6 points All Day Stu's 30K Volunteer (includes anyone working Water Stops 4-6): 15 Points
CMS Race Series (WB, Newton Hill, Lake Park)	Race Directors: 40 points per series Full Event Volunteer: 4 points (per race) Run and Volunteer: 1 point
CMS Weekly 5K	Race Coordinator: 50 points per 13 week commitment Full Event Volunteer: 3 points per race Run and Volunteer: 1 point per race Weekly 5K Tracker: 26 points per half year
Non-CMS Races (including but not limited to: Celtic 5K, Canal Diggers, Worcester FF 6K)	Volunteer Crew Chief: 15 points Full Event Volunteer: 6 points Run and Volunteer: 1 point Packet Pick-Up: 6 points
CMS Event (Christmas Eve Run, Winter Banquet, Members Only)	Event Coordinator: 15 points Full Event Volunteer: 6 points All Day Boston Marathon Bus Volunteer: 15 points
BAA Volunteering	BAA Liaison: 20 points per half year BAA Hydration Captain: 20 points per event Boston Marathon, 10K, or Half Volunteer: 15 points

BRING A FRIEND Promotion:

If you bring a non-CMS member to Stu's 30K, Freezer 5, or the Wachusett Mountain Race, you can earn double points. You may take advantage of this once per year. It is your responsibility to advise the race director or volunteer coordinator that you have done so.

Boston Marathon 2025 Invitational Entry Application Checklist

Please include all the following information in your application. Your application must be received by the President of CMS (president@cmsrun.org) by November 30, 2024.

Name:

Your Address: (your current residence must be local per BAA rules)

Your Telephone Number:

Your E-Mail Address: (**REQUIRED** as applications are all submitted online)

What Half Marathon or Marathon did you run? List your time. (A marathon in less than 6 hours or a half marathon in less than 3 hours.) All runners must complete the marathon in 6 hours or less per BAA rules.

Please verify that you have been an active, paid member of CMS since December 1, 2023.

Please include a short personal statement in your application.

Please list your volunteer activities with the Central Mass Striders from December 1, 2022 through November 30, 2024.

All applications that do not have all the required elements will not be considered before any successful applications. Late applications will only be considered after successful applications submitted by the deadline.