



FEET FIRST/ STRIDERS RACING TEAM

The Feet First/Striders racing team is a joint venture between Feet First Sports and the Howard County Striders. Founded in the summer of 2006, the purpose of the racing team is to provide an avenue to assemble and recognize highly talented and competitive members of the Howard County Striders.

As a member of the racing team, individuals receive a racing team uniform, which they must wear in all races they participate in. In addition, team members receive a 40% discount on 2 pairs of running shoes a year purchased through Feet First Sports and also receive subsidized entries to local races (i.e., [Damien's Run for Recovery](#), [Clyde's 10K](#), [Metric Marathon](#)) and occasional team competitions (i.e., [Baltimore Marathon Relay](#), [Broad Street 10 Miler](#)).

ELIGIBILITY

In order to be eligible for the racing team, members must fulfill several requirements:

Strider Membership

First and foremost, any individual to be considered for the racing team must be registered as a member of the Howard County Striders. Membership must be current in order to remain on the team

Time Standards

All members must also successfully meet or exceed the established time standards for their age and gender category at least two (2) times within the past year in order to be eligible. Time standards can be met at any of the distances listed below and must be verifiable via some official source (e.g., official race results). The validity of these times will be determined by the acting racing team coordinator. The standards are as follows:

WOMEN	< 40		40-49		50+	
	Distance	Time	Pace	Time	Pace	Time
5K	0:19:00	6:08	0:20:00	6:27	0:21:15	6:51
5M/8K	0:32:00	6:24	0:33:30	6:42	0:36:00	7:12
10K	0:41:00	6:37	0:42:30	6:51	0:45:30	7:20
10mi	1:07:00	6:42	1:10:00	7:00	1:15:00	7:30
13.1mi	1:30:00	6:52	1:34:00	7:11	1:41:00	7:43
Marathon	3:12:00	7:20	3:20:00	7:38	3:34:00	8:10

MEN	< 40		40-49		50+	
Distance	Time	Pace	Time	Pace	Time	Pace
5K	0:16:00	5:10	0:17:00	5:29	0:18:15	5:53
5M/8K	0:27:00	5:24	0:28:30	5:42	0:31:15	6:15
10K	0:34:15	5:31	0:36:15	5:51	0:39:30	6:22
10mi	0:57:00	5:42	1:00:00	6:00	1:05:30	6:33
13.1mi	1:17:00	5:53	1:21:00	6:11	1:28:00	6:43
Marathon	2:46:00	6:20	2:53:00	6:36	3:08:00	7:11

The racing team coordinator will monitor the status of the time standards to ensure that all team members continue to satisfy the standards. Members may be asked to verify that they continue to be in good standing periodically over the course of the year.

Racing and Volunteering

In addition to meeting time standards, racing team members must participate and wear the team uniform in at least five (5) races within Howard County/DC/Baltimore area each year. Below is a list of races our sponsored members have historically participated in:

- Penguin Pace 5k
- RRCA 10 mile Challenge
- Cherry Blossom 10 miler
- Clyde's 10k
- Pikes Peek 10k
- Remembrance 5k
- Broad Street 10 miler
- Damien's 5k
- Rockville Rotary Twilighter 8k
- YMCA Outback 5k
- Women's Distance Festival
- Annapolis 10 miler
- Police Pace 5k
- Baltimore Marathon/Half/Relay
- Marine Corps Marathon
- Run through the Grapevine 8k
- Celtic Solstice 5 miler
- Metric Marathon/5k

In addition to racing, each sponsored member is expected to volunteer in at least one (1) Strider sponsored event annually. Examples of volunteer activities include: helping out at a race registration table, handing out water at races, serving as a course marshal, or working the finish line.

If you have successfully completed the above requirements and are interested in being considered for the racing team, please fill out the attached contract. For more information, please visit our website: <http://striders.net/programs/racing-team/index.php> or contact the racing coordinator (carlos.renjifo@gmail.com).



RACING TEAM APPLICATION

Name _____ DOB _____ Gender _____

Address _____ Shoe Size _____

City _____ State _____ Zip _____

Phone (Primary) _____ Phone (Secondary) _____

E-mail _____

College Graduated From _____ Year _____ Strider Member _____

Singlet Size _____ Warm-up Size (Jacket/Pants) _____ / _____ Shirt/Shorts Size _____ / _____

List at least two races in the past year where you have met the required standards:

Personal Records:

Please include a brief bio detailing your running. You might include: (1) How you became involved in the sport, (2) High school/collegiate accomplishments, (3) Post-collegiate accomplishments, (4) Short and long term running goals.

Please provide suggestions, ideas and recommendations that you have that will help make FEET FIRST/HCS RACING TEAM better:

CONTRACT

I _____ certify that I have met all the requirements necessary to be considered eligible to participate as a member of the FEET FIRST/HCS RACING TEAM. Specifically, I certify that:

- (1) I have an active Howard County Striders Membership**
- (2) I have successfully met the time standards at least twice in the past calendar year**
- (3) I will wear the FEET FIRST/HCS RACING TEAM uniform to all races in the Howard County/Baltimore/DC area**
- (4) I will compete in a minimum of five (5) races in the Howard County/Baltimore/DC area this year**
- (5) I will volunteer for at least one Howard County Strider event this year**
- (6) As a part of the FEET FIRST/HCS RACING TEAM, I will abide by all rules and regulations established by the Howard County striders and the RRCA.**

If at any time I fail to meet any of the eligibility requirements, I will automatically forfeit all benefits obtained as part of the sponsorship for the remainder of the year. This contract will automatically expire one year from the time it is signed. All eligibility requirements are subject to verification by the racing team coordinator.

Signature	Date
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Please return completed application and signed contract to:

**Carlos Renjifo
9466 Ridgeview Dr
Columbia, MD 21046**

For more information about the FEET FIRST/HCS RACING TEAM, please our website (<http://striders.net/programs/racing-team/index.php>) or contact the racing team coordinator (racingteam@striders.net).

Last Modified: November 16, 2010
Approved by the HCS board: April 2008