

SERIES FAQ

1) Does registration in the Series cover race fees?

No.

2) Joining SMAC as an individual costs \$15 – the Series costs \$25, what gives?

The entire \$25 goes back to the participants in the end-of-season party. In fact, the party costs exceeds what the Series earns and the club pays the difference. The \$25 defrays the costs of the space, the food, the awards and the Finisher shirts.

3) Why is the Series so many months or so many races?

One of the things that distinguishes a Series racer from their peers is that (s)he is tough. Another thing is that (s)he is passionate about racing and loves a challenge. (S)He is not afraid about committing to a long term project of running self improvement. The Series is designed to be tough – easy is just not worth it. Big efforts equals big (potential) rewards. Simultaneously, a beginning racer can enter the Series, stay on track and do very well. At the end of the season a participant knows (regardless if they did “a lot” of events or not) they were part of the social environment where people put themselves to the test and (s)he had the willingness to at least take that test.

4) How can you expect me to do 15 races?

When most people enter the Series they look at the schedule and think ‘That’s do-able’ – however, the truth is very few of them achieve the perfect attendance award. So while 15 races is reasonable (given the time allocated) it is not always achievable because ‘life gets in the way’ – weddings, graduation, sickness, family functions and sometimes injury all unexpectedly can become obstacles to perfection. And, besides, no one expects perfection – do as many races as you are comfortable with and run on.

5) Why are volunteer points allowed?

The intention behind volunteer points is to provide small compensation to a Series runner who may be injured and can’t race. (S)he is still given a chance to participate in getting some points and not feeling quite as left behind in the standings. The other reason for volunteer points is that doing so serves the purpose of helping out the local racing community pull off their best event (volunteers are always needed).

6) What if I think my points are incorrectly listed?

Contact the Series Director immediately and state your case; the Series Director can make mistakes too.

7) Why join the Series when I can do the same races without joining?

Nothing stops that from being done. A big part of being a Series runner is the camaraderie formed between people who would never have met if they weren’t in the Series. Further, the Series acts as a race within the race and so intensifies the

competition when someone is chasing another in the standings. Series racers take a risk by signing up and then follow through by showing up at their event. Lastly, Series participants take racing just a little more serious than many and by signing up they're making a commitment to themselves and their running. It is no accident that some of the areas most highly motivated runners are in the Series.

8) What if I get injured?

Don't!! Seriously, running comes as a risky event and sometimes the unexpected happens. However, Series participants generally will pay close attention to self-care and developing conditions and will need to take proper action as prevention. If an injury knocks a participant out of Series competition naturally disappointment follows, but for most conditions the participant needs to give proper attention to rehab and get back in the game ASAP. While injured a participant may volunteer at a race as a way to stay in touch with others in the Series and help out the event.

9) Why isn't my favorite race in the Series?

The Series Director and the schedule are bound together. The goal is to have a schedule that is balanced in terms of race frequency and race distance (for example, for distances there tends to be few 10K's relative to the number of 5K's in the area; there tends to not be many local races in July and August etc.). Race frequency intensifies in the fall months after a slower start in spring. Race recommendations are always considered, however the Series Director determines if an event meets Series standards and can be accommodated with proper impact on the schedule.

10) What if I've already done some races in the Series and now want to join it?

A participant can join the Series at any time. However, there is a rule preventing someone from waiting until joining near the end of the Series and expecting to jump over others in the standings. Once the "grace period" has passed then the runner's participation in races prior the receipt of Series registration will not count towards points accumulation (called the "back points" rule). The "grace period" ends after race #2- in other words, a Series registration received before race #3 will get "back points" for races #1+2 if completed; any Series registration received after race #3 will get points for races completed after the registration was received.

11) ... But I'm just not a fast racer?

On any given day for any given distance there is only one person on the planet that is "fast" – and everyone else in the running world isn't fast enough. In other words, there is always some one faster than you. For the most part many racers learn this early on and so resign themselves to work on continually improving their own running. However, there are also many people who become intimidated at being reminded that they're "not fast enough" and resign themselves from racing. The Series mitigates this thinking since – and here's the inside secret! – Series "attendance trumps speed". A fast irregular attending participant is always behind in point's standing to the much slower regular attending participant. Obviously a fast frequent attender still has the edge but very often speed goes along with other factors (such as injury) that can impact attendance.