



San Antonio

TEAM GUIDELINES

MISSION: Be an ambassadors for and promote Run On! throughout the Dallas/Ft. Worth running community.

REQUIREMENTS:

Run a minimum of six races each season. (Three of the races must be Run On! sponsored races.) **Races in the area with more than 200 runners will count for points.**

Uniformally promote RunOn! by wearing your provided uniform while racing and, if desired, while training for events. Wear some form of Run On! clothing for race awards presentation.

Network with other runners to communicate the benefits of shopping at RunOn! Participate in and encourage friends to join RunOn!’s Wednesday night Social Runs and Promote Run On!’s training programs: Running 101, 201, 301, Speed Training; Trot On! (Turkey Trot); and Marathon Training.

Offer your running and race expertise, to participants picking up race numbers and/or packets, by working a packet pick up (PPU) table at Run On! San Antonio. **Team members are required to work PPU for a minimum of five hours during each season. Additional hours will be credited as 10 points and each point is worth \$1 of in-store credit. Gift Certificates will be issued to each Team member who has met the minimum race and packet pickup requirements at the end of the season.

Notify the coordinator of any changes in your personal data and keep track of your race and packet pick up points. If injured, you can work at Run On! sponsored events for your required races and get three participation points for each race..

POINTS:

Participation Points:

3 points

Category Points:

Age Group Place

1st 5 points

2nd 3 points

3rd 2 points

Overall or Masters Place

1st 15 points

2nd 10 points

3rd 7 points

No double dipping. You get points for one category only!