



## Info Update 13 March 2016

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This update is sent to all members on our email list – one of the benefits of being a financial member of the club. If you want more information about anything you see in this update, please

- refer to our website (<http://www.mackayroadrunners.com/>)
  - Facebook (<https://www.facebook.com/pages/Mackay-Road-Runners/364801636887718> )
  - or send me (Sandra) and email at [roadrunnersmackay@gmail.com](mailto:roadrunnersmackay@gmail.com)
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### Registrations for 2016 are still being accepted

Registration is from January 1 – December 31

<https://memberdesq.imgstg.com/index.cfm?fuseaction=main&OrgID=1702>

#### Weekly Race Fees:

- Members - \$2 per race per person (senior and junior) and payable on registering each race day
- Non-Members - \$10 seniors, \$5 juniors and no race time recorded

Members who have signed up after 29 February will get a number allocated for 2016, but will not have their name printed on the number.

The 2016 committee has resolved, as per our constitution, not to accept membership applications from people aged 11 or under. Children aged 11 or under cannot therefore be included in our members list.

We are making sure that this is now clear on our website and other communications. Please accept our apologies for any ambiguity in the application process.

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### Volunteer Roster 2016

The Volunteer Roster is now on the Calendar Page on our Website <http://www.mackayroadrunners.com/calendar.php>

**All members are expected to volunteer for one race per season.** This ensures that we all get our times recorded, enjoy a safe race and that members get a good understanding of how the club runs.

The good news is that you get 50 handicap points for being a race volunteer.



## Sunday Runs – How to ....

**Arrive** at least 30 minutes before the starting time – so you can warm up, get information, and register on time

**Register** by 10 minutes before the starting time – pay your \$2 (\$10 for non-members) and make sure you've registered on the iPad so that our volunteers have enough time to get organised for the run to start.



**Wear** your race number on your front and unobscured – to identify yourself when running and to ensure your time is recorded accurately by our volunteers. If you've recently become a member, we will have a number ready for you.

**Listen** to the race briefing and other news that is provided when the registrations close. This will include your handicap time for relevant races.



**Start on your handicap time** – For handicap races, you need to get your handicap time from the person on the iPad you register with. If you don't start on your allocated handicap time, you may not get an official time for that race.

**Enjoy your run**

**Finish** in front of the GoPro as directed in the race briefing, ensuring volunteers can see your race number

**Cool down, socialise and re-live all the best moments of your race**



## Things to remember:

- Please check the website to see when you are scheduled to volunteer for a race  
<http://www.mackayroadrunners.com/calendar.php>



- Bring water to drink before, during and after runs according to your own needs (we provide a water stop for runs over 12k)
- Be sunsmart

- We always run if the run is advertised on the calendar – even in the rain. If uncertain, check facebook, or phone the club phone 0403 344 289.
  - We won't run if the course is dangerous (wash outs/flooded)
  - We don't run in lightning
  - Please don't cross flooded roads to get to a run



- An adult must run beside children (not just be at the start, or part of the race). We cannot expect other runners to supervise children. Children 11 years and under cannot be accepted as either members or day runners.

- If you have to pull out of the race for any reason you **MUST** get a message back to the start line somehow so we know you're OK – please don't just visit a friend or get a lift home without first ensuring the race timers for the day know you're OK.



## What does your Handicap Mean?

Our tireless handicapper, Andy List has put together this information to clarify some often asked questions.

- Concept is that a perfect handicap race is everyone finishing at the same time.
  - Is geared toward the slower runners being able to cross the line in front though.
  - Hard for the fast runners to win but still possible. (Club championships are where the speedy runners have their day!)
- Each person has a 'seconds per kilometre' handicap time
  - Handicapped back to somewhere between 6 to 6.5 min/km (approx.)
  - Handicap time is a multiple of handicap time by the race distance.
  - New runners are given a default of 60 seconds per km for first race but corrected up or down before results are posted.
- First handicap winner receives 60 points down to 10. Everyone racing receives at least 10 points
  - First 7 handicap runners are given an additional handicap for the next race. Lowest runners have handicap time reduced for next race.
  - Time keeping automatically gets 50 points.
  - Still have handicap points allocated at scratch start races and club championships (Social runs don't count towards your handicap)
- If you have run at least one event this year, you have an updated handicap time (last year's times carried over for the first run of the year this year)
- Overall points are added up for the year with the 3 'worst scores' (including non runs) ignored.
- Points are allocated to the long distance race first, then to the 5 k racers.
- Best overall are those who steadily improve their times and get to most races.
- If someone has beaten you in a previous race, it does not automatically mean they have a higher handicap. You may be close to each other and not coming under the handicap correction.
- If there are only 7 people in a race, it could be that you all get an additional handicap time

As you can see, this is a complex task. It is really important that we all strive to make Andy's job as easy as possible so that the Handicapping works as it should.

- **Register on the correct iPad** – changing your mind mid race or simply not checking you have registered correctly can take hours out of Andy's personal time
- **Volunteers** should arrive at least 30 minutes prior to race time and plan to be there until that last person has finished. Accuracy in time keeping ensures better accuracy for handicaps and points; safety of runners and more spare time for Andy
- **Follow any specific instructions on the day, including when to start and where to finish.** If you don't start on your handicap, or finish away from the go pro or official finish line, you may not have your time recorded.

We understand that people make mistakes. Please be mindful that, while every effort is made to correct records where a genuine misunderstanding or mistake has occurred, this cannot always be done as each committee member has other work and family commitments to prioritise in their week.

*(right) Andrew Short, Stuart Sprott and Karla Hook were 2015 handicap winners*

