



## Volunteer Points System Guidelines

December 1, 2021 - November 30, 2022

Please refer to the full CMS 2021-2022 Volunteer Points System Lookup Sheet on our website at [cmsrun.org](https://cmsrun.org) for a comprehensive breakdown of volunteer points and positions available.

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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. Points can be used for complementary entries to club events or for invitational entries to the Boston Marathon. If you have any questions about the following Guidelines or our Volunteer Points System Lookup Sheet, please contact the board at [president@cmsrun.org](mailto:president@cmsrun.org)

*Thank you for all that you do.*

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## 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.

# Complementary Race Entries

Points can be used for any CMS club race at the discretion of the CMS Race Director. The Race Director can choose to allow points to be used for entries to the race and how many points are needed for a race entry. The Ric Buxton 5K, Nick Kanaracus 5K, Newton Hill XC Series and Devin Kravitz 5K may be excluded as the entire proceeds from those races are donated to charity.

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## Boston Marathon Invitational Entries

In anticipation of receiving numbers from the Boston Athletic Association for the 2023 Boston Marathon, the CMS Board has reviewed the criteria for members to receive one of the club invitational entries. We realize that the demand for entries may be greater than the amount available. The criteria are set at the beginning of the year. Selection of the recipients will take place at the December board meeting which will be on the first Tuesday of December. **Please submit your request no later than November 30, 2022.** Entries received after November 30th will not be considered for a number. So if you think you might be interested in a number for 2023, here are the criteria:

### REQUIREMENTS AND APPLICATION PROCESS GUIDELINES

**Failure to abide by all the rules laid out in this document will most often result in a failed application for a Boston Marathon Invitational Entry. Please read them thoroughly. The numbers will ultimately be awarded by the board and their decision is final.**

1. ***To be considered for an invitational entry you need to work Stu's 30k Road Race weekend in some type of capacity AND have accumulated at least 50 volunteer points throughout the year.***

If you are unable to work Stu's 30K and still want to be considered for a Boston number you can petition the board with a valid reason and a proposal of how you are going to volunteer to substitute for missing volunteering at Stu's 30k. You must do so in a timely fashion well before applying for an invitational bib in November.

2. You must be a member of CMS at the time of selection and have joined before November 1st, 2021.

3. All volunteering points accrued between December 1st, 2021 to November 30th, 2022 will be considered. Please consult the CMS Volunteer Points Lookup Sheet for full details. However, despite its extensive nature the lookup sheet is not a complete list of activities. When submitting your application, please detail all your volunteering for the club in full, and the board will review all of your activity activity and may award additional points based on what the board feels is a

comparable category. 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.*

4. Ultimately, the more you volunteer, the better your chance becomes to receive a number, whether you are applying for the first time or not. Runners will be selected based on their point totals.

5. **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 for the next two years.** In the unexpected circumstances of available numbers, a member could be considered before the two year deadline, but once again this is extremely unlikely.

6. 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 for any reason, you must return it immediately to CMS so we can pass it to the next qualified entrant.
- 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.
- 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 at the address below or by e-mail at [president@cmsrun.org](mailto:president@cmsrun.org).

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

**Central Mass Striders  
PO Box 922  
Worcester, MA 01613**

Yours,  
**The Central Mass Striders Executive Board**  
<http://cmsrun.org>