

Runner Assistance Program Description:

- 1) For performance standards hit throughout a calendar year, travel reimbursement funds can be earned for the subsequent year.
- 2) When an athlete first runs a time at/under the “Elite” standard, \$450 will be earned for future travel reimbursement (\$225 for “Dev” standard).
- 3) Every subsequent “Elite” standard ran in that same calendar year will add \$50 of bonus money to the overall amount available (\$25 for “Dev” standard).
- 4) Travel receipts must be provided for reimbursement.
- 5) No double dipping between “Elite” and “Dev”.
- 6) Any unused amounts do not carry over from year-to-year.
- 7) Runner Assistance does not apply to travel expenses for Shamrock Shuffle or USATF Club XC, unless athletes are requested to subsidize a portion of the trip personally.
- 8) Standards listed below are effective for 1/1/18 calendar year (to reimburse travel expenses in 2019).

	Mile	5K	5mi	10k	Half	Full
M – Elite	4:26.00	15:30.00	25:45.00	32:15.00	1:09:30.00	2:30:00.00
M – Dev	4:34.00	15:55.00	26:20.00	33:00.00	1:12:45.00	2:36:00.00
W – Elite	5:20.00	17:50.00	29:42.00	37:01.00	1:20:28.00	2:55:16.00
W - Dev	5:28.00	18:17.00	30:26.00	37:57.00	1:22:26.00	2:59:33.00

NOTE: Both dollar amounts and standard times are subject to change for races on/after 1/1/2019 as approved by the Board of Directors.

Example #1

In 2018, John Doe runs three races: a 15:54 5k, a 26:25 5mi and a 1:12:00 half marathon.

John has earned \$275 of travel reimbursement for 2019 (one “Dev” standard + one bonus).

Example #2

In 2018, John Doe runs three races: a 4:34.1 mile, a 15:56 5k, and a 26:25 5mi.

John has earned \$0 of travel reimbursement for 2019.

Example #3

In 2018, Jane Doe runs four races: a 5:25.01 mile, an 18:20 5k, a 36:30 5mi and a 1:20:00 half marathon.

Jane has earned \$500 of travel reimbursement for 2019 (one “Elite” standard + one bonus). No credit is given for the one mile race (“Dev” standard removed once “Elite” standard is hit).