

# 2009 Annual DSE Awards Program

## Description & Requirements

Participation requires a current DSE membership.

You must submit the Awards Program Running Info Form (on other side) to participate in the Program.

Race Participation can be running or walking.

Qualification for Plaque in Categories 1 - 4 require earning a minimum of a Small Mongo Award.

<u>Awards</u>	<u>#</u>	<u>Categories</u>		<u>Info Retrieved From:</u>
<b>"Top 5" Plaques:</b>	1	Most Total Miles Run*	Male Female	Awards Form
	2	Most Race Miles Run**	Male Female	Awards Form
	3	Earning the Most Place Points	Male Female	Official Race Records
	4	DSE Race Participation***	Male Female	Official Race Records
	5	DSE Race Volunteers	NA	Official Race Records
<b>"Top 5" Medals:</b>	6	Age Division Awards (top 5 in each age category)	Male Female	Official Race Records
<b>Mongo Trophies</b>	7	<b>"Everyone Wins"</b>	Male Female	
		A. <b>Small Mongo</b> requirements		
		a. Miles Run/Walked	250-749	Awards Form
		b. DSE Races Attended	10	Official Race Records
		c. Volunteer Service	2 hrs	Official Race Records
		B. <b>Large Mongo</b> requirements		
		a. Miles Run/Walked	750+	Awards Form
	b. DSE Races Attended	20	Official Race Records	
	c. Volunteer Service	4 hrs	Official Race Records	

\* All miles count - DSE or other races, training runs, hash/fun runs, group training, etc.

\*\* Must be a genuine publicized race. Training runs, fun runs, etc. DO NOT COUNT

\*\*\* Race Participation is defined as either running or self-timing in the race. Volunteering DOES NOT count for this category. Volunteering is tabulated in the DSE Volunteers category and is also counted towards the plaque/trophy requirements.