



***CRITERIA FOR SELECTING
CARA Circuit and Registered Races
- 2005-***

What is a Circuit race?

A high quality running event in which CARA members compete for points based on their finishes. Points are tabulated all year and awards are presented at a year-end party to the runners finishing in the top three in age groups and Clydesdale weight divisions.

Circuit races are chosen for their desirability as part of a year-long competitive series. Circuit status should not be interpreted as a "top" rating or seal of approval of a race.

What is a CARA-Registered Race?

A high quality running event in which CARA members seek to compete. Awards are presented at a year-end party to the runners who have completed 105 kilometers, or one race at each of four designated distances, in CARA-Registered and/or Circuit races.

Criteria for selection of CARA Circuit Races

1. Fits CARA's schedule, based on distance, location, time of year, and size of field;
2. Meets all CARA Circuit Race Standards;
3. Does not conflict with an existing Circuit race;
4. If previously on the Circuit, received a rating of at least 7.0 the previous year (on a scale of 10) on CARA Race Evaluation Forms;
5. If not previously on the Circuit, must have been a CARA-Registered race the previous year, and received a high rating on CARA Race Evaluation Forms;
6. Charges a reasonable entry fee to CARA members;

Criteria for selection of CARA Registered Race

1. Meets CARA Registered Race Standards;
2. Is not a first-time event;
3. At least 100 runners (walkers not included) crossed the finish line the previous year. (Any participant finishing at slower than a 15-minute mile is considered a walker).