

## **Explanation of IRA Series Awards for 2023**

### **SUMMARY:**

As a pilot project in 2023, the Interior Running Association (IRA) has modified the criteria for the IRA Road and Cross-country (XC) Race series awards to give runners credit for some or all of the IRA races that they volunteer for towards the series age group awards and the iron legs awards. A summary of the new criteria is as follows:

- A. Maximum number of events included in points is best 6 results (for 2023 Road Race (RR) series).
- B. Maximum number of volunteer efforts to include in series points is 2 volunteer efforts (for 2023 RR series). Note: this also applies to IRON LEGS award for RR.
- C. Minimum number of events that must be run or volunteered to qualify for points for age group awards is 4 events (for 2023 RR series).
- D. Minimum number of events that must be physically run and finish to qualify for points is 3 (for 2023 RR series).

The same calculations are used for the XC series, except that the numbers for each variable change (A = 4; B = 1; C = 3; D = 2)

### **DETAILED EXPLANATION:**

#### **IRON LEGS AWARDS:**

1. For 2023 Road Run Series Iron Legs Award, runners must:
  - a) Run (finish) all 9 RR races, OR
  - b) Run 8 races and volunteer at one other race, OR
  - c) Run 7 races and volunteer at the two other races.
- 2 For the 2023 XC Run Series Iron legs Award, runners must:
  - a) Run all 5 xc races, OR
  - b) Run 4 races and volunteer at one other race.

**If someone runs and volunteers at the same race, they only get 1 credit, as a runner of the race, towards the iron legs award.** To get a Legs of Steel award, the runner must qualify for both the Iron Legs award for road race series and the Iron Legs award for the xc series.

#### **SERIES AGE GROUP AWARDS:**

For the series age group awards, priority will be given to run points over volunteer points. **If someone runs and volunteers at the same race, they only**

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**get 1 credit, as a runner of the race, towards their age group series award.**

1. For 2023 Road Run Series.

- a To be considered for an age group RR series award, a runner must run/finish at least 4 of the 9 races, OR run at least 3 races and volunteer at least 1 other race.
- b A runner's best 6 run results will be added up to get series point total for the runner. If the runner runs less than 6 races, they can get points for volunteering at up to two races that they did not run in. Their volunteer points will be an average of their run points. Here are some examples:
  - i. Runner runs 7 RR races and volunteers at 2 races. Their point total will be their best 6 RR run results, i.e. no points used from their volunteer credits.
  - ii. Runner runs 5 RR races and volunteers at 3 races. Their point total will be sum of 5 run results and 1 volunteer point (which is average of 5 run results).
  - iii. Runner runs 4 RR races and volunteers at 4 races. Their point total will be sum of 4 run results and 2 volunteer points.
  - iv. Runner runs 3 RR races and volunteers at 3 races. Their point total will be sum of 3 run results and 2 volunteer points.
  - v. Runner runs 3 RR races and volunteers at 1 race. Their point total will be sum of 3 run results and 1 volunteer point.
  - vi. Runner runs 2 RR races and volunteers at 4 races. They do NOT qualify for series awards as they must run at least 3 races.
- c With this scoring system, runners and volunteers in the same age group may get the same points for the same race, even though one was running and one was volunteering. Thus, there may be more ties in the total series scores in the end. In this case, we need to have some tie breaking rules in place beforehand to determine the ultimate placing in the age group. The **following tie breaking rules** will be used:
  - i. First test: For the races that all tied runners (of the same age group) competed in together, which runner finished first in their age group the greatest number of times? This person wins the tie.
  - ii. Second test: if still tied after the first test, for all the races that the tied runners competed in together, which runner had the sum of the lowest score for overall placing in the races.

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- iii. Third test: If still tied after the second test, which runner completed the greatest number of races in the series?
- iv. Fourth test: If still tied, then runners get the same place in their age group.

### **2 For 2023 XC Run Series:**

- a To be considered for an age group XC series award, a runner must run/finish at least 3 of the 5 races, OR run at least 2 races and volunteer at least 1 other race.
- b A runner's best 4 xc run results will be added up to get series point total for the runner. If the runner runs less than 4 races, they can get points for volunteering at up to one race that they did not run in. Their volunteer points will be an average of their run points. Here are some examples:
  - i. Runner runs 4 XC races and volunteers at 1 race. Their point total will be their best 4 XC run results, i.e. no points used from their volunteer credits.
  - ii. Runner runs 3 XC races and volunteers at 2 races. Their point total will be sum of 3 run results and 1 volunteer point (which is average of 3 run results).
  - iii. Runner runs 3 XC races and volunteers at 1 race. Their point total will be sum of 3 run results and 1 volunteer points.
  - iv. Runner runs 3 XC races and volunteers at 0 races. Their point total will be sum of 3 run results.
  - v. Runner runs 2 XC races and volunteers at 2 races. Their point total will be sum of 2 run results and 1 volunteer point.
  - vi. Runner runs 2 XC races and volunteers at 0 races. They do not qualify for series awards.
  - vii. Runner runs 1 XC race and volunteers at 3 races. They do not qualify for series awards.

Again may need to consider tie breaking rules (see above) as there may be more ties.