

Dirigo RC

2020 Membership Guide

Dirigo Website: <http://dirigorc.com/>

Dirigo Facebook Page: <https://www.facebook.com/groups/Dirigorc/>

Mission

Dirigo RC is a Maine-based running club founded in 2002 for the purpose of establishing a competitive Maine racing team, fostering excellence in personal achievement, and providing competitive Maine runners opportunities to train and race together. The Club promotes and encourages commitment to competitive running, teamwork, and the highest standards of sportsmanship.

Membership Guidelines

The Club's membership is open to all runners who:

1. Reside in Maine or have a strong Maine connection
2. Are committed to serious training and competition
3. Are recommended by a current Dirigo member
4. Meet minimum performance standards. Eligibility is based on the athlete's best age-graded performance over the past 12 months. The individual must have a race that falls above a rating of 75 out of 100. To determine the age-graded standard of your recent races use the link below.

Age Graded Calculator

[Runner's World Age-Graded Calculator](#)

Recruiting

Current Dirigo members are encouraged to recruit new prospects who meet the criteria above. Prospects should be referred by email to the board of directors and Blaine Moore. The list of board members and their contact information is included further down in this guide.

Dirigo RC Sponsorship

Sponsorship will generously be provided once again by Fleet Feet Maine Running (FFMR). FFMR has two stores located in Portland, ME and Brunswick, ME. Additional information about FFMR can be found online at www.fleetfeetmainerunning.com.

Sponsorship of Dirigo Members by Other Organizations

Some members of Dirigo RC may receive sponsorship from organizations other than Nike or FFMR. As a result, these individuals likely cannot wear the standard Nike issued Dirigo uniform. To compete with

Dirigo, these individuals must have Dirigo RC and FFMR's logo screen printed on their own personal singlet. To ensure consistency of the Dirigo RC brand and fulfill obligations to our sponsor(s), the Dirigo RC Board of Directors must approve the uniforms of any externally sponsored members.

Organizational Matters

Dirigo RC has been established as a legal, non-profit entity. The Club is registered as a member of the USATF New England Association (team number 02-225) so that it can compete in USATF New England races including Grand Prix Road, Track and XC races. This also includes USATF Junior National events. The Club is NOT a member of the USATF Maine Association since we cannot be registered with both the New England and Maine associations. However, members are generally eligible to participate in USATF Maine races. Copies of our Articles of Organization are available upon request.

Team Leadership

Dirigo RC's Board of Directors includes the following members:

- Spencer McElwain (President) – spencer.mcelwain5@gmail.com
- Matt Homich (Vice President) – mhomich@gmail.com
- Jorma Kurry (Treasurer) – jormakurry@gmail.com
- Casey Bissel – caseybissell@gmail.com
- Nate Priest – nathan_priest@hotmail.com
- Chris Harmon – charmon@garmeylaw.com
- Michael Gordon – michaelgordon17@hotmail.com
- Adam Goode – adamisrunning@gmail.com
- Christina Berkow – christina.berkow@gmail.com
- Sam Seekins – samseekins@gmail.com
- Denise Curry – bfitcookie@gmail.com

Andy Spaulding and Ethan Hemphill serve as advisors to the board.

Dirigo has established several positions to assist in conducting club business. These positions include:

- Nike Gear Coordinator – Denise Curry – bfitcookie@gmail.com
- Email DL Manager – Blaine Moore – blaine@runtowin.com
- Race Coordinator & Performance Incentives – Scott Brown – runscott2004@hotmail.com
- Website Manager – Dan Dearing – dearingdd@aol.com

All members are encouraged to assist the Club by working with one or more of these individuals.

Annual Dues

Annual club dues for 2020 are \$35.00 for adult members and \$15.00 for youth members (high school and collegiate athletes). Membership dues are used to pay for USATF team registrations and other direct team costs. Any excess funds may be used for entry or travel money for team races, uniforms, or

team social gatherings. Ideas and requests for use of funds should be directed to any board member. Members must have paid their annual dues to be active members of the Club and to participate in the Nike Retail Race Program. The Board reserves the right to waive dues and/or provide other incentives on a case-by-case basis for students, elite athletes, and individuals in other special circumstances.

Nike Retail Race Program

Any active team member can purchase Nike running shoes and apparel through the Nike Retail Race Program. Throughout the year, you will receive an email with a PDF document showing the designated apparel and shoe styles available for purchase. You will need to fill out an order form and we will confirm all orders and let you know when gear arrives at FFMR.

- Be certain to order the correct sizes as FFMR is unable to handle any returns or exchanges.
- The intent of the Nike Retail Race Program is to support only Dirigo RC members. **Order only for yourself.**

Team Uniforms

All dues-paying members will receive a team singlet. Members are expected to wear their singlets in all races to demonstrate support for the team and our sponsor. However, if a member also participates in a high school or college program, the member's school jersey takes precedence in any school related events. The Board will notify members when it adds or creates new elements for the team uniforms.

Distribution of Prize Money

Prize money for team races will be distributed directly to all members of the team that participate in that race (scoring and non-scoring participants). Race winnings will be specific to team categories. For example, women's team winnings will be divided among participating women runners, master team winnings will be divided among masters team runners, and open team winnings will be divided among open team runners. Master runners will earn a share in open team winnings only if they score (or displace) for the open team. Runners will retain any prizes they win as individuals. Members that are also part of high school or collegiate programs are not eligible for prize money distribution. If any member of the team is part of a high school or collegiate program the prize money will be split among the remaining team members.

Travel Incentives

The 2020 out-of-state travel incentive cap is \$3,000 and is focused on fostering Dirigo RC participation at USATF New England events, USATF National events, and other high profile out-of-state events approved in advance as eligible for the Travel Incentive Program by the Dirigo RC Board. These events include road, track, cross country and mountain events. The USATF-ME Indoor Track Meet is also included in this incentive. The cap may be increased later in the year if funds allow. Please check with the treasurer on the availability of funds.

Travel Incentives are given to members for competing in USATF New England Grand Prix events. Travel Incentives are calculated at the end of the calendar year. New England Grand Prix races are paid out as follows:

- All events are paid out at \$40 per race.
- Individuals that compete in 3 or more USATF Grand Prix races will earn a one-time \$50 travel incentive bonus.

Bonus Races

This year the following races were selected to pay a \$50 travel incentive plus \$75 for each of the top 5 men and women.

- Frank Nealon Boston Tune-Up 15k
- USATF New England XC Championships

Travel Incentive for USATF National Events

Dirigo RC members will receive \$50 for participating in a USATF National Championship (Road, Track, Mountain, or XC), regardless of whether Dirigo fields a complete scoring team. This replaces the “normal” travel incentives described above.

Olympic Trials & National Track Championship Support

Individuals that qualify for and compete in the Olympic trials or US national outdoor track championships will earn a \$500 travel incentive for the event.

Wearing a Dirigo singlet during the competition and being registered for the competition as a member of Dirigo RC are required to receive any Travel Incentive.

Performance Incentives

These incentives apply to all dues paying members. The combined cap for Performance Incentives and FFMR Participation Incentives is \$2500. The performance level will be determined at the end of the calendar year based on the individual's top 3 performances. Qualifying races may be run anywhere and on any surface provided the course is certified and meets the “straight face test” (the course is not extremely downhill or times are not significantly aided in some other way).

Men

- <15:00 5k or equivalent = 8 shares of the total Performance Incentive pool
- <15:30 5k or equivalent = 4 shares of the total Performance Incentive pool
- <16:00 5k or equivalent = 2 shares of the total Performance Incentive pool
- <16:30 5k or equivalent = 1 share of the total Performance Incentive pool

Women

- <17:00 5k or equivalent = 8 shares of the total Performance Incentive pool

- <18:00 5k or equivalent = 4 shares of the total Performance Incentive pool
- <19:00 5k or equivalent = 2 shares of the total Performance Incentive pool
- <20:00 5k or equivalent = 1 share of the total Performance Incentive pool

Age/Gender Graded

This category awards individuals who completed a race with an exceptionally high age-graded score. If the individual with the highest age-graded score also happens to have the second highest score, the second prize will roll to the individual with the next highest race.

- 1st Place: 3 shares of the total Performance Incentive pool
- 2nd Place: 2 shares of the total Performance Incentive pool
- 3rd Place: 1 share of the total Performance Incentive pool

Running Calculators

Equivalency Calculator: [Hanson Coaching Race Distance Equivalency Calculator](#)

Age Grade Calculator: [Runner's World Age-Grade Calculator](#)

FFMR Participation Incentives

These incentives are paid from the Performance Incentive pool. Any member that completes at least five of the FFMR Events while wearing a Dirigo singlet will receive one share of the total Performance Incentive pool, regardless of time. If no member meets the standard, one share will be awarded to the member that completes the most FFMR Sponsored Events while wearing a Dirigo singlet.

Additionally, any member that participates in at least one of the USATF New England Grand Prix Events while wearing a Dirigo singlet will receive one share of the total performance incentive pool, regardless of finish time or team placement.

These incentives apply to all dues paying members. An individual can earn a maximum of two Performance Incentive shares per calendar year through the FFMR Participation Incentives program (one for FFMR races and one for USATF New England Grand Prix races).

Subsidized USATF Registrations

USATF members should email the club treasurer their current USATF number. The cost of the member's USATF registration will then be applied as credit to the individual's Dirigo account.

The first time that you sign up for USATF you will automatically be placed within USATF Maine if you are a Maine resident. You will need to use this link to transfer to USATF New England. [USATF Transfer Form](#)

Dirigo RC Key Team Races

One of the club's primary goals is to field the most competitive teams possible in New England Grand Prix events and other key Maine races. The official team race schedule can be found online here: [2020 Dirigo Race Schedule](#).

Please make every effort to participate in these races.

Dirigo members are highly encouraged to participate in the races listed above. Please share your intent to race with the Race Coordinator (Scott Brown), sign up on our Google Doc and register for the race as part of Dirigo RC. Please note that many of the New England Grand Prix races have a “team” sign-up component. Please contact Scott Brown with questions.

Team Group Runs

The team hosts a Sunday morning group run that starts at Payson Park in Portland. Start times are as follows:

- June thru August – 7:30am
- September thru May – 8:30am

We have team members that run together at other locations all around the state. Check with a teammate to find out who is in your area.

USATF New England Grand Prix Series

The following sections list the USATF New England Grand Prix races in the Road, XC and Mountain/Trail circuits. Each of these races earn Dirigo members a travel incentive.

Road

<http://newengland.usatf.org/Sports/Road-Running.aspx>

- Sun, 2/2/2020 – Super Sunday 5 Miler – Cambridge, MA
- Sun, 3/15/2020 – New Bedford Marathon & ½ Marathon – New Bedford, MA
- Sun, 4/5/2020– Frank Nealon Boston Tune-up 15k – Upton, MA
- Sun, 5/24/2020 – Vermont City Marathon – Burlington, VT
- Sat, 8/29/2020 – Allen Mello NH 10 Miler – Auburn, NH
- Sun, 9/20/2020 – Lone Gull 10k – Gloucester, MA
- Sun, 11/TBD/2020 – BIGGSteps 5k – Needham, MA

XC

<http://newengland.usatf.org/Sports/Cross-Country.aspx>

- Other Races TBD
- Sun, 10/25/2020 – Mayor’s Cup – Boston, MA
- Sun, 11/8/2020– New England Championships – Boston, MA
- Sat, 12/12/2020 – USA Championships – San Francisco, CA

Mountain/Trail

<http://newengland.usatf.org/Sports/Mountain-Ultra-Trail.aspx>

- Sat, 4/26/2020 – Sleepy Hollow Mt. Race – Huntington, VT
- Sun, 5/3/2020 – Pack Monadnock – Jaffrey, NH
- Sat, 5/23/2020 – Wachusett Mountain – Princeton, MA
- Sun, 6/7/2020 – Cranmore Mountain – North Conway, NH
- Sat, 6/13/2020 – Ascutney Mountain – VT
- Sun, 7/12/2020 – Loon Mountain Race – Lincoln, NH
- Sun, 9/6/2020 – Mt. Greylock Road Race – North Adams, MA
- Sat, 9/27/2020 – Waterville Valley NH (US Mountain Running Championships)

FFMR Sponsored Events

<http://www.fleetfeetmainerunning.com/>