

USATF OKLAHOMA LDR IS A SERVICE GROUP

USATF Oklahoma LDR is in business to help EVERY individual runner regardless of ability and EVERY USATF club or organization. The sole purpose of Oklahoma LDR is to promote running whether it be a fun run or a road race. This also includes walkers. This goal is achieved through the co-ordination and co-operation of each club and organization in the state. Oklahoma has more organization members than any of the other 58 associations in the United States. Great progress has been made through these various organizations in establishing uniformity AND unity in Oklahoma. A state association is necessary if we are to continue to have the best-organized state in the country. Oklahoma has a high-quality magazine in the OKLAHOMA RUNNER that is the focal point of all events. USATF Oklahoma relies heavily on your individual and club membership dues to fund our activities. Listed below are the major services of USATF/Oklahoma. Contacts are listed at bottom of the next page.

USATF OKLAHOMA LDR CLUB OR ORGANIZATION MEMBERSHIPS

The membership dues are \$50 and run from January 1 through December 31 and should be submitted as early as possible in order to take advantage of a full year. Go to usatf.org/assoc/ok to download membership and sanction forms.

USATF OKLAHOMA RACE SANCTIONS

This sanction will entitle you to pay a NATIONAL SANCTIONING FEE AFTER your event based on the number of participants with one of the benefits listing your event as an additional insured on the USATF master liability policy. THIS WILL GIVE YOUR EVENT \$1,000,000 COMPREHENSIVE GENERAL LIABILITY AND \$1,000,000 PARTICIPANT LIABILITY INSURANCE. USATF/Oklahoma sanctions are \$25 per race or races on the same day and covers fun runs held in conjunction with a road race. The national sanctioning fee varies from \$75 to \$225 up to 500 runners. IT IS IMPERATIVE THAT YOU APPLY FOR YOUR SANCTION AT LEAST FOUR WEEKS IN ADVANCE OF YOUR EVENT. Go to usatf.org/assoc/ok to download membership and sanction forms and for information.

EQUIPMENT AND SUPPLIES FOR SANCTIONED EVENTS

ELECTRONIC TAPE TIMERS, DIGITAL RACE CLOCKS, RACE NUMBERS: STOP WATCHES, SAFETY PINS, BULL HORNS, START/FINISH BANNERS, CHUTE EQUIPMENT, FLAGGING, STANCHIONS, TABLES, PYLONS, POLES, TENTS, HEATERS, GENERATORS, PORTABLE TOILETS, SOUND SYSTEMS, BICYCLE RACKS AND MANY MISCELLANEOUS ITEMS ARE AVAILABLE. EACH ORGANIZATION IS RESPONSIBLE FOR PROPER CARE AND PROMPT RETURN OF EQUIPMENT. These items are available through the racing services and Ron's Sportsworld.

COURSE CERTIFICATION

Oklahoma has more courses certified as accurately measured, per capita, than any other state. The purpose of accurate courses is to allow everyone the opportunity to evaluate their time. Oklahoma has a group of experienced measurers and certifiers and we have our own certification individual. Certified courses are a necessity for state and national records. Each course is documented by start, finish line and splits. All details, including a map and certificate are sent to each race director. The papers are also filed with USATF, RRCA and USATF Road Running Information Center. Prices for measurement vary with logistics, etc.

RECORDS AND RANKINGS

Oklahoma maintains a comprehensive set of state age bracket and open records. All results are sent to a central point and various times are put into a computer. Updates are published in the OKR and in race booklets. Race directors must follow exact rules in race packet for results and record publication

CLASS ATHLETE SUPPORT AND DEVELOPMENTAL PRIZE MONEY

Class athlete support will be provided IF FUNDS ARE AVAILABLE and only for very special events such as national team championships. The large percentage of funds will be used to equally assist every organization and every runner. Advice and assistance will be given in the co-ordination of developmental prize money, including distribution and trust funds.

SUB 11 AND SUB 20 CLUBS

The Sub 11 Club is for Masters men capable of running a sub 11 minute 2 mile and the Sub 20 Club is for any female capable of running a sub 20 minute 5 km. Oklahoma LDR will provide T-shirts and lifetime transfers for eligible individuals. Race directors will be provided T-shirts in advance for awards ceremony, if desired.

STATE CHAMPIONSHIP SERIES

Oklahoma LDR has an annual series of state championship "long" races though out the state. Special support is given by USATF to these events. There are seven events as follows. 12 km, 15 km, 20 km, 25 km, 30 km Half Marathon and Marathon. Contact any USATF Oklahoma officer for details on making your event a State Championship event.