



## GLRR Boston Marathon Waiver Questionnaire



This is for the Boston Marathon; April 16, 2018.

Who is eligible: Current GLRR members in good standing, that reside in the Greater Lowell area. Waivers are awarded largely based on volunteering for the club during the year. Each response is evaluated by an anonymous panel and assigned a grade. The highest grades will receive the waivers. We do not know how many waivers we will receive at this time. (It has been ten in the past). We do request that if you have received a club waiver for the last two years in a row that you do not submit an application at this time.

Note that you must be able to complete the marathon under the time limit of six hours. The entry fee with this waiver is about \$375.00 (payable to the BAA. The club does not require you pay us, or fund raise). Once chosen, the fee and entry must be sent in right away. (the final BAA deadline is mid-January). Please return the waiver to the club if you cannot run. Once the waiver is sent in, it is for your use only; you *cannot* let someone else run with your number.

The questionnaire is designed to help you think through your request and perhaps give you some ideas for next year (if you don't get a waiver).

- 1) How long have you been a member of GLRR?
- 2) How many races have you run this year (2017) wearing our green/gold club singlet?
- 3) What activities have you helped the club with in 2017? (please be specific)
- 4) Have you tried to qualify based on time? Yes
  - a. If yes, how close have you been to qualifying?
  - b. If you tried to qualify, but were prevented by injury –let us know what happened.
- 5) What other marathons have you run in the past 5 years and what were your times?
- 6) Have you ever run the Boston Marathon?
  - a. Have you ever run on a club waiver (for GLRR or any other club)?
    - i. If so – how many waivers have you gotten?
  - b. How many consecutive Bostons?
- 7) What have you done to prepare yourself to run the Boston Marathon (or other longer distance races)?
  - a. How many miles a week do you run?
  - b. What are the most miles in a week you have run?
  - c. What is the longest distance you've run?
- 8) Please provide any other information you think we should consider.

Send your response in a new word document, with your name at the top and your answers to the above questions to [president@glrr.net](mailto:president@glrr.net). **The deadline for submission is Sunday, December 10<sup>th</sup> at 8:00pm. Everyone will be notified by Friday December 22<sup>rd</sup>, at 8:00pm, and waivers will be given out at the Christmas Eve Group Run on Saturday December 23<sup>rd</sup>.** (If you can't attend the group run we will make other arrangements).