**STARR Vince Trahan Annual Award**

Awarded to member in good standing who demonstrates the core values of STARR - Fun, Fitness and Fellowship through running; someone who is a good overall ambassador for STARR, and someone who has a positive attitude toward the club.

**Criteria** – These are general guidelines. A nominee should demonstrate at least some of the values through the following criteria.

1. Fun – Someone who helps make the club enjoyable for new members and old alike. The nominee could organize or help with some of the social activities of the club.
2. Fitness – Someone who embraces fitness through running and someone who reaches out to a broader running community. Some examples include but are not limited to participating in races (running, volunteering, cheering on members from the sidelines): promoting fitness in innovative ways; participation in club weekly scheduled runs; participation and organizing runs; volunteering in running related activities.
3. Fellowship – Someone who reaches out to members and potential new members, making them feel welcome and included. Some examples include but are not limited to introducing themselves to new runners; encouraging members; helping members find routes or information on races, etc.; supporting club runners (which could include waiting for all runners to finish a run, cheering on someone through injury or struggling with a distance, etc)

**Nomination:** Will be awarded annually based on the calendar year. Any member in good standing can nominate a club member by completing and submitting the nomination form. Selection will be made in December and awarded at an annual holiday event.

**Selection committee:** Will consist of three members, who have not been nominated for the award. The selection committee in the first year will have at least one executive and one general member. In years following, the recipient from the prior year will asked to be part of the committee.

This award is presented in the memory of Vincent Trahan. Vince was a founding member of STARR. A successful runner in the Vancouver Island Race Series as well as many other events, Vince was an integral member of STARR as a welcoming and encouraging presence, writer of race reports, and executive member, including stints as treasurer. He volunteered his time to many races as well, encouraging and supporting others to succeed. Vince was also a good friend to many.

**STARR Vince Trahan Annual Award Nomination Form**

Please submit nominations to [runwithstarr@gmail.com](mailto:runwithstarr@gmail.com) for the current calendar year.

1. **Nominee:**
2. **Nominated by:**
3. **Rationale for nomination**: Please use the space below to describe how the nominee demonstrates **fun**, **fellowship** and **fitness through running** with STARR. Examples are provided in the description page but are not limited to those examples. Nominees do not need to demonstrate all of the examples shown.