

NOMINATION FORM FOR POTOMAC RIVER RUNNING ANNUAL AWARD FOR EXCELLENCE

A scholarship awarded to a student-athlete who epitomizes the ideals of leadership and teamwork, and sets an example with his/her work ethic and attitude.

**Potomac River Running Store
20630 Ashburn Road #137
Ashburn, VA 20147**

OVERVIEW AND INSTRUCTIONS FOR =PR= AWARD FOR EXCELLENCE

Overview

Potomac River Running has created a Scholarship Program to award scholarships to high school seniors who participated in the sports of Cross Country and/or Track & Field. The Scholarships are funded with some of the proceeds of the Potomac River Running Twilight Festival 4-Miler race. Schools are encouraged to help us maximize these proceeds by participating in the Race's High School Team Registration Challenge – we ask area high school track & field team members to recruit race participants (family, friends, parents' colleagues, etc.) to run the race in "affiliation with" the high school team. The team with the greatest number of "affiliated" race registrants also receives donated gear.

Schools are eligible to submit nominations through May 28, 2010. We will also request that all coaches submitting a nomination be willing to participate in the review process. The Award Winners (ideally one boy and one girl if there are viable candidates) will each receive a scholarship to be used to defray costs of higher education at an accredited institution for the 2010-2011 school year.

Criteria

Eligible schools may submit no more than two nominations. Please submit one male and one female student-athlete unless you do not have an eligible athlete from each gender. Nominations may be developed with cooperation from the student-athlete but should be submitted by the Head Cross Country or Track & Field Coach and meet the Nominee Criteria set forth below.

Nominee must meet the following criteria to be eligible:

- Be a student in Grade 12
- Be nominated by the Head Cross Country or Track & Field Coach
- Excel in mental attitude, athletic ability, scholarship, leadership, and sportsmanship during the four years in high school
- Meet Minimum Academic Requirements of *one* of the following:
 - o SAT of 1800 (combined score) or
 - o Class Rank in the top 25%

Nominations must be received at Potomac River Running Store, Corporate Offices, 2 Awsley Court, Potomac Falls, VA 20165, no later than May 28, 2010. Nomination Form is attached.

Instructions

Nominees will not be considered unless these instructions are followed:

- Nomination must be:
 - o Signed by the Head Cross Country/Track & Field Coach
 - o Submitted with a copy of the candidate's Current Transcript
 - o Include the attached Nomination Form and a Letter of Recommendation from the Head Cross Country/Track & Field Coach
- Each school may submit only two (2) nominations, nominating one boy and one girl
- The nomination must be received at Potomac River Running no later than May 28, 2010. The earlier this process is complete the sooner we can notify the winners, ideally before end of school-year awards assemblies take place.
- The Award will be formally announced at the 2010 Twilight Festival 4-Miler on Saturday, June 19.

NOMINATION FORM
(may be completed on separate paper)

1. Nominee

Name:

Address:

City/State/Zip:

High School:

Name of Parent or Guardian:

2. Leadership – School and Community

School Organizations (including offices held):

Community Organizations (including offices held):

Volunteer Work:

Awards, Honors, and Special Recognition:

3. Athletic Achievements:

List major achievements through HS career – note that pure athletic performance is NOT the major criterion for this scholarship, but will be considered in the context of the candidate's overall application. For instance, overall personal improvement from the beginning to end of the HS career is an indicator of the work ethic and perseverance this award embodies.

4. Scholarship

Class Rank (rank and class size):

SAT: Math:

Critical Reading:

Writing:

GPA:

5. **Head Coach Nomination:** In no more than 500 words, please make a case for the student-athlete's candidacy for the Award. Please cover the athlete's leadership, work ethic, teamwork, and attitude. While athletic performance is relevant, particularly as progress and improvement are a concrete manifestation of work ethic and attitude, the Award will not be based directly on athletic performance.