

Developing Organized Walking within a Running Club
by
Steve Durrant

The Tidewater Striders came into existence September 23, 1972 as the Tidewater Striders Track Club. Over the years, it evolved into the Tidewater Striders Running Club, Incorporated, and later added walking and multi-sports events to its agenda. The club prospered and added new members each month. Races were held on weekends, and various organizations lined up to become sponsors.

As members aged and suffered various injuries from running, some turned to fitness walking to remain active in the Strider organization. But fitness walking lacked the element of speed.

Veteran Strider walkers point to the turn of the century as the time when racewalking took giant leaps in popularity among the injured. Most Strider supported races now include separate running and walking categories.

Acceptance of walkers in the Strider running club did not come easily. Mitchell Broudy, chairman of the walking committee in 1991 observed, "I am not going to say walking was not tolerated. It just took time to integrate the Strider culture."

The heart and soul of all Strider walking activities is the walking committee. Appointment to the committee emerges from discussions among active walkers to determine who is willing to work for the advancement of Strider walking. The names of the committee chairs or co-chairs are submitted to the president of the Strider Board of Directors for approval. The committee consists of five members, including chairpersons.

The committee meets in November to select races for the following year's Walker Grand Prix Series (WGP) and to conduct other business that may be brought to its attention. All Strider walkers are invited to the meeting, although only committee members may vote.

Members of the committee are in contact with each other by e-mail on a daily basis. More often than not, problems are solved in this manner. Although there may be several solutions to a single problem, the members agree to live by whatever the majority approves. Notwithstanding the competitive atmosphere in racewalking, obvious traits common among Strider racewalkers are the camaraderie existing between them and their concern for each other.

In his response to a question addressed recently to the 2009 committee co-chair and author of this study regarding what it was important to know about the committee, Steve Durrant replied, "We're all human and have other things going on in our lives besides walking that demands our time. We do, however, try to meet the requests, questions, concerns and desires that seem to continually roll in." Then, obviously referring to

himself, he observed, "...it's a good thing that one of us is retired and currently able to focus a significant amount of time on walking matters."

Within the walking committee, specific responsibilities are assigned to committee members in the following areas:

- Chair (or co-chairs)
- Walk judge coordinator
- WGP statistician/score keeper
- Walking information contact person and editor of the email "Bullet News"

Chair or co-chairs

Responsibilities of the walking committee chair and co-chairs are listed under policies approved by the Strider Board of Directors and enumerated under procedures of the walking committee. (See Appendix A).

Walk judge coordinator

The walk judge coordinator is a member of the walking committee and is responsible for assigning judges to all WGP races. The walk judge coordinator contacts WGP race directors seven to fourteen days in advance of scheduled races to remind them that (a) walk judges will be present on race day at various points along the course to monitor walkers and (b) the results of walkers observed jogging or running will be moved to the appropriate runner results. Walk judges are also present on race day and at pre-race day packet pick-up, if held, to provide walkers with a green "W" identification card worn alongside their bib number to identify walkers to be judged.

A chief walk judge, who does not have to be a member of the walking committee but who has had experience in judging competitive walking, is assigned for each WGP race by the walk judge coordinator with specific responsibilities. Normally the chief walk judge is in the vicinity of the finish line recording in order the top men and women finishers. After all walkers have crossed the finish line, the chief walk judge hands the results to the official race scorer, including the bib numbers of walkers observed running or jogging, who are then moved to their respective runner age group.

WGP statistician/score keeper

The statistician is responsible for maintaining the status of each walker participating in a WGP race and to correctly score and record each walker's competition and participation points earned. (See Appendix B). Updated results are published bi-weekly in the "Bullet News."

Contact person and editor of the "Bullet News"

The contact person is usually a member of the walking committee who also serves as editor of the "Bullet News," an electronic mailing to all Strider walkers, including non Strider members who have indicated an interest in racewalking or fitness walking.

The "Bullet News" editor is the information department of the walking committee. From an extensive mailing list maintained by the editor, members are informed by e-mail of calls for volunteers; upcoming races and special events; dates, times, and contacts for area fitness walks or training walks with Strider members; latest local, national, and international walking news; and walking publications around the country. (See Appendix C).

The committee's interest in promoting physical fitness extends beyond racewalking. The "Bullet News" invites non Strider members to join fitness walks at Mount Trashmore, a park maintained by the City of Virginia Beach with a well-kept running/walking path around a man-made lake. Under the direction of a Strider walker, warm-up exercises precede walks around the lake.

Other

A walking team coordinator, assigned by the walking committee, coordinates all aspects of Strider walking teams participating in regional and national racewalking championships. The coordinator is a member of the Strider teams committee.

The race directorship of the Strider Mile, a race in the club's running Grand Prix Series, was taken over by a walker three years ago. The race is now conducted at the same location in conjunction with the Virginia USATF 3000M racewalk championship for walkers. Walkers are involved in all phases of race management for this event.

Prior to the annual meeting in November, an e-mail is sent to all local race directors listing the requirements necessary to be met for consideration as a WGP race, which must include a designated walking division and walker awards. Priority is given to scheduled Strider races. The walking committee encourages race sponsors to include appropriate information for prospective walking participants.

Awards are given as incentives to attract as many walkers as possible. Races must provide walker awards to the top three men and women in smaller races and to the top five men and women in larger races.

Race directors are informed that if they want their races accepted, they understand that judges provided by the Strider walk committee will report registered walkers observed jogging or walking to the race scorer who will move them to the appropriate running age group.

Strider walkers have an opportunity to provide articles and photos for publication in the Rundown, the club's monthly newsletter distributed by e-mail.

Racewalking clinics are conducted locally and in other locations in Virginia by nationally recognized racewalkers. The clinics are regularly attended by Tidewater Strider walkers.

Strider walkers have an opportunity to become USATF certified officials and race walk judges, which gives them the ability to conduct USATF sanctioned racewalking events.

Two social events are highlights of the Strider year. A picnic is held each summer for members and families, and an annual awards banquet is held during the winter.

Strider walking teams at regional and national races are provided partial funding by the club for per diem expenses. Strider team singlets and shirts are provided by the club.

Concerned racewalkers are constantly on the alert to assist race directors in strengthening their event, particularly if the race attracts participants from all parts of the United States and Canada.

In 2007, Hartley Dewey, Steve Durrant and Dwight Kane approached the race directors of the Shamrock Sportsfest, an event which attracts 16,000 participants to its Marathon, Half-Marathon, 8K, and two children's races. They asked the directors to bring back the walk division in the 2008 Shamrock Marathon, which had been discontinued in 2005. They further stipulated that they would be personally responsible to the race directors for all walk division race management functions, including providing walk judges on the course and handling walker complaints. The request was approved.

In addition, race directors added a walk division to the Shamrock Half-Marathon, which previously had not been included. The 2008 and 2009 Shamrock Marathon and Half-Marathon walk divisions have been well supported by the local and national walking communities.

Acknowledgment

I am indebted to Melvin Williams, Anthony “Cokey” Daman, Mitchell Broudy, Deanie Eldridge, Richard Kole and Ron Jones without whose recall of early events the history would not have been possible. Bill Spruill, Victoria Nicholls, Anita Keegan, Dwight Kane, Jim Murphy, Harry Watson and Patrick Molnar kept me actively competing as a walker during my transition from running to walking.

Ray Funkhouser, Chris English, Dave McGovern, Hartley Dewey, Lori Sherwood, Cindy Williams, Steven Shapiro, Paula Graham, Linda Janssen, Nancy Hallingse, Bill Lipford, Scott Stakes and Kathy Nash continue to influence my interest in walking and racewalking, and to them I am most grateful.

To those whose names I may have omitted, I ask your indulgence. As I complete this project, advancing age and failing memory may have prevented me from recalling the names of others who have had a positive influence on the walking phase of my life.

*An eagle-eye editor and close friend, Jordan “Buddy” Levitin, insisted that almost everything in these pages be checked and re-checked. I am not aware of any avoidable errors; however, I take full responsibility for any that crept in. **SD.***

Appendix A

Strider Walking Committee Policies & Procedures Approved May 11, 2009

POLICIES:

1. It is the responsibility of the walking chairman and walking committee to:
 - A. Promote and encourage walking to include race walking and walking for fitness.
 - B. Serve as a liaison to local walking events.
 - C. Provide information to the membership and others in the community.
 - D. Create and publicize a series of events to be called the Tidewater Striders Walking Grand Prix Series (WGP) to encourage participation among the club members.

PROCEDURES:

1. Committee membership

The chairperson or the co-chairpersons of the walking committee shall be appointed by the president and approved by the Strider Board of Directors. Additionally, any walker serving on the board of directors is an automatic member of the committee. A walker is defined as someone who participated in at least six Strider walking participation races in the prior year. Other members will be selected by the chairperson from walkers who have participated in six races the previous year, and are willing to serve. Committee membership will normally be five members including the chairperson or co-chairpersons.

2. The committee shall provide walking information to the RUNDOWN and the Strider web site such as a list of all WGP races, WGP rules, race walking results, profiles, articles on training and various facets of walking.
3. The committee shall provide walking information to the membership through programs and clinics.
4. The committee shall act as the liaison with race directors concerning walking and USATF sanctioned race walking events.
5. The committee will select various local races for inclusion in the WGP using the following criteria:
 - A. Most races will not be held closer than two weeks apart.

- B. The committee will determine the total number of WGP walking events.
- C. To qualify for an award in the WGP series participants must walk in at least 6 events.
- D. The committee's WGP schedule will be presented to the Strider Board of Directors for approval no later than the December board meeting of the year preceding the proposed series.
- E. The WGP schedule will mirror the Running Grand Prix (GP) as close as practicable, except when GP races are not amenable to walking, such as mud runs, cross-country runs, and sand runs, or do not include walking divisions; or when scheduling conflicts arise. Races will then be substituted with other scheduled area races.
- F. The committee reserves the right to substitute races in the event of the cancellation of a scheduled race.
- G. Walkers finishing 1st through 10th in a race will accumulate competition points and all walkers completing a race will accumulate participation points.
- H. Competition points will be awarded in two divisions, i.e. overall males and overall females, for placing first through tenth (10, 9, 8, 7, 6, 5, 4, 3, 2, 1). Participation points will be awarded for completing WGP races.
- I. Only a participant's top nine (9) races will be scored in the final WGP competitive standings. However, all WGP events count for the participation awards.
- J. WGP competitive scoring will be as follows:
- (1) Two races – an "A" and a "B" race – with similar distances, but not necessarily the same distances, will be paired and listed together for race competitions in the WGP. Only one race, either A or B, in each of the paired races can qualify for competition points for any single walker. The fastest male and female in race A will earn 10 points for that race and no points in race B. If the same individuals, i.e. the ones who won race A, complete race B they will be ignored for WGP points for race B. The remaining fastest male and female walkers in race B will each earn 10 points for race B. The next fastest male and female walkers in race A, excluding those earning 10 points in either race A or B will earn 9 points for race A. This will continue until all available points are awarded.
- (2) An example is provided: The same twenty men enter both race 1A and 1B and finish in the following order for both races: A, B, C, D, E, F, G, H, I, J, K, L, M, N, O, P, Q, R, S, T.

Points will be awarded as follows:

Race A Race B

A 10 B 10

C 9 D 9

E 8 F 8

G 7 H 7

I 6 J 6

K 5 L 5

M 4 N 4

O 3 P 3

Q 2 R 2

S 1 T 1

K. Participation points are recorded in a separate ledger from the competition points.

L. Participation points are awarded at one (1) point per complete kilometer. For example, a 6.2 kilometer race would rate six (6) points. No points are awarded for partial kilometers except for the One Hour Postal Race Walk where distance completed (instead of time of race completion) determines the race's results. Fractions of kilometers for this race are rounded up to the next whole kilometer.

M. Walkers are required to adhere to race time constraints, and walkers who do not complete a race within published times will not be awarded competition or participation points.

N. USATF Rules of Competition apply to designated races (e.g. 3000M race walk of The Strider Mile and the One Hour Postal Race Walk). For all other non-USATF Rules of Competition races, walkers must walk the entire race distance. Violating USATF rules in designated races and running or jogging at anytime during non-USATF designated races will result in removal from the race's walk division. Walk judges will be used at all WGP races to insure that walkers observed running or jogging are removed from the race's walk division and that their race results are moved to the appropriate running age group. Walk judges will receive the same participation points for the race that the walkers receive.

O. The committee will determine the number of walk judges needed at each race and the number of times/races each individual must serve as a walk judge to qualify for a WGP award.

P. There is no requirement that WGP participants must volunteer at Strider functions (i.e. newsletter stuffing, race volunteers, road/trail trash clean-up, etc). However, anyone volunteering for a two hour period at a Strider function will be awarded 50 service points, one time only, in both the competition and the participation portions of the WGP.

Q. The depth of awards to be presented at the annual awards banquet will be five (5) deep in both the male and female overall WGP groups (total of 10 competition awards); and the ten (10) individuals, either male or female, earning the most points who have not earned a walking competition award will receive a walking participation award (total of 10 participation awards).

R. Awards must be approved by the board prior to the publishing of the final results of the WGP series in the RUNDOWN and the Strider web site.

S. The committee shall coordinate presentation of the awards with the awards and banquet chairpersons.

BUDGET:

1. Board approval will be required for any additional funding desired.
2. Walker teams will be funded by the teams committee.

APPROVED: May 11, 2009.

	Expire Date	Volunteer Walk Judge	Service Points	Distance Series	Shamrock Half Marathon	Distance Series	Swamp Stomp Half Marathon	Distance Series	Shamrock Marathon	Lion's Journey for Sight	Salute to the Military (CRR)	Elizabeth River Run	Turkey Trot	Allen Stone	Memorial Scholarship	Vineyards (CRR)	Wounded Marines	Strider 3,000 Meter Racewalk	One-Hour Postal Racewalk	Neptune Festival	St Mary's Home	ODU Accounting	Race for Breath	Cape Henry	Wachapreague	TOTAL	TOP 9 SCORES			
A or B				A	B	A	B	A	B	A	B	A	B	A	B	A	B	A	B	A	B	A	B	A	B			Qualified		
Date				1/3	3/22	1/24	4/18	2/21	3/22	4/11	5/16	5/23	11/26	7/18	7/28	8/8	9/12	8/15	11/14	9/26	10/3	10/18	11/7	11/21	12/5			for Award		
Distance				20K	13.1M	25K	13.1M	30K	26.2M	5K	5K	10K	10K	5K	5K	5K	5K	3K	??	8K	5K	5K	5K	10M	7.7M			(Standing)		
TIDEWATER STRIDERS 2009 WALKING PARTICIPATION RESULTS (as of 15 August 09)																														
Point Value				10/20	21	15/25	21	20/30	42	5	5	10	10	5	5	5	5	3	7+	8	5	5	5	16	12	270				
Steve D.	01/10	4	50	20		25	21	30	42	5	5	10		5	5	5													223	Yes-GP
Lori S.	01/10	1	50	20	21	25	21	30	21	5				5		5													213	
Kathy N.	01/10	2	50	20		25	21	30	42	5				5				3											211	
William L.	07/09	4	50	20		25	21	30	42	5	5				5	5		3											211	Yes-GP
Richard K.	02/10	7	50	20		25	21	30	42	5	5																		198	Yes-WP
Tom G.	06/11	0	50	20			21	30	42		5	10		5	5	5		3											196	
Hartley D.	08/10	2	50	20		25		30	42	5		10			5			3											190	
Dwight K.	01/10	2	50	20		25		30	42	5	5				5	5													187	
Jordan L.	01/10	8	50	20			21	30	42	5	5	10						3											186	Yes-WP
Buddy L.	06/10	4	50	20		15	21	20	42		5	10																	183	Yes-WP
Linda J.	01/10	1	50	10	21	15	21	20		5	5	10		5	5	5		3											175	
Nancy H.	06/09	2	50	20	21	15	21	20		5		10		5															167	
Charlyne G.	12/09	3	50	10		15		20	42	5		10		5	5														162	Yes-WP
Judy P.	09/09	4	50	10	21	15	21	20		5				5	5	5		3											160	Yes-WP
Scott S.	08/10	2	50	10	21	25		20		5		10		5	5	5		3											159	
Paula G.	09/09	2	50	20		25		30		5		10			5	5		3											153	
Bob C.	01/10	2	50	20			21	30				10			5	5		3											144	
Carl M.	02/10	0	50	10	21	15		20		5					5			3											129	
Marjorie M.	02/10	0	50	10	21	15		20		5					5														126	
Steve S.	09/09	2	50			25		30			5							3											113	
Diane Z.	01/10	1	50	10					42	5																			107	
James W.	06/11	1	50		21	15				5		10			5														106	
Desiree H.	07/11	1	50		21		21								5			3											100	
Loline O.	01/10	1	50		21			20		5																			96	
Penny R.	04/10	0	50		21		21																						92	
Heide S.	10/09	1	50				21			5	5			5				3											89	
Robin L.	06/11	0		10	21	15		20																					76	
Leigh C.	06/10	0	50		21																								71	
Debra H.	12/09	0	50		21																								71	
Grove C.	05/11	0		10	21		21			5																			57	
Dan E.		0	50												5														55	
Sue E.	#REF!	0	50												5														55	
Andrea K.	01/10	0	50																										50	
Mary C.	05/11	0			21		21			5																			47	
Gladys S.	01/10	0		10				20								5													35	
Bill D.		1				25																							25	
Karen W.	#REF!	0		10		15																							25	

Appendix C

BULLET NEWS 05/07/09

If any listed email addresses and websites do not work, just copy and paste

The latest Walker Grand Prix spreadsheet can be found at http://tidewaterstriders.com/results09/walkgp09_april2.pdf. Contact Lori Sherwood with corrections or questions at lqriann@verizon.net

I have just finished reading *BoomerWalk* by Brent Bohlen and I highly recommend it to those who are thinking about or have just starting to racewalk. This book is an easy to understand must read with a lot of great information. *Boomerwalk* can be found at www.boomerwalk.com

I met my new friend, Michael Davis, at the Lion's 5K. I was a walk judge about 1/4 mile from the finish line when I saw two runners go by me at a fairly fast pace. Both were smiling and their joy was just so infectious that I was smiling after them. What I didn't know was that Michael was a visually impaired runner, doing his very first race and being guided throughout the course by another. Michael went on to place 2nd in his age group with a time of 26:35. Great Job! Michael has made a video about glasses which have changed his life and is hoping that others may be helped as well. Check out Michael's video at http://www.youtube.com/watch?v=jivfK_Ql-B4

Unfortunately, Michael can't use the glasses when racing and still requires a guide. He is hoping to find running/training guides for the CHKD 8K and the Rock-n-Roll 1/2 marathon. Anybody want to run with Michael?

The Next Grand Prix Race is

5/16/09 Salute to the Military 5K - **Registration Form is Attached**

Upcoming Walker Grand Prix Races

5/23/09 Elizabeth River Run 10K <http://www.tidewaterstriders.com/docs/races/err09.pdf>
7/18/09 Allen Stone 5K
7/28/09 Memorial Scholarship 5K
8/8/09 CRR Vineyards 5K
8/15/09 Strider Mile/3,000 meter Racewalk
9/12/09 Wounded Marines 5K
9/26/09 Neptune Festival 8K
10/3/09 St Mary's Home 5K
10/18/09 ODU Accounting 5K
11/7/09 Race for Breath 5K
11/14/09 One Hour Postal Racewalk
11/21/09 Cape Henry 10 Mile
11/26/08 Turkey Trot 10K
12/5/09 Wachapreague 7.7 Mile

Races listed above can always use one or two additional judges. Don't hesitate to volunteer.

WALKER Grand Prix Rules

Grand Prix points will be awarded to the first 10 Tidewater Strider member finishers as follows: 10-9-8-7-6-5-4-3-2-1. The top five men and women completing at least 6 races and meeting the volunteer requirements will receive awards. Only the top nine races will be scored for the final

Grand Prix standings. See attached for a complete explanation of the Grand Prix rules and how points are to be awarded.

PARTICIPATION Grand Prix Rules

You must be a Tidewater Strider member no later than the last day of the month of the race, complete at least 6 races and meet the volunteer requirement to qualify for a Walking Participation Award. One point is awarded for each kilometer in a race. The **ten individuals**, either male or female, earning the most points that HAVE NOT earned a Walker Grand Prix award will receive a Walking Participation Award. The volunteer requirement is: Judge that walkers do not run or jog a Grand Prix Walking race **AT LEAST THREE TIMES**. (You do not have to be certified to do this judging.) **Lap counters at USATF judged events and judges will earn participation points for all races they work.** See attached for a complete explanation of the rules.

If you have volunteered and would like your 50 volunteer points, contact Lori Sherwood at lqriann@verizon.net with WHEN you volunteered and WHO was the contact person for your volunteering time.

Other Races

The Colonial Road Runners races are very walker friendly. Their race schedule is attached.

Area Walks

You do not have to be a Tidewater Strider or racewalker to participate in any walk
[Please make sure you contact the Walk Host if you plan to join them](#)
All walks are weather dependant, contact the Walk Host if in doubt

[Sunday 5/10/09](#)

Va Beach: 24th Street and the Boardwalk - Meet at 7:30 am. Contact Dwight Kane
dkane9@cox.net

[Monday 5/11/09](#)

Chesapeake: Chesapeake City Park - Meet at 4:30 pm. Contact Dwight Kane at dkane9@cox.net

[Tuesday 5/12/09](#)

Plyometrics Workout Va Beach: Mt Trashmore Shelter 2 across from the lakeside restrooms.
Meet at 6:00 pm. Contact Paula Graham at paulawalks@gmail.com

Beginning Fitness Walk Va Beach: Mt Trashmore Shelter 2 across from the lakeside restrooms -
Meet at 6:30 pm. Contact Judy Paschall at igougo@cox.net

[Wednesday 5/13/09](#)

Norfolk: Chrysler Museum Parking Lot - Meet at 5:15 pm. Contact Dwight Kane at
dkane9@cox.net

[Saturday 5/16/09](#)

Salute to the Military 5K

[Sunday 5/17/09](#)

Va Beach: 24th Street and the Boardwalk - Meet at 7:30 am. Contact Dwight Kane
dkane9@cox.net

Monday 5/18/09

Chesapeake: Chesapeake City Park - Meet at 4:30 pm. Contact Dwight Kane at dkane9@cox.net

Tuesday 5/19/09

Plyometrics Workout Va Beach: Mt Trashmore Shelter 2 across from the lakeside restrooms.
Meet at 6:00 pm. Contact Paula Graham at paulawalks@gmail.com

Beginning Fitness Walk Va Beach: Mt Trashmore Shelter 2 across from the lakeside restrooms -
Meet at 6:30 pm. Contact Buddy Levitin at buddyl@whro.net

Wednesday 5/20/09

Norfolk: Chrysler Museum Parking Lot - Meet at 5:15 pm. Contact Dwight Kane at dkane9@cox.net

Racewalking Sites

www.eRaceWalk.com is a new, comprehensive Website that supports racewalking, ultra-distance walking and marathon walking

Dave McGovern's website is located at www.racewalking.org

Jeff Salvage's website is located at www.racewalk.com

Brent Bohlen's website is www.boomerwalk.com

Bonnie Stein's website is www.acewalker.com

If you are interested in learning dynamic flexibility and plyometric exercises to enhance your workout, contact Paula Graham at paulawalks@gmail.com To see an example go to <http://www.active.com/video/play.htm?assetid=c37d5c60-d258-4b4d-8f81-337c4198bb59>

To subscribe to the *Ohio Racewalker* send \$12 (annual subscription) to
Ohio Racewalker, 3184 Summit St., Columbus, OH 43202
Email questions to jmortlan@columbus.rr.com

The updated Raleigh Walkers website is online. While not completed, it has the club's basic information at www.raleighwalkers.com

Notes

To find training schedules, try www.runnersworld.com and look under SMARTCOACH. You may have to adjust the "Speedwork" Interval pacing, as this site is for runners, but all other paces seem good.

STRIDERS: If you do not receive the e-Rundown link, that means that the Striders do not have an e-mail address in the system for you or that it is not correct. If this is the case, please e-mail Cathi Read, Co-Membership Chair/Database Administrator at cathireade@cox.net with your current information.

Strider Singlets are now available for purchase. Contact Rich Hildreth
rmhildreth@jve.hrcoxmail.com to purchase one.

Looking for a new race to walk anywhere in the country? Check out www.runningintheusa.com
Don't let the name fool you, if you go to their advanced race search, you can select "race walk" or
"walk" events.

Are you looking for a half marathon to do...then check out www.halfmarathons.net

Walker friendly marathons can be found at
<http://www.marathonguide.com/news/exclusives/WalkerFriendlyMarathons.cfm>

Happy Walking,
Tidewater Strider Walkers
<http://www.tidewaterstriders.com>

The *Bullet* comes out every other week.
Submissions, corrections, deletions or additions should be sent to Cindy Williams at
ckndocs@verizon.net
No Later Than the Wednesday before Distribution.