Article I. Name of Student Organization

**The organization shall be called Strides Running Club at UC San Diego.**

Article II. Statement of Purpose

* 1. The purpose of Strides is to provide a recreational and social running environment to the students at the University of California at San Diego (Hereinafter, “UCSD”).
  2. Strides will accomplish this by having multiple runs throughout the week, multiple social events throughout the quarter, and occasional races throughout the year.
  3. Strides is a non-profit organization.

Article III. Nonprofit Statement\*

**Strides Running Club at UC San Diego is a non-profit student organization.**

Article IV. Requirements for Membership\*

* 1. Membership in Strides shall be open to any student enrolled at UCSD.
  2. There is no membership fee.
  3. Membership is valid from the first meeting attended until the end of that academic year.
  4. “Active Membership” is defined as a member that attends at least one weekly meeting on a regular basis
  5. Only “active” members can vote in any decision affecting the management or finances of the organization, as well as vote in officer elections.
  6. Membership of any individual may be revoked before the end of the academic year with a three-quarters vote by principal members if a member is seen as a negative aspect to the purpose of Strides.
  7. To any individual whom has had his or her membership revoked, such individual may or may not become a member of Strides in the future, at the discretion of the principal members.

Article V: Frequency of Organization Meetings

* 1. Daily meetings will occur Monday, Wednesday, and Friday at 4:15 PM; Tuesday, Thursday at 3:45 PM; and Saturday at 9 AM in front of Main Gym. These are meetings for a run and socializing, so attendance isn’t taken.
  2. The Principle members will meet at least once a quarter to plan further events. These plans will be recorded so that any absent principle members can see them and they can be referenced later

Article VI: Qualifications for Holding Office and Method of Selecting and Replacing Officers

**Only registered UCSD students may hold office in the organization. Only registered UCSD students may vote in elections for the selection of the organization’s officers.**

* 1. Eligibility Requirements
     1. Must be undergraduate students at UCSD and shall be registered through the University as principal members of Strides.
     2. Must be present at UCSD for two quarters of the academic year.
     3. Must have maintained “active” member status for at least one quarter.
     4. Will assume full responsibility for all club business including financial transactions of Strides.
     5. Must attend one officer meeting per quarter, and any other meetings set forth by the President.
     6. Must be present for at least two Strides runs per week during Weeks 1-10 during an academic quarter.
  2. The terms of all principal members last for one academic year, and can only otherwise be terminated by one of the following:
     1. A principal member vacates their position by graduating
     2. A principal member voluntarily removes themselves as a principal member
     3. A principal member is not fulfilling his/her duties as an officer
  3. President
     1. Serve as UCSD’s official Strides representative at UCSD Student Organization meetings
     2. Host at least one quarterly Officer meeting every quarter
     3. Maintain and update current Strides membership lists
     4. Maintain UCSD email account and reply weekly to Strides emails
     5. Must annually register Strides as an official UCSD organization
     6. Assure other Officers are maintaining their Principal Member positions
     7. If the President is not available to attend a meeting or UCSD mandated Organization function, the President may appoint a replacement
     8. Organize officer run availabilities
  4. General Officer
     1. Required to run **once per week.**
     2. Current officers can offer officer positions to members who have attended consistently on a weekly basis for at least **two weeks.**
     3. Apply for AS funding for Strides events that qualify for funding i.e. Programming/Operating Funds
     4. Maintain Facebook Group Account
        1. Upload photos from events, provide accurate officer schedules, and actively update information sections on a monthly basis
     5. Actively promote awareness of club within the UCSD community
     6. Plan “Jog N See” Run during Welcome Week
     7. Coordinate advertisement plan for Welcome week and week 1 of each academic quarter. i.e. Jog N See runs, tabling, flyers, student events insider
     8. Promote Strides runs, events, and races to members
     9. Plan official Strides activities throughout the quarter
        1. Activities may include: Strides Surprise Runs, City-wide races, Scavenger Hunts, track workouts, and pasta dinners before races
     10. Plan at least one “Scenic” Saturday Run per quarter
         1. These can be a run to the Cove or Mt. Soledad
         2. Provide snacks and refreshments for a picnic/rest point during these runs
  5. Elections:
     1. President and Vice President
        1. The position of Strides President and Vice President must be re-elected every year by a majority vote of the current principal members.
     2. All other Principal Member Positions
        1. If a principal member is not graduating, and wishes to continue serving as a principal member, they may either:
           1. Retain their same principal member position
           2. Choose another principal member position, provided it is not already filled, for the following year
     3. All Principal members shall be appointed by a majority vote of the current “active” members.
        1. The election of President and Vice President will precede all other Principal Member positions
        2. Any duty may be appointed by a majority vote of the principal members. Any duty appointed may also be revoked by a majority vote of the principal members.
  6. Removal from office:
     1. Any principal member may be removed from office for failure to perform their prescribed duties by a two thirds vote of the principal members, provided that all principal members are notified of this pending action at least one week prior to the removal decision.
     2. Removal from the office can occur either for failure to carry out the responsibilities of that office, or for actions which violate the purposes of the organization.
     3. Written charges by a member are to be presented to the principal officers who will notify the principal officer in question with sufficient opportunity given for the officer to answer charges at a principal member meeting.

Article VII: Risk Manegement

**Strides Running Clucb at UC San Diego is a registered student organization at University of California, San Diego, but not part of the University itself.**

**Strides Running Club at UC San Diego understands that the University does not assume legal liability for the actions of the organization.**

Risks associated with Strides’ activities include all possible athletic injuries. Therefore, all principal members shall carry out the following actions to minimize the risk of injury.

1. Officers shall leave no runner behind and ensure all runners return at the end of each run. Whenever a runner wishes to turn back early an officer must offer to run back with them
2. Officers will lead group stretches after every run
3. Optional core exercises will be led to improve overall strength and running form to help prevent injury.
4. In the case of inclement weather condition, safer running routes will be chose to reduce unnecessary hazards for each run.