

Strides Running Club AT UC SAN DIEGO CONSTITUTION - 2024-2025 ACADEMIC YEAR

ARTICLE I. NAME OF ORGANIZATION

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

ARTICLE II. STATEMENT OF PURPOSE

We're a social, casual distance running club at UCSD for runners of all skill levels — from beginners who are just interested in giving it a try, to seasoned athletes training for big races! You'll almost always have someone to run with and you're guaranteed to make a few new friends. We also run in local races and host a variety of social events. Join our Discord — you don't want to miss out on the announcements!

ARTICLE III. NONPROFIT STATEMENT

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

ARTICLE IV. REQUIREMENTS FOR MEMBERSHIP

There are no requirements for membership. Just show up to any of our runs/events!

ARTICLE V. FREQUENCY OF ORGANIZATION MEETINGS

We meet for runs Mondays through Saturdays during Weeks 1-10 of every quarter. We also host a social event most weekends during the quarter. All runs/events are optional for members.

ARTICLE VI. QUALIFICATIONS FOR HOLDING OFFICE AND METHODS OF SELECTING AND REPLACING OFFICERS

Only registered UC San Diego students may hold office in the organization. Only registered UC San Diego students may vote in elections for the selection of the organization's officers.

We currently have about 20 officers. All officers are required to commit to at least 1 Strides run per week during Weeks 1-10 (excluding Finals Week) of every quarter. The officers assigned to any given run are those who are in charge of making sure the needs of all runners present are met.

We have 5 principal officers out of the roughly 20 officers that have additional responsibilities:

- President: Oversees all aspects of the club
- Vice President: Works closely with the President and is responsible for marketing
- Logistics Chair: Works closely with the President and Vice President; acts as a third opinion
- Mentorship Chair: Oversees the Big-Little Program
- Treasurer: Oversees all financial matters

Prospective officers must apply by filling out an application that we usually release at the end of every Fall and Spring Quarter. Technically, anyone who is a registered UC San Diego student is eligible to become an officer. They are accepted as an officer if they earn a vote from the majority of the officers. Once accepted, an officer does not need to reapply for their position unless they lose their position by voluntarily resigning, leaving UCSD, and/or violating the expectations of officers.

Prospective principal officers must apply for their desired role by filling out an application that the President will release at the end of every Spring Quarter. Officers who have held their position for at least one quarter are eligible to become a principal officer. Returning principal officers must also reapply using this same application (including the President). Then, a selection/voting process deemed fit for the scenario of applicants will be implemented. A principal officer can lose their position by not reapplying, voluntarily resigning, leaving UCSD, and/or violating the expectations of their specific role or the expectations of general officers.

ARTICLE VII. RISK MANAGEMENT

Strides Running Club at UC San Diego is a registered student organization at the 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.

Possible Risks:

- Physical injuries common in distance running such as overuse injuries and sprains/strains
- Weather-related injuries due to heat, cold, and rain
- Accidents involving vehicular traffic

Risk Mitigation:

- Encourage runners to run a pace/distance that suits their individual needs (have officers lead multiple mileage groups)
- Monitor weather conditions and adjust plans accordingly
- Choose safe running routes