

# Constitution of the Claremont McKenna College Recreational Runners Club

## Preamble

*Our mission is to encourage healthy lifestyles for all students interested in running and fostering a community of runners at Claremont McKenna. We aim to provide resources to students so they can maintain healthy and injury free runs, whether they be beginning or experienced runners.*

## Article I: Name of the Club

The name of the club shall be the Claremont McKenna Recreational Runners Club, or the Recreational Runners.

## Article II: Purpose

Section 1: The purpose of the Recreational Runners is to provide all runners of varying levels with a community to encourage one another.

Section II: We aim to provide varying levels of races for members, hosting our own 5K, gain leadership through encouragement of fellow runners, enhance running skills, building a running community on campus, and teaching safe and injury free running technique.

## Article III: Membership

### Section I: Eligibility

The Recreational Runners will be open to any Claremont McKenna College student that wants to run. We have no biases against beginning or expert runners, but require that all members be current CMC students.

### Section II: Active Membership

Members in good standing will be required to assist in planning and hosting our inaugural 5K, and attend at least 3 informal practice runs or teaching seminars a semester.

### Section III: Privileges

Members will have some of the races partially funded by the club. Furthermore, they will have voting privileges on races in which they wish to have a group participate in.

## Article IV: Officers

### Section I: Duties of Office

President: Coordinates meetings and guest speakers and plans runs.

Treasurer: Details all expenditures of club and is in charge of all club funds.

Secretary: Takes minutes of all non- run meetings, updates members on all group runs scheduled through weekly email updates, and prepares cmclubs.com blog posts.

#### Section II: Eligibility

Any member in good standing may run for office in the aforementioned roles. After its inaugural year, the president must have been a member in good standing the previous year as well.

#### Section III: Elections

Elections will generally be held in the fall at the beginning of the academic semester.

### Article V: Meetings

#### Section I: Informal Runs

There will be at least two informal runs per week, one long run and one short run. The purpose of the short runs is to maintain muscle while the long run is to build endurance for longer length runs.

#### Section II: Informational Meetings

Informational meetings will be held as learning seminars with the purpose of teaching members how to become better runners and prevent injuries.

#### Section III: Voting Meetings

There will be monthly formal voting meetings for members to decide which races they would like to participate in.