

***RUN*VASSAR**

A Vassar Student Association Organization

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INTRODUCTION

RunVassar is an organization supported by funding from the Vassar Student Association. The club is not, in any way, affiliated with the Vassar Cross Country or Track teams, nor is it competitive in the NCAA or intercollegiate competitions. The purpose of RunVassar is to provide the opportunity for all students, alumni, and faculty of Vassar College to live a healthy lifestyle through exercise, and to encourage goal-setting and consistency for runners and athletes of all ability levels.

The primary method through which RunVassar promotes its message of general well-being is through the website www.runvassar.com, which is maintained by the club. This website is a significant resource for runners and athletes, and will consistently be updated with information as is outlined below. Maintenance of the website is the responsibility of the executive board of RunVassar, as is outlined below. Funding for the website is to be allocated directly from the budget of RunVassar. Promotion for the website is also the responsibility of the RunVassar executive board, as is outlined below.

Section I: RunVassar executive board.

The executive board of RunVassar is comprised of the following positions: President, Vice President, Treasurer. Each of these three officers has unique responsibilities which are to be strictly followed.

Article 1, Responsibilities of the President. (a) The President of RunVassar will serve as the primary connection between the Vassar Student Association (VSA) and the club. (b) The President is directly responsible for maintenance of the website including an updated racing calendar and consistent additions of running routes. (c) The President must recruit at least three qualified individuals to serve as coaches to the RunVassar training system. These three individuals can be, but are not necessarily, the three officers. It is up to the President to judge the qualifications of these individuals, and to ensure that their input is both constructive and appropriate within the RunVassar.com forum. (d) The President is involved in the decision-making process of who will be invited to participate as a sponsored athlete. Admission to this program is to be decided in an unbiased manner by the President who will consider input from his/her fellow officers.

Article 2, Responsibilities of the Vice President. (a) The Vice President of RunVassar is the primary fundraiser and advertiser for the club. It is the responsibility of the Vice President to ensure that the club is earning its status as a VSA organization, and to justify the annual budget to the VSA. (b) The Vice President will run a yearlong advertising campaign to introduce new members of the campus community to RunVassar.com and its resources. (c) The Vice President will submit monthly org. reports to the VSA as long as the VSA so requires. (d) The Vice President will assist the President in making decisions about coaches and sponsored runners. (e) The Vice President will assist the President in anyway the President deems necessary, within reason.

Article 3, Responsibilities of the Treasurer. (a) The Treasurer of RunVassar will maintain accurate records of the organization's budget activity. (b) The Treasurer will, with the assistance of the President, submit the annual budget request form to the VSA. (c) It is the responsibility of the Treasurer to file all necessary paperwork with the VSA for purchases required by the Vice President in his/her advertising campaign, or by the President for any necessary products.

Article 4, Election of the executive board. (a) The executive board will be elected based on an online voting system which will be posted on RunVassar.com on April 10 of each year. (b) The incumbent executive board can submit nominations, and will accept nominations from the general public. In the absence of any nomination, the executive board must actively seek out potential officers to the best of their ability. (c) Voting will officially begin on April 15 of each year using a poll on the

RunVassar website. The poll will be closed April 19, and the winners will be announced promptly on the RunVassar website. (d) In the case of a tie, the tied candidates will advance to a run-off election to decide the winner. In the case of a tie in this second election, the two will serve as Co-Presidents (or Co-Vice Presidents, or Co-Treasurers).

Article 5, Removal of a club officer. (a) In the event of a problem with a club officer, the other two officers may vote to remove the third from his/her position. The removal must be put up for a vote on the RunVassar website as a poll, which should be open for four days (96 hours). (b) Club members (i.e. coaches, sponsored runners, or forum members) may also submit a request for the removal of a club officer. This request must be seconded by at least one member of the executive board in order for it to go on to a vote. Voting will follow the same rules as in Part (a). (c) In order for the removal of an officer, the online poll must result in more than 60% of votes in favor of the officer's removal. Any less will not suffice for removal. (d) There is no limit to the number of times an officer can be put up for removal.

Section II: RunVassar members.

Article 1, Member hierarchy. (a) RunVassar is comprised of several different layers of membership. At the top of the hierarchy is the club's executive board, as is detailed in Section I. (b) Working below the executive board are RunVassar coaches, whose responsibilities are outlined in Article 2 below. (c) It is the responsibility of the RunVassar coaches to assist those members in the group below them, sponsored athletes. These are athletes interested in entering competition who have completed the Sponsorship Program application and have been accepted by the executive board. (d) The final and lowest group of official members are those who are registered on the RunVassar.com forum, but are not sponsored athletes. (e) RunVassar acknowledges that the bulk of its members will belong to an unofficial group of anonymous posters and general website traffic which is essentially impossible to count. These members, though unofficial and anonymous, are equally respected as are sponsored athletes, and deserve the full attention of the executive board in any capacity necessary. (f) There may also be individuals involved as 'Professional Coaches'. This position is vaguely defined as a non-student with significant running experience who is willing and able (per NCAA regulations) to contribute in the Forums and elsewhere at the request of the RunVassar executive board.

Article 2, RunVassar coaches. (a) RunVassar was established as a resource for runners and recreational athletes in the Vassar community. In order to ensure the validity of this resource and its credibility as a source of accurate information about the sport of

running, experienced, knowledgeable coaches must be constantly present. As is discussed in the description of the President's responsibilities (Section I, Article 1, Part c), at least three coaches are appointed each year by the President and Vice President. (b) Coaches must meet the following requirements: (i) Coaches must have at least five years of competitive running experience; (ii) Coaches must be a current or former member of the Vassar College varsity cross country or track team, and must have at least one year of experience competing at the collegiate level; (iii) Coaches must have a reasonable knowledge of the science behind the sport of running, including an understanding of all terms in the Glossary of RunVassar.com. This "reasonable knowledge" will be determined by the RunVassar executive board on a case-by-case basis. (c) Coaches must consistently check the RunVassar.com forum for new questions and are required to respond to any unanswered inquiries using the registered name RunVassarCoach with password 'butch'. (d) Coaches are expected to contribute in some form to the website, be it running routes, shoe reviews, or training programs. (e) Coaches answer directly to the RunVassar executive board, and will fulfill any new responsibility deemed appropriate by this executive board, within reason.

Article 3, RunVassar sponsored runners. (a) The runner sponsorship program was designed to give all students of Vassar College the opportunity to compete in local road races with travel and entry expenses reimbursed by the club. (b) Sponsored runners are expected to show a certain level of commitment to the program. Applications will not be accepted until the athlete demonstrates consistency in following their assigned training program. (c) Once a runner is accepted into the Sponsorship Program, s/he will remain in the program unless removed as the result of a unanimous decision between all coaches, the President, and the Vice President. (d) Sponsored runners are expected to represent the club in races they run with some sort of RunVassar.com attire. Though these garments are not required within the race itself, sponsored runners must at least wear such attire at some point during the event in order to publicize the club. (e) Sponsored runners will receive a personal page on the RunVassar website. Information will be uploaded to this page using the format provided in the sample. (f) At this time, the Sponsorship Program is only open to students of Vassar College in accordance with VSA regulations which limit the allocation of organization funding to students.

Article 4, RunVassar.com forum members. (a) All community members are invited to register as members to the RunVassar.com forum. These members are not necessarily part of the Sponsorship

Program. (b) This level of membership is the highest level that is not limited to Vassar College students. Faculty, staff, alumni, and neighbors are invited to join at this level.

Article 5, Professional coaches. (a) At times, there may be the opportunity for individuals to support the website in a position that does not fall under any of the above categories. These individuals will most frequently fall under the category of professional coach. (b) A professional coach's responsibilities are vague and can be defined on a case-by-case basis by the RunVassar executive board. Professional coaches are simply expected to participate or contribute in some way to the club (though not necessarily to the website). (c) Professional coaches do not need to be affiliated in any way with Vassar College or the Poughkeepsie region. (d) The invitation to an individual to become a professional coach can only be extended by the RunVassar executive board and must have some direct purpose judged valid in a unanimous decision by the RunVassar executive board and the corps of Coaches.