



Wisconsin Track Club 101

UW Madison's Club

Cross Country and Track and Field Team

About Us

The Wisconsin Track Club is a collegiate club team that competes in Cross Country in the fall and both indoor and outdoor Track and Field in the spring. WTC is a NIRCA member (National Intercollegiate Running Club Association). We compete at all levels ranging from club exclusive to D1. We take pride in our club's long history of promoting athletics in the Madison area community by hosting the Summer Track Series meets and the Capitol Mile and through other volunteer efforts.

Membership

In order to compete with the team you must be a paid member for the semester of participation. Membership dues are \$25/semester or \$40/year. This mainly helps us pay for track rental, which is one of our club's largest expenses. The membership form can be found on our website and can be turned in with money in person to the membership coordinator, to our mailbox in the Student Activity Center on East Campus Mall, or can be paid online at our Square Market. This can be accessed under the "Getting Involved>Membership" tabs on our website.

Practices

Official practices are Monday-Thursday at 5:15 p.m. We meet at the intersection of Park and Langdon Street in front of Science Hall, at the Northeast side of Bascom Hill. Two practices a week are generally workouts with one being on the track in the fall and two in the

winter/spring. Although we encourage you to come to practice as much as you can, you do not have to attend practice every day.

Optional weekend or alternate runs are scheduled too, usually through our Facebook group. Furthermore, we have developmental groups for people who are not ready to race.

Meets

Cost & Transportation

Members must pay their own way to meets. Meet entry fees can be anywhere from zero to twenty dollars per person. Members also may need to pay their share of gas money and vehicle rental, depending upon the meet location. We travel to meets using personal vehicles and/or rental vehicles. Look out for meet information in an email the week of the meet. Yet, some meets the club does subsidize!

How to Sign Up for Meets

You can sign up for each meet through a Google Spreadsheet that will be posted online or in the weekly bulletin (email) each week. There are deadlines to sign up for each meet. Also, once you sign up and the deadline is past, you are responsible for paying the specified amount of money even if you decide you do not/cannot run. This is to prevent people from signing up for meets and not showing as well as alleviating costs to Track Club and its members; once we submit the meet line up to the race director we are required to pay the corresponding meet entry fee.

Attire

We encourage members to purchase our most current running singlets to run in at these meets which are usually around \$25. This is not mandatory. You can purchase these from the apparel coordinator.

What to Expect

The meets we run in contain a wide array of talent, from other club runners all the way up to D1 athletes. We also participate in club exclusive meets such as Club Regionals and Nationals. You must run at a qualifying race (like regionals) in order to run at Nationals, however you do not need to run a qualifying time to do so. If you run, you go to Nationals! Meets are typically on Friday nights or Saturday mornings. Our fall meet schedule can be found on our website.

Meetings

We have a monthly member meeting at 8pm on the first Wednesday of each month held in one of meeting rooms in Union South. These are not mandatory, however we appreciate and encourage all active members to attend. Officers meet on the second and fourth Tuesdays of the month and the executive board meets every Tuesday.

Involvement

Executive Board & Officers

Our club consists of an executive board that presides over corresponding cabinets made up of several different officer positions. Elections for such positions are held in December each year. The elected individuals hold office until the following December. Running for an officer position is a great way to get more involved with the club and gain leadership experience on campus!

Volunteering

School Year

We always need volunteers to help out with various events/projects within the club. We help hand out food and beverages at a station in the Ironman each year, and in return receive a donation. We also need volunteers to help out with fundraisers and various other projects throughout the year. Sign up for these events will also be done through a Google document that can be accessed through an email or our website.

Summer

If you are in or near Madison during the summer, we host the Summer Track Series, which are multiple track meets we put on around the Madison area. We also host the Capitol Mile, a mile race around the square. Both of these races are meant to help encourage competitive running at all ages throughout the community. We need a ton of help to put these events on, so there is opportunity to volunteer there. During the summer we also have our members act as coaches and run, jump, and throw with kids in the West Side Track Club. Also, we run with kids with autism through an ACT summer camp.

Socials

Besides being a good physical outlet, track club is a great way to meet new people as well! We host many get-togethers throughout the year, including Winter Formal, Spring Informal, Brinner (breakfast for dinner), pre meet pasta dinners, post meet Culver's trips, Griak meet sleepovers, camping trips, and more! All of these events will be posted on the Facebook page or communicated through an email.

Contact Information

Social Media

Website: www.witrackclub.org

Facebook group:

<https://www.facebook.com/groups/xcrunning/>

Twitter

[@WTCCows](https://twitter.com/WTCCows)

Email

witrackclub@gmail.com
