**Davis Cross Country & Track Club 2015-2016 Info**

**What we are about:** We aim to provide competitive and recreational running opportunities for students of all abilities. We compete under a larger organization NIRCA (National Intercollegiate Running Club Association). Most competitions we participate in are located in Northern California with an occasional out of state competition. Our main goal is to offer a fun, inclusive, social environment for all members of the club. We are all at Davis for school, with a common interest of running, so why not run together!

**How to join:** Join the Facebook group for updates and information (https://www.facebook.com/groups/910833542275481/). Join the e-mail list (Just email this email [davisxctclub@gmail.com] saying you would like to join). Check out a few practices to decide if you would like to join. If interested, please pay **$30 dues** which covers the entire academic year (T-shirt included with dues). Dues go towards travel cost, apparel, paying NIRCA to be a part of them and other items.

**Practice:** We meet at 4:00 PM Mon-Fri at the entrance of the Woody Wilson Track on campus (Corner of Russell and A Street). We start practice at 4:10 PM since some classes may end at 4:00 PM. If you have valuables or personal belongings, please put them in the Hickey Gym locker room before 4:10 PM. Locker room code provided at practice. Finish time depends on the workout (apporx. 5:30-6:00 PM). Feel free to leave early if you have class or other commitments. Attend practice at your convenience. Saturday day practice locations and times will be TBA throughout the year. Workout schedule will be provided at the beginning of the quarter. We have multiple routes/directions to run off campus.

**Competitions:** Consistent attendance at practice highly recommended for competing athletes (or equivalent training on your own). Most races are NCAA invitationals, or NIRCA sponsored club specific races. We also participate in local fun runs/road races. Races are usually an average of $20 per entry paid by the athlete. However, travel cost is covered for club associated competitions. Cross Country season occurs in the Fall and Track & Field season occurs in the Spring. Race details will be released at the beginning of each season.

**Social:** Before most races we will have pasta parties which all are welcome to come whether you are racing or not. We will also have other various social events and fundraisers throughout the year and they will be TBA.

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If you have any questions about any of the information provided or anything else, ask us at practice or email us!

**Contact email:** davisxctclub@gmail.com