# Home

**Include the pictures I attached in the email “Home1-5”. Try to do it in a slideshow if you can. If anything, make sure to include the main team picture that we have.**

**Include the message:**

Welcome to the Davis Cross Country & Track Club!

We offer opportunities for all levels of runners, from those who are just beginning and want to get exercise, to those that train seriously and race competitively. Competing in

Cross Country in the Fall, and Track & Field in the Spring, we offer many racing opportunities, with some traveled to, and some local. We also have various social events and fundraisers throughout the year to support our club. We always look forward to meeting new faces, and continuing to grow!

**Include a “Latest News” section that will be updated every couple months or so:**

Latest News

Coming off a strong track season highlighted by All-American Blake Zufall placing 7th at the NIRCA Half-Marathon National Championships, we are now in the full swing of

summer training. Many of us, whether it be in Davis, back home, or abroad, are working

hard to get our base mileage in, and prepare for a great cross country season. With races beginning in only the third week of the quarter, it is critical to remain focused throughout the summer, and build strength for the season.

**Include an “Upcoming Races” section that just has the upcoming race names and dates:**

Upcoming Races

1. 9/26/15 - Stanford Invitational
2. 10/9/15 - San Francisco State Invitational
3. 10/17/15 - Bronco Invitational
4. 10/24/15 - NIRCA Pacific Region Championship
5. 11/7/15 - Doc Adams Invitational (tentative)
6. 11/14/15 - NIRCA National Championship

**Include some sort of quick contact such as a link to our Facebook page and a link to our club email address** (davisxctclub@gmail.com)

# About

## Team

**Include the pictures I attached in the email, “Team1-6”**

**Include the message:**

As a club, we are entering just our second year in existence. Our first year went well, as we established a good group of about twenty members that consistently came to practice, fundraisers, and social events. We enjoy the balance that exists on our team. We have a wide variety of people ranging from those who are just looking to get into running, all the way to those that have been running for many years at a high level. The club is a

supportive place for all abilities and types of runners. We always love to welcome new members!

We do not have a coach, but rather are self-coached by the officers of the club. With many years of quality running experience and knowledge, as well as some being current assistant coaches for local cross country programs, our officers develop weekly training plans geared towards success. We have training plans and zones for all levels of runners, and look forward to helping every member achieve their individual, and team goals.

We meet every weekday at the UC Davis Woody Wilson Track at 4:00 p.m. for practice. Weekend practices, when we're not racing, are announced week-by-week. Practices are not mandatory by any means. With classes, upcoming midterms, and other commitments, we understand not being able to make every practice. We do encourage coming to practice daily, but it is completely up to each member on how they choose to incorporate the Cross Country & Track Club into their lives.

This past season, we enjoyed success out on the course and track, as our men's team took home a win at NIRCA Pacific Regionals, placing 1-4 individually. At the same race, our women's team, due to an injury, was one runner shy of scoring. We placed 1,2 individually however, and had an overall strong presence. In the Spring, we had many great individual performances, highlighted by Blake Zufall's 7th place finish at the NIRCA Half Marathon National Championships, earning him the title of All-American. After our first season, our men's team is currently ranked #7 in the nation in cross country, and the best in the West Region. Next year, our goal as a team is to compete well at the NIRCA Cross Country National Championships, and show the nation what Davis is all about.

## Officers

**List out all of the officers of the club:**

President - Nathan Kwan

Vice President - Blake Zufall Treasurer - Eric Jones

Race Director - Jon Horvath

Publicity - Teddy Hetherington-Rauth & Gregory Lee

Social Coordinator - Venus Shabgahi

Apparel/Web developer - Daniel Maksimovich

Communications/Fundraising - Kiara Breadmore

# Roster

**I want this part to look like a real sport’s team roster. I want a professional, uniform picture for each athlete on our team, and a bio that they can send us about themselves. They can also put their PR’s if they so choose. I will post in the FB group and email for people to send me their bio’s and PR’s when you guys are ready for this section. This section won’t be able to be done until a few weeks into Fall quarter, because we will take pictures at practice. Look at Cal Poly’s website roster. That is what I want ours to resemble.**

# Schedule

**I want this section to have a more detailed description of each race.**

1. 9/26/15 - Stanford Invitational

This is a meet that requires a qualifying standard. It is not a team race, but rather determined on an individual basis. The course is on a golf course, and is flat.

1. 10/9/15 - San Francisco State Invitational

This is our first team race of the season. It is hosted by San Francisco State University, at beautiful Golden Gate Park. There are a few small hills, and great competition for our club here.

1. 10/17/15 - Bronco Invitational

Hosted by Santa Clara University, this flat course runs through Baylands Regional Park in Sunnyvale. Again, there is good competition at this race, and a definite chance for some fast times.

1. 10/24/15 - NIRCA Pacific Region Championship

This is our first race of the season against strictly club teams. We will face clubs from Oregon, Cal Poly SLO, UCLA, and more. The meet will be held at the Crystal Springs Cross Country Course, in Belmont. Stanford’s running club is hosting the meet, just like last year. This is a fairly hilly course, all on dirt.

1. 11/7/15 - Doc Adams Invitational (tentative)

This is the cross country meet held by UC Davis every year. It winds through the

Putah Creek Reserve, only about a five minute drive from the UC Davis campus.

It is basically all flat, as one would expect in Davis, so fast times are within reach.

1. 11/14/15 - NIRCA National Championship

This is the big one! All of the running clubs across America come together in Lexington, Kentucky on this day, to duke it out for the title of National Champion. The course looks to be all flat green grass, with surrounding farmland, just like

Davis.

# Practice

**This is where I want a calendar of the workouts and races for the week, with only login access. If this isn’t possible, then just update it every week with a list of the workouts and races for the week. Also include this description of our practices:**

We meet for practice every weekday at 4:00 p.m. outside the Woody Wilson Track on the stairs leading up to the parking garage. Practice is not mandatory, but we do suggest coming every day if you want to see improvement in your running. We usually head out for our run around 4:15 p.m., and practice typically ends around 5:30 p.m.. Depending on the time of year, we do all kinds of workouts ranging from long runs, to tempos, to track work, and more. We have workout schedules created for every week, tailored to each specific type of runner on the team. Additionally, we integrate drills, core, and stretching into practice. If you’re at all interested in the club, just come on out to one of our practices, post in the Facebook group, or email a club officer!

# Results

**This is where we will put links to race results after races. For now, you can leave it blank since we haven’t had any races this season yet.**

# Photos

**This is where we will have a link or folder to any photos of the team. Let me know if you know an external website where we can store photos, or a website feature for photos. For now, no photos since the season hasn’t began.**

# Contact

**Include a link to our Facebook group, and our club email (davisxctclub@gmail.com).**

**Also include all of the officers emails:**

President - Nathan Kwan / ntkwan@ucdavis.edu

Vice President - Blake Zufall / bczufall@ucdavis.edu

Treasurer - Eric Jones / erajones@ucdavis.edu

Race Director - Jon Horvath / jdhorvath@ucdavis.edu

Publicity - Teddy Hetherington-Rauth & Gregory Lee / tchetheringtonrauth@ucdavis.edu & gmllee@ucdavis.edu

Social Coordinator - Venus Shabgahi / vshabgahi@ucdavis.edu

Apparel - Daniel Maksimovich / damaksimovich@ucdavis.edu

Communications/Fundraising - Kiara Breadmore / kcbreadmore@ucdavis.edu

# Donate

**I’m not sure if you guys have the capabilities to have people be able to donate money through our website. Oregon’s website has it, check it out. I am the Treasurer, so let me know if you need anything from me for this. We do have a club bank account and debit cards.**