

# **Tradition of Excellence Award-Striders Running Club**

## **2012-2013**

### **Preface:**

The Miami Striders Running Club has once again made huge leaps and bounds in the collegiate sport club community. Our club has grown from 12 active members 2 years ago to 70 dues paying members this year! So many of these incoming freshmen have found their home within our club. We couldn't be more proud of how far even the quietest freshmen have come.

The club that had as little as 5 or 6 members on the cold winter days just a few years ago now booms with a blockade of people that almost hinders passerby's from getting into the rec. Every person is committed to the team socially, emotionally, and (in many cases) physically.

Our team is strong in every meaning on the word. We have proved time and time again that we can succeed in leadership/ development, athletic achievement, and growth/participation. We are present in numerous fundraisers and charity work on campus because each of us *wants* to be there. The Miami Striders running club is the perfect candidate for the Tradition of Excellence Award.

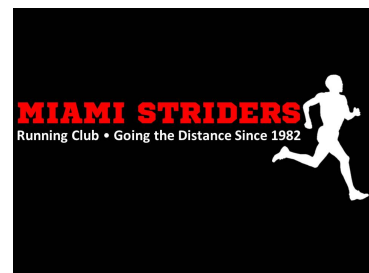
### **Campus Visibility:**

#### **-One point for a program or event where all students can be actively involved.**

-The Miami Striders hosted their 2<sup>nd</sup> annual Nearly Naked Mile. This event was available for all students for only \$5. Students ran around central quad wearing minimal clothing to bond with their friends, promote a healthy lifestyle, and donate clothes to the Oxford Family Resource Center.

#### **-One point for three marketing collaborations with the club sports office.**

- Team profile was submitted in Fall 2012.
- Worked with Jillian to design a logo and t-shirt
- Worked with club sports for promotion of events such as video promotions and Nearly Naked Mile sign ups.
- Flyers for Fall of 2013 plan on being created with assistance of club sports marketing department.



**-One point for the production and distribution of approved team apparel.**

-100 2012-2013 T-shirts were distributed along with many shirts sold in our t-shirt store where we sell our old overstocked tees!

<https://docs.google.com/a/miamioh.edu/document/d/1FzwkkGpXCLrWS03fdleSoxdxYiv7HS8gnbLqErIloaw/edit>

-We also got a 20+ additional singlets to accommodate our team growth.

**-One point for an up to date team web site, video, or social media site.**

-All are up to date.

<https://twitter.com/MiamiStriders>

<http://striders.mugroups.org/>

[http://www.youtube.com/watch?v=TfV\\_DDjWpWQ](http://www.youtube.com/watch?v=TfV_DDjWpWQ)

<http://igive.forloveandhonor.com/index.cfm?fuseaction=donorDrive.team&eamID=5011>

**-One point for three team self-directed marketing initiatives.**

-Promotional beginning of the year “Who are the Striders?” video.

[http://www.youtube.com/watch?v=TfV\\_DDjWpWQ](http://www.youtube.com/watch?v=TfV_DDjWpWQ)

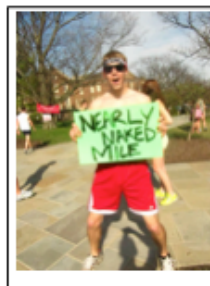
-Promotional/Banquet video to show off everything the club did throughout the year.

-Flyers were created for the Nearly Naked Mile event along with a full website!

# APRIL 12, 2013 NEARLY NAKED MILE!

## Miami Striders 2<sup>nd</sup> Annual Nearly Naked Mile

After a very successful first year and by popular demand, the Miami Striders will be hosting the Second annual Nearly Naked Mile! The event features a 1-mile run/walk open to people of ALL abilities. There will be prizes for the top male and female runners! Let's get in the springtime spirit and show off our **coolest** Miami bods!



WHERE?? – The Sundial on Central Quad

WHAT TIME?? – 5:00pm, get there by 4:30!!

WHY?? – Make history and make memories! Clothing donations will be collected for the Oxford Family Resource Center, so BRING YOUR CLOTHES YOU DON'T WANT!

### IMPORTANT INFO

- PRE-REGISTER AT THE REC CENTER APRIL 8-11 FROM 11:45AM AND 6-10PM for \$5!!

(FREE SUNGLASSES WHILE SUPPLIES LAST FOR PRE-REGISTER RUNNERS!)

- DAY OF REGISTER=\$10!



Scan this code on your phone to find out more!!

Contact Julie [biochim@miamioh.edu](mailto:biochim@miamioh.edu)

<http://cullenst.wix.com/nearly-naked-mile>

-Flyers for Fall of 2013 created with assistance of club sports marketing department.

**-One point for ten individual and three team pictures on file with the club sports office.**

-Sent in Fall of 2012.

**-One point for attendance at both the Club Sport Expo and Mega Fair.**

-The Striders were present and very active at both of these events.

## **Community Involvement:**

**-One point for twenty five hours of team community service.**

-The Girls on the Run program has 5 of our finest Lady Striders helping 15 girls of Kramer Elementary School. The 12 week program promotes confidence, healthy lifestyles, and teamwork. The Lady Striders commit 5 hours each every week with preparation and actually running the Girls on the Run program. This totals for 300 hours.

**-One point for twenty five hours of intentional team building activities.**

- Team picnics at Pfeffer Park
- Two team formals
- End of the year banquet
- Pasta parties and Olive Garden parties
- Inspirational running movie nights
- Game days (Frisbee, Four Square, Soccer)
- Intramural Teams – Made it to the Frisbee finals

**-One point for attending two voluntary club sport meetings or trainings.**

-Financial management tips and Hazing prevention week speaker were attended.

**-One point for twenty five hours of team fundraising.**

-Treadmill Run

- We had one in the Fall for 5 hours and got rained out. We still had strong support from our team and roughed it out as long as we could.
- In spite of our failure to plan around weather, we decided to try the Treadmill Run once again in the spring.

-Spring Treadmill Run was a huge success despite not being on parents weekend. The Striders had 12 hours of bonding experience and made almost \$400 dollars!

-Nearly Naked Mile

-The Miami Striders hosted their 2<sup>nd</sup> annual Nearly Naked Mile. This event was available for all students for only \$5. Students ran around central quad wearing minimal clothing to bond with their friends, promote a healthy lifestyle, and donate clothes to the Oxford Family Resource Center.

-Redhawk 5k

-Collaborated with rec sports to set up the Red Hawk 5k. We organized a new course, brought more volunteers than there were participants, and even designed long sleeve t-shirts!

-Donation Page

-We worked with Mike Arnos to set up a Donor Drive page. We hope to see more alumni donations soon.

-Also have a thank you program to send a team picture and card to those that donate!

<http://igive.forloveandhonor.com/index.cfm?fuseaction=donorDrive.team&teamID=5011>

**-One point for the development of an alumni relations program.**

-We have begun to create a relationship with our alumni. We started by inviting them back to events. Then we created a Facebook group to get recent alumni's contact information, sell t-shirts/singlets, and kept it contact. (20+) Finally, we sent out an email blast to all of our alumni to get donations to our donation page.

**-One point for organizing an approved service project, social, or sport promotion.**

-Even after much collaboration with Mike Arnos, we were unable to get a time or location for the proposed bake off. This event will be tried again next fall.

-We did however complete an approved service project where we handed out pizza at the first year fair to promote the club sports department.

**Professional Standards:**

**-One point for compliance with all university policies, expectations, and deadlines.**

-Completed

- One point for three letters of reference regarding team sportsmanship.**  
-Completed
- One point for compliance with all risk management and safety standards.**  
-Completed
- One point for responsible fiscal management.**  
-Completed
- One point for a team orientation meeting with the Director of Club Sports.**  
-Completed
- One point for a written statement of mission, goals, and values.**  
-Completed
- One point for written code of conduct signed by all team members.**  
-Completed

## **Transformative Leadership**

- One point for two members graduating from the Emerging Leaders Program.**  
-Alex Schachtel, Peter Stubbings, Lindsey Wilderotter, Molly Reese
- One point for two members attending the Club Sport Officer Retreat.**  
-Ryan Moore and Zach Perkins
- One point for an actively engaging with a coach, instructor or advisor.**  
-Contact Katherine Kuvalanka - [kuvalaka@miamioh.edu](mailto:kuvalaka@miamioh.edu)
- One point for an officer transition meeting with the Director of Club Sports.**  
-Completed 4/15
- One point for submitting a team leader evaluation from the club sports office.**  
-14 submitted in April
- One point for creating three leadership positions beyond the six required officers.**
  - Social Chair – set up team picnic, create formal, and team activity/dinner before each NIRCA race
  - Fundraising Chair – 10% increase in fundraising profits from last year
  - Captains – consistently do 2 workouts each week

**-One point for attendance of an approved university leadership program or event.**

-Attended NIRCA Leadership Conference where we met with heads of the national running club association and the other execs of all the other teams. We were able to contribute to the future of NIRCA while also learning valuable skills on how to run our club.

**Valued Results:**

**-One point for accomplishing a personalized goal set by the Director of Club Sports.**

-Revise the constitution – Completed April

**-One point for placing in the top 10 nationally either through ranking or tournament.**

-Ryan Moore 8<sup>th</sup> in the high jump at NIRCA Track Nationals – All American. Out of 15.

-Adrian Kimmett 7<sup>th</sup> in the steeple chase at NIRCA Track Nationals – All American. Out of 20.

**-One point for placing in the top 25 nationally either through ranking or tournament.**

-The running club ran a combined scored in the NIRCA Track Nationals for 13<sup>th</sup> place overall. Out of 22

**-One point for accomplishing three team goals not related to athletic achievement.**

-Increase in marathon attendance, particularly the Boston Marathon (Boston requires months of training to achieve a 3:05:00 marathon for men and a 3:35:00 for women. Many of our members ran these times at the 2012 Dayton marathon together)

-Boston 2012: Nick Kelly and Jill Black

-Boston 2013: Nick Kelly, Jeremy Miner, Adrian Kimmett, Kristen Figas

-Cleveland and Flying Pig 2012: Jeremy Miner, Ryan Moore, Caroline Kilbane, Lindsey Wilderotter,

-Cleveland and Flying Pig 2013: Zach Perkins, Julianne Ballog, Alex Schachtel, Andrew Wallace, Ginny Beth Fulford, Kristen Figas, Julie Biolchini, Shelby Evans, Halley Green, Addie Rupert

-Kentucky Derby 2013: Ryan Moore and Lindsey Wilderotter

-Win at least two club sport awards

-Tradition of Excellence, Senior Award, Outstanding Leader

-Attend and learn from a nutrition class 10% attendance

-10 members participated

**-One point for the completion of a team participation survey from the club sports office.**

-33 submitted in April

**-One point for a 10% increase in membership.**

-Membership increased 2011-2012: 54 to 2012-2013: 76

**MISC:**

**-Won NIRCA video contest for best overall video.**

[http://www.youtube.com/watch?v=TfV\\_DDjWpWQ](http://www.youtube.com/watch?v=TfV_DDjWpWQ)

**-Registered 3 teams to the club sports adventure race (more than any other team combined)**

**-Attended the club sports varsity basketball game. Brought 12 members.**

**-Started a weekly newsletter to improve officer to member communication.**



**From the Execs**  
We are going to do our own costumed run sometime soon! Get a running version of your Halloween costume ready!



**Upcoming Events**  
October 20: Columbus Marathon  
October 26: Regionals  
November 1: Halloween Bash  
November 6: Murder Mystery  
November 15-17: NIRCA Nats  
November 23: Formal  
December 6: Secret Santa  
December 14: Jingle Bell Run  
  
Halloween Fun Run: TBD and more coming soon!

**Link of the Week**  
For those of us running Columbus, here are some tips that may prove useful since it is supposed to be 55 and rainy!  
[COLD WEATHER TIPS](#)  
DASH TIPS  
HOW TO RUN IN THE RAIN  
COLD WEATHER TIPS

WORKOUTS*	Men	Women
Monday	Escalation Run 4-8	Escalation Run 4-6
Tuesday	Hill workout (Repeats) @ Art Museum Hill	Hill workout (Repeats) @ Art Museum Hill
Wednesday	Easy 4-6	Easy 4-6
Thursday	3 x 1600 + 4 x 800 @ Cook Field	2 x 1600 + 3 x 800 @ Cook Field
Friday	Easy Day / Funtivities	Easy Day / Funtivities

\*Workouts are not mandatory or required. There will always be Striders at practice training at every level and distance. Workouts may also be subject to change. Feel free to talk to coaches if you want a different workout or same day!

**-Have worked to promote academic success on the team by hosting study sessions at King Library.**

**-Recruited a member for the summer Ready Set Run program – Josh Stapleton**

**-Met with campus leaders such as Mike Arnos, Ruchelle Dunwoody, Jeremy Bardon, and even President Hodge for a morning run around campus!**

**David Hodge** @PresHodge Following

Just finished morning run with Striders club. Their motto-smart people run, runners are smart. Even at 6AM!! #miamioh [pic.twitter.com/dd8jLb6Q](http://pic.twitter.com/dd8jLb6Q)

5 RETWEETS 6 FAVORITES

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**-Campus visibility through the Miami Student**

**-Both our men's and women's teams won our first cross country meet at Ball State!**

**-Miami and Hodge tweets and Facebook updates of our promotional video!**

**David Hodge** @PresHodge 30 Aug

Fun recruiting video from Miami Striders running club [youtube.com/watch?v=TfV\\_DD...](http://youtube.com/watch?v=TfV_DD...) Friday is "All In" day at Miami. Wear red! #miamioh #miamiu

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**Miami Striders Running Club Video**