

Dear Running Club members and to all that this message may concern,

As we grow and change as a club it becomes necessary to take a step back and examine our club values and what we stand for. It has come to the attention of the Executive Board that we may have not been clear on these values and specifically our stance on alcohol and substance abuse. For those that have not yet seen it we have the following statement regarding this:

The Running Club at Virginia Tech does not condone the use of excessive alcohol, underage drinking, or substance abuse of any kind. Not only is this against both Executive Board and Virginia Tech policy but it directly conflicts with our mission and purpose as a Club. One of the missions of Running Club is to help our members lead a healthy lifestyle and such use of alcohol and illegal substances provide an obstacle to us accomplishing this. The Executive Board stands by this statement both in the context of Running Club events and outside of club.

If you have any questions about our stance, please feel free to reach out to anyone on Executive Board. As members of this club we expect you to adhere to the previous statement both when at club events and outside. Please know that as a member of this club, you represent our organization wherever you go. This is not meant to scare you but rather remind you of what our club stands for.

Running Club's mission of a healthy lifestyle does not only relate to alcohol and substance abuse but can be expanded to much more. Many running club members have pointed out goals that help highlight this. We believe these goals provided excellent examples so we wanted to share some with you:

1. Eat healthy meals after running in practice. Shouldn't overindulge in any foods. Don't eat massive amounts of dessert. Eat vegetables during every meal. Stay hydrated by drinking water throughout the day. Try to eat from all 5 food categories.

2. Create and Maintain lasting friendships

A goal of our club is to create meaningful and maintain lasting friendships with one and other. As a running club we believe that it is crucial that we form healthy relationships with one and other to ensure the safety and wellbeing of our teammates. Running is by no means and individual sport and it is crucial to create a atmosphere of friendship and clear and open communication with one and other. As a club we realize friendships can benefit the mental and emotional wellbeing of ourselves and others and therefore make it our priority to create an environment where these lasting friendships can be made.

3. Goal: hokie respect: Make sure all members are aware of the club's stance on respecting our peers & sexual harassment/assault. As a club we do not tolerate disrespect towards any of our members or anyone in general. Verbal and physical harassments towards others is against club and Virginia Tech policy and will be handled accordingly.

4. Be more encouraging and approachable to newer members of the club, so that we do not seem like a "clique" within the club. New members should feel welcome and be able to join others for events outside of practice, and be able to ask for advice.

5. The club should continue trying to extend/expand our community outreach. Continue volunteering in the Hokie Half, Harding Elementary school, and Relay for Life, try to find other ways to volunteer in the community.

6. Goal: strive to improve mental health of members. Mental health is one of the biggest problems on college campuses right now. The club should encourage members to seek out counseling at schiffert or other places to keep themselves mentally healthy during the semesters. The club should foster understanding in this area since one of the barriers to receiving mental health help is the stigma behind it.

These goals all help represent the ideals of the Running Club at Virginia Tech. Eating healthy, building strong friendships, fostering overall respect, performing community service, and maintaining strong mental health all contribute to our desire to provide a club that strives for living a healthy lifestyle. As an Executive Board we will work harder in the future to make sure we implement these goals and values. As members of the club we ask you to help us carry out these ideals and help us represent club as the healthy and safe organization that we all want it to be. As a running and competition based organization it is always assumed that the success of this club is driven by our successes as runners in meets and at practice and while this is part of what contributes to our success there is more to it than that. An even more important aspect of our success is based on how we treat one another and how we create lasting relationships, memories, healthy habits, and strong values. This is something we can carry throughout our whole lives even after we graduate from Virginia Tech. As an Executive Board we find this strive for success very important and as club members you can all help us reach it.

If you have any questions or thoughts on this letter, please don't hesitate to reach out,

VTRC Executive Board