

**TIDEWATER STRIDERS
BYLAWS**

ARTICLE I INCORPORATION

SECTION I: The Striders shall be incorporated as a nonstock corporation under the provision of Chapter 10 of title 13.1, Code of Virginia.

SECTION II: The name of the corporation shall be the Tidewater Striders Track Club.

SECTION III: The corporation shall be operated exclusively for education and charitable purposes as specified in Section 501(c)(3) of the Internal Revenue Code.

ARTICLE II PURPOSES

SECTION I: In furtherance of the stated purposes, the Striders may do the following:

- a. hold races
- b. hold championships
- c. hold social events
- d. hold educational lectures
- e. provide scholarship funds
- f. publish newsletters
- g. make various awards
- h. undertake other such functions in order to promote running, track and field events, walking, and triathlons.

ARTICLE III MEMBERSHIP

SECTION I: Membership classes in the Striders shall be sub-classified as Adult, Youth, Family, and Complimentary.

- a. Active membership shall consist of an individual person.
- b. Family shall consist of a married couple, or a single family of children and their parents or legal guardians, up to eight persons living in the same household.
- c. Youth membership shall consist of individuals 22 years of age and younger.
- d. Complimentary membership, at the discretion of the Board, may be provided to various individuals, organizations, or commercial enterprises to help promote the purposes of the Striders. Complimentary memberships shall be lifetime memberships per the schedule below or can be lifetime as may be approved by the Board.

Lifetime complimentary memberships will include the following:

- Past presidents completing a 2-year term of service before July 1, 2018.
- Members of the Board completing two full, consecutive 2-year terms before July 1, 2018.
- Members inducted into the Hall of Fame
- Members age 70 and above who have been a member for the past 10 years.

SECTION II: All members shall have the right to vote in Striders business proceedings at the general meeting. Members are also eligible to be members of the Board and hold office after being a Striders member for at least six months.

SECTION III: Free admission to races, an annual race package called Striders Plus, which includes admission to a selection of Striders races as specified in Striders' Policies and Procedures, will be offered free of charge to the following individuals for the specified durations:

- Past presidents completing a 2-year term of service before July 1, 2018: For lifetime.
- Members of the Board completing two full, consecutive 2-year terms before July 1, 2018: For lifetime.
- Members age 70 and above who have been a Striders member for the past 10 years: Automatic for lifetime.
- Executive Board members, Marketplace Chairperson, Race Committee Chairperson, and New Energy Admin Coaches and Lead Coaches: For the duration of their term.

ARTICLE IV MEETINGS

SECTION I: Forty members shall constitute a quorum at general meetings.

SECTION II: A majority of the elected, voting members of the Board shall constitute a quorum for Board meetings.

ARTICLE V THE BOARD OF DIRECTORS

SECTION I: It shall be the duty of the Board to conduct the overall general business of the Striders.

SECTION II: It shall be the duty of the Board to review and act upon proposed amendments to the Constitution and Bylaws prior to general meetings.

SECTION III: It shall be the duty of the Board to review recommendations of the various committees of the Striders, such committees hereinafter described, and to authorize the disbursement of any monies arising from committee activities.

ARTICLE VI DUTIES OF OFFICERS

SECTION I: The President shall:

- a. Preside over Board and general meetings.
- b. Call any special meeting.
- c. Appoint committees and chairpersons thereof, with approval of the Board.
- d. Have the power of executive action, with Executive Board approval, arising in emergencies between meetings and not covered by these Bylaws.

SECTION II: The Vice-President shall:

- a. Assume the powers of the President in his/her absence, and in case of the President's death, resignation or removal from office, shall succeed the President for the unexpired term.
- b. Take on special assignments as requested by the President.

SECTION III: The Secretary shall:

- a. Keep a record of all minutes and transactions of all Board and general meetings.
- b. Be the communication secretary for all business not covered by other Striders officials.
- c. Maintain all minutes and records.

SECTION IV: The Treasurer shall:

- a. Keep all financial books and records and receive and hold all monies of the Striders except as hereinafter provided.
- b. Expend money for the Striders only as herein provided.
- c. Submit an estimated annual budget for the fiscal year.
- d. Make a financial report at each Board and general meeting.
- e. Provide a financial report for publication in the RUNDOWN every month.

ARTICLE VII ELECTION OF THE BOARD OF DIRECTORS

SECTION I: The Board shall consist of 12 members.

SECTION II: There shall be a Nominations Committee reporting to the Board, which will be responsible for nominating a list of qualified candidates. The Nominations Committee shall consist of a maximum of five non-Board members.

SECTION III: The Nominations Committee will give due consideration to all persons nominated for election to the Board and will prepare a slate of candidates. To be a candidate, the person must have been a member of the Striders for at least six months.

SECTION IV: This slate of candidates will be presented to the members at the general meeting prior to the election. Additional candidates may be nominated from the floor at this meeting.

SECTION V: There shall be an election committee reporting to the Board which will be responsible for the election process. The Election Committee shall consist of three non-Board members that did not serve on the Nominations Committee.

SECTION VI: Voting shall be by ballot, which may be submitted by electronic transmission. The elections shall be by plurality vote.

SECTION VII: The election process shall take place during October-December of each year. The tally of votes shall be open to all members.

SECTION VIII: The term of office shall be two years, with six or more new members being elected each year. The term of office will become effective the first Board meeting of the new calendar year.

SECTION IX: Board members may succeed themselves.

SECTION X: A Board vacancy, or vacancies, will be filled by the candidate, or candidates, who received the most votes in the previous Board election but were not elected to the Board. If no candidate or candidates are available, the Board will decide if and how the vacant position is to be filled. These filled positions shall be construed to be elected, voting Board members for the remainder of the vacancy. Vacancies may also be filled after Board elections with candidates not receiving a sufficient number of votes to be elected for a 2-year term.

ARTICLE VIII ELECTION OF OFFICERS

SECTION I: The election of the President, Vice-President, Secretary and Treasurer shall be conducted at the first meeting of the newly elected Board and will follow procedures generated by the Board at that meeting.

SECTION XI: Club officers may succeed themselves.

ARTICLE IX COMMITTEES

SECTION I: There may be standing committees and President's committees. All standing committees shall have a written set of Policies and Procedures that have been approved by the Board. These Policies and Procedures shall be amended/approved as necessary and shall be reapproved in a time frame not to exceed five years from the date of last approval.

SECTION II: The standing committees shall be:

- a. Advisory
- b. Audit
- c. Awards
- d. Banquet
- e. Budget
- f. Community Adopt-A-Programs
- g. Constitution and Bylaws
- h. Election
- i. Grand Prix
- j. Hall of Fame
- k. Healing Hearts
- l. History
- m. Marketplace
- n. Media
- o. Membership
- p. Multisport
- q. Nominations
- r. Program
- s. Race
- t. Scholarship
- u. Team
- v. Volunteer
- w. Walking
- x. Youth

SECTION III: The President's committees shall be appointed ad hoc committees when deemed necessary and approved by the Board.

SECTION IV: The President shall appoint all chairpersons with approval of the Board. The chairperson of standing committees should be an elected Board member, but if not, shall be a nonvoting ex-officio member of the Board for the term of the chairpersonship. The committee chairperson shall be responsible for selecting members to serve on that respective committee.

SECTION V: The duties of the Advisory Committee shall be:

- a. To provide medical counsel relative to the conduct of Striders activities.
- b. To provide legal counsel relative to the conduct of Striders activities.

SECTION VI: The duties of the Audit Committee shall be:

- a. To provide general surveillance of Striders finances.
- b. To prepare an annual audit of Striders financial transactions.

SECTION VII: The duties of the Awards Committee shall be:

- a. To select and secure special awards for Striders events.

SECTION VIII: The duties of the Banquet Committee shall be:

- a. To coordinate and plan the annual awards banquet.
- b. To coordinate and plan the volunteer appreciation banquet.
- c. To coordinate and plan other banquets which may be approved by the Board.

SECTION IX: The duties of the Budget Committee, which shall be chaired by the Treasurer, shall be:

- a. To develop an annual budget for approval by the Board.
- b. To solicit input from the various committees relative to their financial needs for the forthcoming fiscal year.

SECTION X: The duties of the Community Adopt-A-Programs shall be:

- a. Establish and maintain agreements with local jurisdictions for community cleanup programs.
- b. Coordinate and provide member volunteers as needed to support local cleanup programs.

SECTION XI: The duties of the Constitution and Bylaws Committee shall be:

- a. To review the Constitution and Bylaws at least annually or more frequently as business merits.
- b. To incorporate amendments into the Constitution and Bylaws as approved by the Board and general membership.
- c. To update policies and procedures as approved by the Board.

SECTION XII: The duties of the Election Committee shall be:

- a. To conduct the election process.

SECTION XIII: The duties of the Grand Prix Committee shall be:

- a. To develop a series of running races to be called the Tidewater Striders Grand Prix Series.
- b. To select and secure special awards for Grand Prix Series winners.
- c. To provide statistics to the newsletter quarterly.
- d. To promote the series and encourage participation.

SECTION XIV: The duties of the Hall of Fame Committee shall be:

- a. To choose, from a list of nominees, those individuals to be inducted into the Tidewater Striders Hall of Fame

SECTION XV: The duties of the Healing Hearts Committee shall be:

- a. Upon request or discovery, in case of death, contact the family or next of kin of member to offer club condolences and support.
- b. Offer club representation at "celebrations of life" or funeral services, or for grave illness or injury, visit the member and family to show support.

SECTION XVI: The duties of the History Committee shall be:

- a. To maintain the current history of the Tidewater Striders as it develops.

SECTION XVII: The duties of the Marketplace Committee shall be:

- a. To obtain sportswear and other associated items with the Tidewater Striders logo.

- b. To provide Tidewater Striders sportswear and other items for sale to members and other interested personnel.

SECTION XVIII: The duties of the Membership Committee shall be:

- a. To maintain the membership files.
- b. To coordinate the recruitment of new members.
- c. To collect dues.
- d. To process new member and renewal applications.

SECTION XIX: The duties of the Nominations Committee shall be:

- a. To develop a list of candidates for election to the Board.
- b. To obtain a profile of each candidate for publication in the RUNDOWN at least one month prior to the election

SECTION XX: The duties of the Program Committee shall be:

- a. To poll the membership relative to their interests and program ideas.
- b. Engage with local running/walking/multisport organizations to promote the Tidewater Striders and explore mutual goals.

SECTION XXI: The duties of the Media Committee shall be:

- a. To promote Striders activities through active contacts with the news media.
- b. To be actively involved in fund raising, coordinating activities with other committees.
- c. To distribute flyers of Striders events.
- d. To act as the Tidewater Striders spokesperson in the absence of the President or Vice-President, or on behalf of the Striders with approval of the President.
- e. To submit results of Striders activities to various media outlets as warranted.
- f. To publish the RUNDOWN.
- g. To maintain the club's web site and social media accounts.
- h. To review and recommend for Board approval a qualified candidate for Website Manager. Website Manager is eligible to receive a stipend of \$500 per month.
- i. To edit submitted material for proper grammatical form and style. All official publications of the Striders shall be reviewed prior to publication and distribution.
- j. To coordinate with other committees in soliciting paid advertisements.
- k. To recommend advertising policies and procedures to the Board.

SECTION XXII: The duties of the Multisport Committee shall be:

- a. To promote multisport training.
- b. To act as a liaison to the local triathlons and biathlons.
- c. To develop a series of multisport races to be called the Multisport Grand Prix Series.
- d. To provide multisport information.

SECTION XXIII: The duties of the Race Committee shall be:

- a. To develop an annual race schedule.
- b. To ensure that all races adhere to Striders policies and procedures relative to current concepts of safe and legal conduct including, but not limited to medical coverage, insurance, course verification / measurement, awards, course safety, and proper timing.
- c. To develop and recommend each year for Board approval a combination of Striders races to be sold as Striders Plus race packages.

SECTION XXIV: The duties of the Scholarship Committee shall be:

- a. To sponsor events designed specifically to raise funds for Striders-sponsored college and university scholarships.
- b. To recommend to the Board candidates who meet established criteria for Striders scholarships.

SECTION XXV: The duties of the Team Committee shall be:

- a. To coordinate the organization of Striders teams for USATF and other competition.
- b. To coordinate transportation to distant races.
- c. To recommend to the Board payment of expenses to team members representing the Striders in special races.

SECTION XXVI: The duties of the Volunteer Committee shall be:

- a. To obtain necessary volunteers for Tidewater Striders hosted events.
- b. To routinely publicize volunteer opportunities within the club.

SECTION XXVII: The duties of the Walking Committee shall be:

- a. To promote and encourage walking, including race walking and walking for fitness, through educational and charitable means.
- b. To develop a series of walking races to be called the Walking Grand Prix Series.

SECTION XXVIII: The duties of the Youth Committee shall be:

- a. To promote youth running programs.
- b. To raise funds for youth running programs.
- c. To promote and sponsor youth running competition.
- d. To develop a series of youth races to be called the Youth Grand Prix Series.

ARTICLE X DUES AND FINANCES

SECTION I: The dues for Adult members, Family members, and Youth members shall be established by the Board of Directors.

SECTION II: There shall be no dues for Complimentary and lifetime members.

SECTION III: The fiscal year shall be from January 1 to December 31.

ARTICLE XI RULES OF ORDER

SECTION I: Questions of procedure not covered by this Constitution and Bylaws shall be decided according to the latest edition of Roberts Rules of Order, newly revised.

SECTION II: The President shall appoint a qualified parliamentarian who shall advise the President on proper parliamentary procedure at meetings.

ARTICLE XII AMENDMENTS TO THE BYLAWS

SECTION I: Amendments to the Bylaws may be proposed at any time by a member of the Striders. All proposed amendments must be approved by a majority vote of the Board. Proposed amendments which have been approved by the Board shall be referred to the general membership for approval. The proposed amendment will be presented to the membership via the RUNDOWN for the immediate two issues prior to the scheduled vote at the subsequent general meeting. A two-thirds majority of the votes cast at the general meeting shall be necessary for final adoption of the amendments.

ADOPTED: NOVEMBER 16, 1992

AMENDED: SEPTEMBER 5, 2020

AMENDED: OCTOBER 17, 2021

AMENDED: NOVEMBER 21, 2022