

TIDEWATER STRIDERS CONSTITUTION

ARTICLE I NAME

SECTION I: The organization shall be called the Tidewater Striders Track Club, hereinafter referred to as the Striders.

ARTICLE II PURPOSES

SECTION I: The primary purpose of the Striders is to promote and encourage running, particularly long distance running, through educational and charitable means.

SECTION II: Secondary purposes of the Striders are to promote participation in other athletic and fitness endeavors such as track and field, walking, and triathlons.

ARTICLE III AFFILIATIONS

SECTION I: The Striders shall be a member of the Road Runners Club of America (RRCA), United States Track and Field (USATF) and Amateur Athletic Union (AAU), and other running organizations as deemed appropriate.

ARTICLE IV MEMBERSHIP

SECTION I: The Striders shall consist of members hereinafter provided for in the Bylaws.

ARTICLE V GOVERNMENT

SECTION I: Policies and procedures relative to the conduct of the Striders shall be developed by the Board of Directors. The Board of Directors shall hereinafter be referred to as the Board.

SECTION II: All amendments to the Constitution, Bylaws, and policies and procedures to be considered for adoption shall be submitted to the Secretary of the Board in writing, with underlying rationale, at least two weeks prior to the next regularly scheduled Board meeting. Board members should receive all motions for adoption from the Secretary at least one week prior to the next regularly scheduled meeting.

SECTION III: Implementation of established policies and procedures shall be effected by committee chairpersons or others as appointed by the Board, such as an Executive Director.

ARTICLE VI OFFICERS

SECTION I: The officers of the Striders shall be a President, Vice President, Secretary and Treasurer. These officers shall constitute the Executive Board.

ARTICLE VII MEETINGS

SECTION I: General meetings of the membership will be held at least twice annually and more frequently if called for by the President.

SECTION II: The Board shall meet at least once a month or more frequently as business matters merit.

ARTICLE VIII PUBLICATIONS

SECTION I: The official publication of the Striders shall be The RUNDOWN.

ARTICLE IX AMENDMENTS

SECTION I: Amendments to the Constitution may be proposed in writing at any time by a member of the Striders. All proposed amendments must be approved by the Board by a majority vote. Proxy votes, in writing, will be accepted. 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. Three fourths of the votes cast at a general meeting shall be necessary for final adoption of the amendment.

ADOPTED: NOVEMBER 16, 1992; LAST AMENDED AUGUST 5, 2006