

UMD Club Cross Country 2009 Season

About Us

UMD Club Cross Country is a growing student organization which was founded in the spring of 2005 and consists of runners of all levels. Our club members range from casual runners to former high school all-staters. The primary goal of the club is to unite these runners within the UMD community and to ensure that boredom does not consume those who would otherwise run alone! We provide an easy-going environment for runners of all abilities with plenty of opportunity for competition as well. The only requirement to join is a passion for running! We are an entirely student directed club sport, no coaches, which allows us to promote student leadership through our board of officers.

The club is a member of the National Intercollegiate Running Club Association (NIRCA), a governing body whose goal is to promote competitive club running at the college level. We will be traveling to a few meets within our region, some local road races, as well as the National Club Championships at the University of Michigan – Ann Arbor.

Practice

Run times for the 2009 Fall Semester have not been scheduled yet. When the times are posted you may find them on our website at: www.UMDxc.org/RunTimes.html

Uniforms

In club XC you are *not* required to buy a uniform, you can simply wear whatever running clothes you wish...but you know we look better when everyone matches! An order form is attached to this packet for the uniform & 2009 team shirt, as well as pictures and sizing info. Of course, since you bought it, it's yours to keep.

Club Dues

As a club member you can either pay dues for the semester (\$20) or for the year (\$30). This small fee covers all entry fees to the club races listed below, hotel stays & gas costs for away meets, plus breakfast runs and Fantastic Fridays throughout the season.

Contacts

Justin Opfermann, President jopferma@umd.umich.edu	Eric Stuart, Vice President ejstuart@umd.umich.edu	Angela Yu, Vice President awyu@umd.umich.edu
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www.UMDxc.org

UMD Cross Country is on Facebook too!



2009 Race Schedule

Saturday, October 10: Michigan Fall Classic @ Ford Field Park in Dearborn, MI
5K men & women

Saturday, TBD: EMU Invite @ Eastern Michigan in Ypsilanti, MI.
5K men & women

* **Weekend of Oct 24:** Midwest Regionals @ University of Wisconsin in Madison, WI
8K men & 6K women

Weekend of Nov 14: National Championship @ University of Michigan – Ann Arbor
8K men & 6K women

* Due to travel distances these will be weekend trips, usually Fri-Sat for Regionals. Don't worry, the club covers hotel & gas costs!

**The dates for these races are subject to change.
Meets will be added throughout the summer.
For the most up to date schedule, always visit www.UMDxc.org**



2009 Uniforms

Men's



Men's uniform is loose fitting.

Women's



Women's uniform is fitted.
(Loose fitting also available)



Runners do not need to purchase a uniform in order to participate in races.

The Brooks uniforms are navy blue and screen printed with the above logo in maize. You can also order a team t-shirt when ordering your uniform! Below is a sizing chart for the uniforms.

Women's form-fitting uniforms run small.

Women's Body Measurements (inches)

	XS (2-4)	S (6-8)	M (8-10)	L (12-14)	XL (16)
bust	30-32	32-34	34-36	36-39	40-42
waist	22-24	24-26	26-28	29-31	32-34
hip	34-36	36-38	38-40	41-43	44-45

Men's Body Measurements (inches)

	XS	S	M	L	XL	XXL
chest	34-36	36-38	38-40	41-43	44-46	47-49
waist	26-28	29-31	32-34	35-37	38-40	41-44



2009 Order Form

Please fill out the following and mail it in along with payment. You will receive an e-mail confirming your order when this form is received. Sizes can not be guaranteed if received after September 1st!

Name: _____ Male Female

Street: _____ Apt Number: _____

City: _____ State: _____ Zip Code: _____

Phone Number: (____) _____ (incase we have a question about your order)

Uniform Size: Male XS S M L XL\$25

Female (form-fit) XS S M L XL\$40

Female (loose fit) XS S M L XL\$25

Club Dues: one year\$30

or one semester\$20

T-shirt Size: XS S M L XL\$10

(sizes can **not** be guaranteed after Sept. 1st)

Order Total:

Forms are due on September 1st! Uniforms and t-shirts are NOT guaranteed after this date.

Make checks payable to UMD Cross Country and send to:

UMD Cross Country
4901 Evergreen – 223 Fieldhouse
Dearborn, MI 48128