



***National Intercollegiate Running Club Association***  
*more than just running*      [nirca@clubrunning.org](mailto:nirca@clubrunning.org)   [www.clubrunning.org](http://www.clubrunning.org)

In 2014, **NIRCA** finish lines were crossed more than

**5500**

times by runners from over

**100**

college clubs across the United States

The **National Intercollegiate Running Club Association (NIRCA)** is the governing body and central point of communication for the college running community. The grassroots organization promotes networking and friendly competition amongst collegiate running, cross country, and track clubs. **NIRCA** coordinates many events, including the fall & spring seasons, Cross Country Championship Series, Road and Track & Field Nationals, and All-Club Conference. The competition, support and networking make **NIRCA** more than just running.

#### COMPETITION

Prior to the creation of **NIRCA**, collegiate running clubs had few, if any, options to race their peers. Now teams compete against each other in regular season races as well as Regionals & Nationals for cross country, track & field, and half marathons.

#### RACES & CHAMPIONSHIP SERIES

All **NIRCA** member clubs are encouraged to host a meet at their school. Regular season events are produced solely by the host club, which also means all proceeds are kept by the club. The fall season consists of many individual cross country meets held all over the country, with racing distances ranging from 5K to 8K. Additionally, there is a Regional Championship for every **NIRCA** Region. Indoor/outdoor track & field meets are hosted by clubs in the winter & spring as well. The Cross Country National Championships and Road and Track National Championships are the culminating meets in the fall and spring seasons, featuring events and awards.

#### SUPPORT

Club sports and student organizations provide college students with unique leadership opportunities and we strive to enhance that experience to the fullest. By working one on one with teams on a wide range of issues – race management, club development, officer transition – we make a personal investment to see that our student athletes grow as runners and leaders.

#### ALL-CLUB CONFERENCE

**NIRCA** officers and runners are invited to attend the winter All-Club Conference, which includes educational and social events. Here, runners can attend various workshops, networking sessions, and other exciting events throughout the weekend. Attendees also participate in roundtables to help guide future **NIRCA** decisions and give feedback to the Executive Council. The location for this two day event changes from year to year, but typically occurs over the third weekend in January.

#### NETWORKING

Whether at a race or a **NIRCA** All-Club Conference, runners are able to connect with one another and share ideas about anything from fundraising to member retention.



[clubrunning.org](http://clubrunning.org)

**National Intercollegiate Running Club Association**

Supporting college running, cross country and track clubs with racing and networking.