

# WELCOME!

Remember to record meeting!



# Kickoff Meeting

BRACK CLUB



# MEET YOUR 2021 OFFICERS



## Executive Board:

### President

Brian Wiedenfeld, Senior

### Men's Distance Vice President

Jacob Reiner, Senior

### Women's Distance Vice President

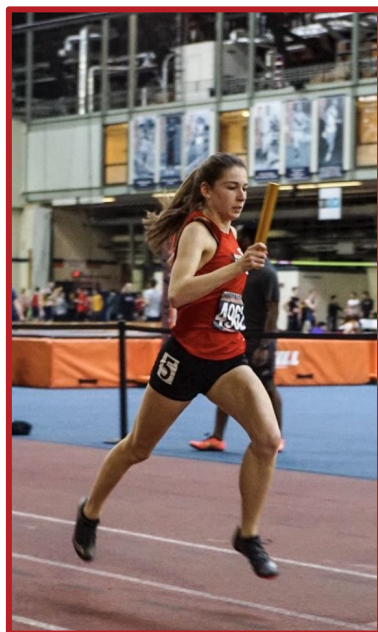
Allie Levin, Senior

### Men's Sprints & Field Vice President

David Young, Junior

### Women's Sprints & Field Vice President

Quinn Lodholz, Junior



# MEET YOUR 2021 OFFICERS



## Executive Board:

### Meet Coordinator

Frank DeGuire, Junior

### Travel Coordinator

Rachel Weix, Junior



### Treasurer

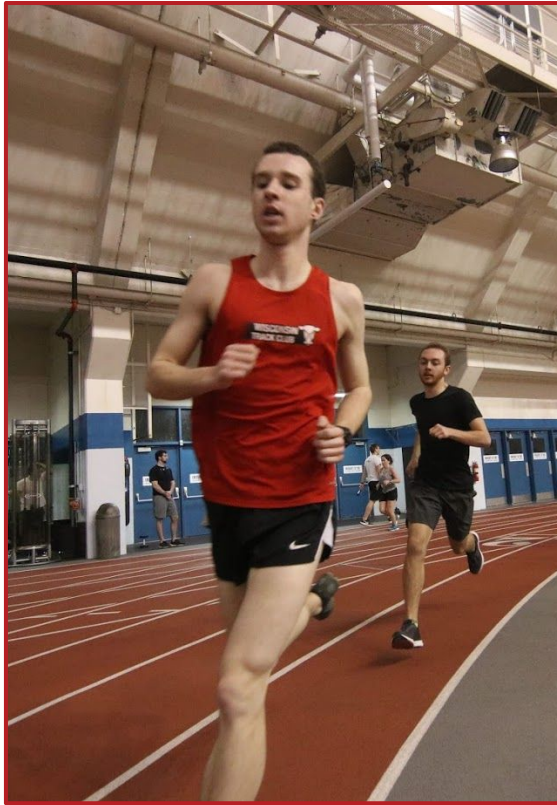
Ryan Unruh, Sophomore



### Secretary

Ava Wojnowski, Freshman

# DISTANCE COACHES/CAPTAINS



**Men's Distance**  
Captain: Jacob Reiner



**Women's Distance:**  
Captain: Allie Levin

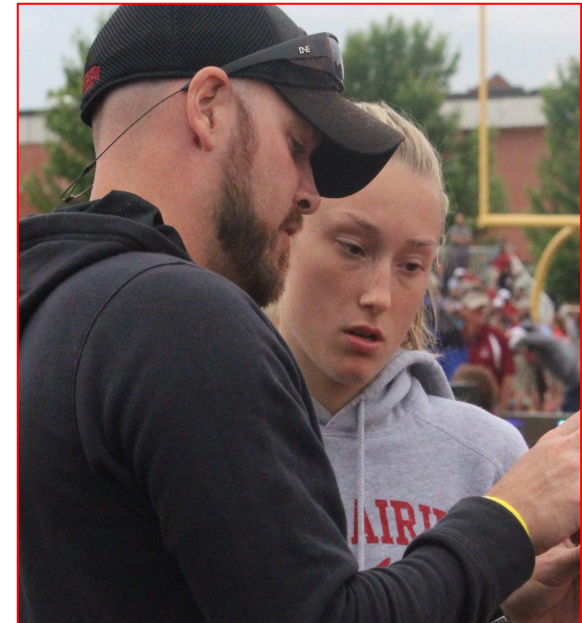
# SPRINTS & FIELD COACHES



Sprints Coach:  
David Young



Virtual Sprints  
Coach: Jake Baus



Jumps Coach:  
Ryan Ewing?

# ABOUT US

- Founded in 1991
  - Officially a club sport for 5 years
  - 501(c)(3) Non-Profit Organization
- Participate in NCAA DIII and NIRCA meets in the Midwest
  - Indoor & Outdoor Track
  - Cross Country
- Athletes of all abilities welcome to train and compete with each other!
- Host and volunteer at a bunch of community events during the year!



Team pic after the 2017 Track Nationals Meet.  
Men's Team National Champions;  
Women's Team National 3rd Place

# WHAT CAN WE PROVIDE FOR YOU?

- A group of like-minded individuals who share common goals
- A platform to compete at the collegiate level
- A training group
- Volunteering opportunities!
- A really great time
- Leadership positions/resume builder
- Life long friends
- Ability to engage the community



## **What we can't provide you:**

- Adulterated fun
- A space for hate and disrespectful behavior
- NIRCA Banners





# WTC QUICK FACTS

- 160 members (and growing!)
- Anyone can compete
- No tryouts and no commitment!
- 3 National Championships
- Team Mascot: Cows
- Team Restaurant: O'Charley's
- 9 Exec Board Positions
- Member of:
  - USATF
  - NIRCA (National Intercollegiate Running Clubs of America)



# COMPETITION HIGHLIGHTS



## NIRCA Cross Country Nationals

- 2008, 2009 National Champions
- 2018 (Regionals)
  - Men: 2nd Place
  - Women: 2nd Place
- 2019 (Regionals)
  - Men: 2nd Place
  - Women: 3rd Place

## NIRCA Track Nationals

- 2017:
  - Men: National Champions
  - Women: 3rd Place
- 2018:
  - Men: 2nd place
  - Women: 8th place
- 2019:
  - Men: 5th Place
  - Women: 6th Place

# COVID-19 POLICY

- Masks will be required for all members at practice at all times 🧐
- Currently have outdoor practices up to 25 people Monday-Thursday
  - Tuesday and Thursdays will be easy days and the 5:15 time will be used for sign up first and 5:30 will be an overflow practice.
  - Monday and Wednesday will have long distance practices at 5:15 and mid distance workouts at 5:30
- IMLeagues will be used to reserve a spot at practice. If you do not RSVP to the practice, then we cannot allow you to run with the group. This will start on Monday. The Badger Badge may be required starting February 10th. We will keep you updated
- Split in groups of 4 and leave at staggered times
- All members will be encouraged to report any symptoms or positive COVID-19 test results to club leadership so we can inform possible exposure to other members
- We will not be collecting dues this semester
- **Possibility of meets!**
  - Fill out form (Facebook and email) if you haven't already
  - Will be sending out info about the "Masked Meet" soon, and we hope to be able to host 1-2 dual meets in outdoor track

# VIRTUAL EVENTS

## Cows Give Back!

- Miles for Madison: small business fundraiser for pandemic relief

**Miles for Madison Update**

Total to Date  
**\$1131**

Miles Run  
**1913.82**

That's  
**\$0.59 per mile!**

Goal  
**\$1500**



You can support us by donating on our Go Fund Me Page  
[gf.me/u/xuw7su](https://gf.me/u/xuw7su)

**Thank you!**



In the month of April, Wisconsin Track Club is tracking the miles we've ran and accepting donations for Dane Buy Local's pandemic relief program. Please, help us support the businesses we all know and love!

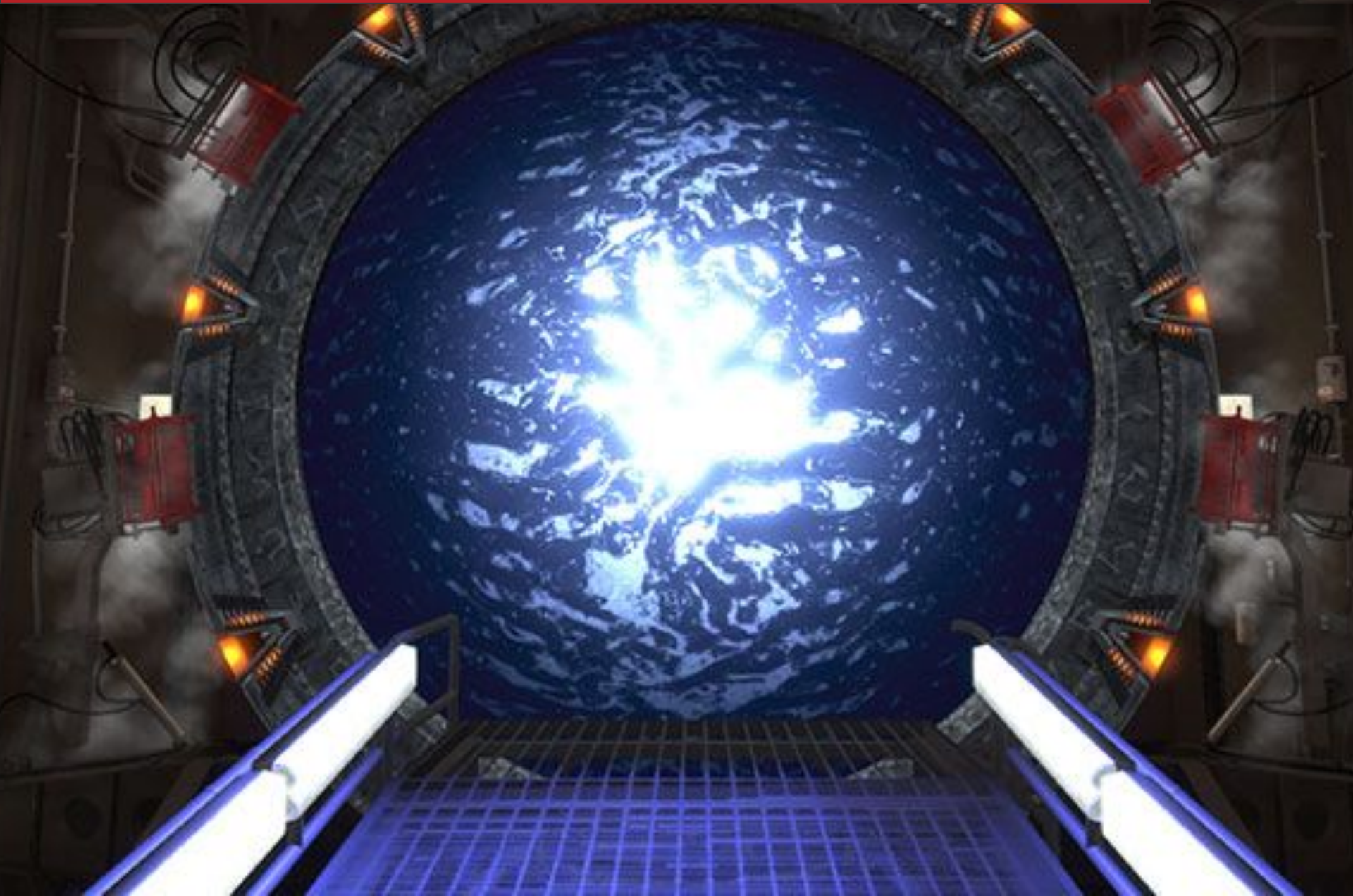


## Cows Get Down!

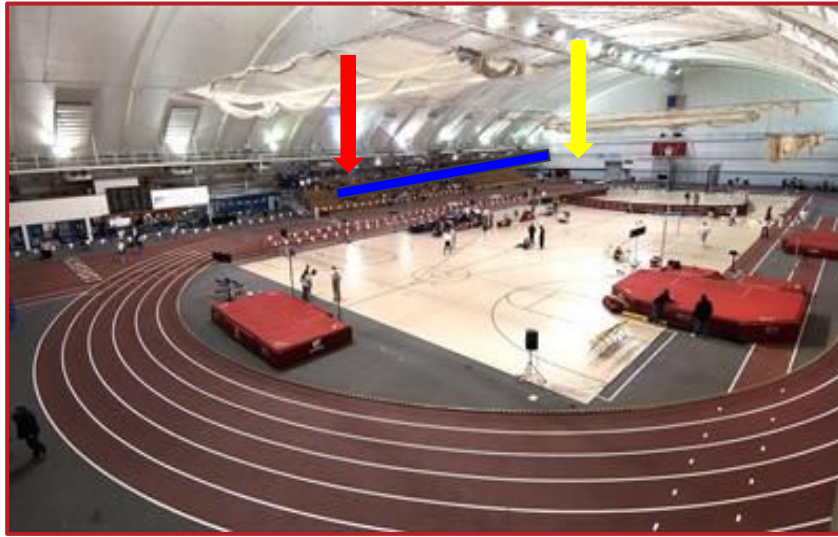
- Cow Cast
- Fast Cow Summer Challenge
- Virtual Game Night
- Virtual Zoom Social
- Virtual Core
- Virtual Time Trial
- Virtual Awards Ceremony



# PRE-COVID TIME MACHINE

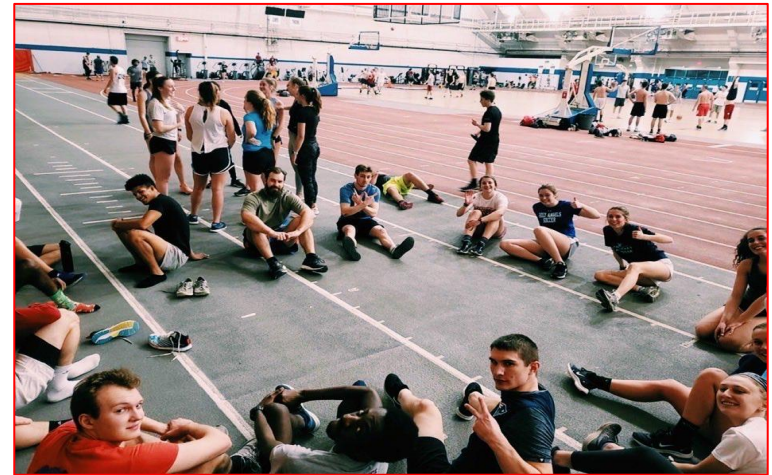


# SPRINTS & FIELD - Spring



Shell-Indoor (Now)  
Monday and Tuesday @ 4:30  
and 6 pm

McClimon Track- Outdoor  
(When not in COVID)  
Tuesdays & Thursdays  
@ 5 and/or 6 pm  
(Weather permitting)



# DISTANCE

Spring Season Practice: Mon-Thurs @ 5:30pm.

Women's LR: Saturday @ 9am

Men's LR: Sunday @ 9am

at Science Hall

Workouts: Monday and Wednesday



# SPACE & EQUIPMENT

## *Space*

- Year Round
  - The Great Outdoors
  - McClimon Track
  - The Shell Track
    - Gray Area (Jumps/Hurdles)

## *Equipment*

- Stored in Locker at the Shell
  - Including:
    - Blocks
    - Shots + Discs
    - Foam Rollers
    - Resistance Bands
    - Cones, Mini Hurdles, etc.
    - Anything you may want





# GOODBYE PHALLUS 2005-2019



## SO LONG, NAILS' TALES! SCULPTURE GOES INTO STORAGE

76°  
5:07

NEW PLANS IN THE WORKS TO MAKE PHEASANT BRANCH CONSERVANCY FLOOD-PROOF



WEEKNIGHTS  
6:30pm

# PRACTICES



# TRACK CLUB: WE HAVE THE MEETS!

- Wisconsin/Midwest area
- Transportation provided
- No-cut -- just sign up!
- Day meet cost - ~\$15-25
- Overnight meet cost - ~\$35-50
  - Less with more people
- Typically about 8-10 meets per season
- Always open to suggestions for additional meets to put on schedule
- Hope to have some meets this semester that follow safety guidelines



**WE  
HAVE  
THE  
MEETS®**

# CROSS COUNTRY SEASON 2019

## CROSS COUNTRY | 2019



FRI, SEP 6 | 6:30 PM

**BADGER CLASSIC**

MADISON, WI

UW MADISON | ZIMMER CHAMPIONSHIP  
COURSE

[RESULTS](#)



SAT, SEP 14 | 6:00 PM

**BORDER BATTLE 10K**

MADISON, WI

UW MADISON | THE ARBORETUM

WOMEN: W MEN: W

[RESULTS](#)



FRI, SEP 20 | 5:30 PM

**INTRASQUAD 5K**

MADISON, WI

UW MADISON | LAKESHORE PATH

TEAM KAYLEE WINS!

[RESULTS](#)



SAT, SEP 28 | W 11:10 - M 12:10

**ROY GRIAK INVITATIONAL**

MINNEAPOLIS, MN

UNIVERSITY OF MINNESOTA | LES BOLSTAD  
GOLF COURSE

MEN: 15/28 WOMEN: 23/32

[RESULTS](#)



SAT, OCT 5 | 11:00 AM

**BELOIT OLDE ENGLISH  
CLASSIC**

BELOIT, WI

BELOIT COLLEGE | LEESON PARK

[RESULTS](#)



SAT, OCT 12 | 10:30 AM

**GENE DAVIS INVITATIONAL**

APPLETON, WI

LAWRENCE UNIVERSITY | REID MUNICIPAL  
GOLF COURSE

NO TEAM RESULTS

[RESULTS](#)



SAT, OCT 19 | M 11:00 AM - W 11:50 AM

**DREWS/NEUBAUER  
INVITATIONAL**

LA CROSSE, WI

UW LA CROSSE | ETRICK GOLF CLUB

MEN: 14/21

[RESULTS](#)



SAT, NOV 2 | M 9:00 AM - W 10:00 AM

**NIRCA REGIONALS**

URBANA-CHAMPAIGN, IL

UNIVERSITY OF ILLINOIS | UI ARBORETUM

MEN: 2/8 WOMEN: 3/6

[RESULTS](#)



SAT, NOV 16 | M 12:00 PM - W 1:00 PM

**BRANDON PREECE  
CLASSIC/LITTLE NATIONALS**

BOWLING GREEN, OH

BOWLING GREEN STATE UNIVERSITY |

TEAM RESULTS

Most Cancelled

# TRACK SCHEDULE 2020



FRI, JAN 31 | 6:00 PM

**TIME TRIAL OF THE COWS**

MADISON, WI

UW MADISON | THE SHELL

[RESULTS](#)



FEB 8 | Field 10:30 - Track 11:00

**BIG DAWG INVITE**

STEVENS POINT, WI

UW STEVENS POINT | MULTI-ACTIVITY  
CENTER

[RESULTS](#)



FEB 22 | Field 10:00 - Track TBD

**PANTHER TUNE-UP**

MILWAUKEE, WI

UW MILWAUKEE | KLOTSCHE CENTER  
FIELDHOUSE

[RESULTS](#)



FEB 29 | 10:00 AM

**CLUB RELAYS**

CHAMPAIGN, IL

UNIVERSITY OF ILLINOIS | ARMORY TRACK



MAR 6 | 4:00

**UW-Platteville Last Chance  
Meet**

PLATEVILLE, WI

UW PLATEVILLE | TBD

[MEN'S RESULTS](#)

[WOMEN'S RESULTS](#)

# HOW DO I JOIN?

1. Join us on IMLeagues
2. Fill out ALL forms on IMLeagues (3 required)
3. Join the email list  
[join-witrackclub@lists.wisc.edu](mailto:join-witrackclub@lists.wisc.edu)!!
4. Join Wisconsin Track Club on Facebook
5. Follow us on Instagram! @wtccows
6. Check out our [website!](https://wisconsintc.org/)  
(<https://wisconsintc.org/>)
7. COME TO PRACTICE and sign up on IMLeagues following COVID protocols



# HOW DO I GO TO MEETS?

1. Join the club!
2. [Sign up](#) for the meet and pay the meet fee
3. Become an authorized driver!
4. Receive travel and meet info
5. Hang with the Cows while traveling
6. Run fast, make friends, and **HAVE FUN!**



# IS WTC JUST ABOUT COMPETING?

## NO! We have Social Events!

- Informal in November
- Formal in the spring
- Brinner
- Pasta Feeds
- Cookouts
- Milk Mile
- Cowcast
- Fruns
- Extracurricular Activities at the Cow House
- Multi-School events
  - Minnesota Dual Weekend





# OTHER THINGS OUTSIDE COMPETING

## Volunteering and Community Outreach

- Summer Track Series
  - WTC led track meets
- RACE Running Program
  - Running with kids with Autism
- Concessions supporting UW Athletics
- Various day-long events
  - Sub-zero race series
  - Ironman aid station



# SUMMER TRACK SERIES

- What is it?
  - Our biggest community event and fundraiser
  - 5 community track meets in June/July
  - 27 years running!
  - Funds go to lowering meet costs
- What can you do?
  - Will you be in Madison this summer?
  - Sign up to volunteer
  - Join our STS Committee!
  - Build infrastructure of volunteers
- Great leadership opportunity and resume builder
- Connect with the community through the sport of running

Contact us if you are interested!



# VOLUNTEERING INCENTIVE SYSTEM

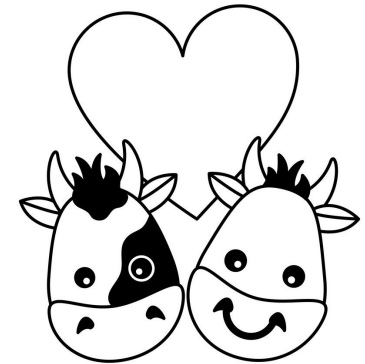
- Cow Incentive System
  - Rewards based on volunteer hours
    - Meet Discounts
    - Apparel Vouchers
- A way to “track” volunteer hours
  - Opportunities TBA



Direct your questions to  
[Mbsmith25@wisc.edu](mailto:Mbsmith25@wisc.edu)

# DIVERSITY AND INCLUSION!

- We are actively working to make the Wisconsin Track Club as inclusive as possible
- **We want your voices to be heard!**
- Consider joining the Diversity and Inclusion Committee:
  1. Help develop and promote events addressing diversity and inclusion topics
  3. Provide guidance to board members on emphasizing and communicating diversity and inclusion within the club
  4. Conducting surveys from members on how we can achieve greater inclusivity
  5. Assist in creating a financial assistance and shoe drive program



Scan this to answer  
our survey on D&I!



Stay on the lookout  
for new apparel  
coming soon!!

# Apparel

Venmo: @WISCOTC



Singlets: new singlets: \$42

Black race shorts: \$24



Old jerseys (red) - \$17

Old jerseys (black) - \$18

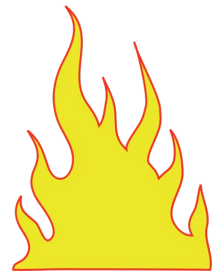
Tank tops- \$10

Any old apparel - \$5





## Limited Edition Apparel!!!!



**\$17**

- **ONE** Large
- Small & Medium available



**\$33**

- **ONE** Medium
- **ONE** Small



**\$36**

- Only **ONE** left
- Size Medium

Get it while it's hot



Contact Ashley @ 715-892-0423

# WOMEN'S JACKETS



- Women's Team Jackets- \$45 DEPOSIT
- Keep the jacket for as long as you're in WTC
- Return the jacket to get back \$45
- You are not required to get the jacket, only get it if you want it :)

# HOW TO PAY FOR STUFF



- Meets cost money (\$20-\$50)
- Membership costs money (\$30)
  - Apparel costs money
  - Socials cost money

Venmo  
**@WiscoTC**  
Venmo.com/WiscoTC

**NOTE:**  
Cash and check also  
accepted



# WHAT NOW?

- Sign up for practice by joining IMLeagues
- Sign up for races soon!
- Come to our virtual socials

Wednesday 2/10 at 8pm - Meet & Greet

Thursday 2/11 at 5:30pm - Ice Skating at Vilas Park

- Join our group chats! (we promise we won't bite)

Sprinter/Field Group  
Chat



Distance Group Chat



QUESTIONS?

