



International students running crew proposal

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1. Introduction

Why is running?

- The International Student Association (ISA) aims not only to serve as a bridge between international and local students, but also to support and care for international students in fostering a healthy, enjoyable, and fulfilling campus life.
- Engaging in sports contributes to students' academic growth, promotes overall well-being, and provides meaningful opportunities for social interaction that help alleviate feelings of loneliness.



1. Introduction

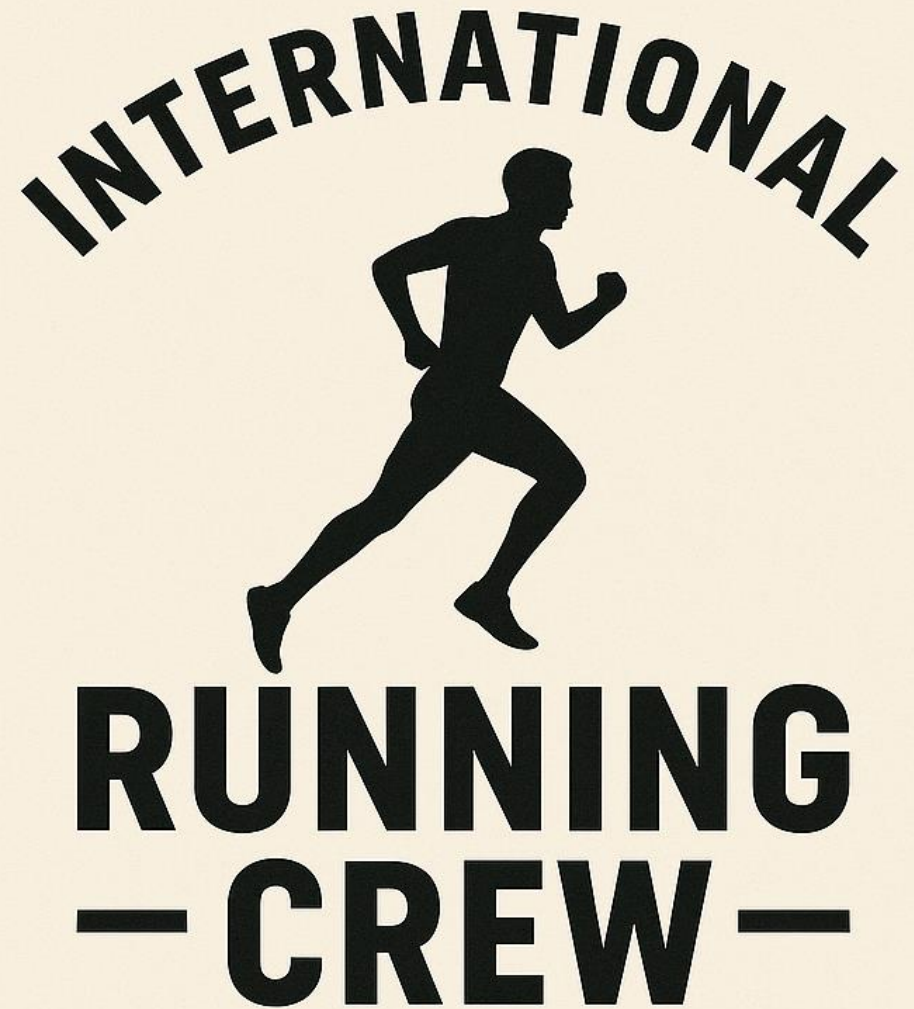
Why is running?

- Running is a universally accessible activity that everyone can participate in together. As a sport open to all ordinary individuals who are able to run, it provides a healthy and sustainable way to stay active
- it creates a sense of togetherness and long-term engagement.

1. Introduction

Purpose of this running crew

- Promoting a healthy lifestyle for international students
- Providing opportunities for interaction among students of diverse nationalities
- Expanding the scope of ISA's activities and suggesting a forward-looking vision



2. Program details

How the program goes?

- Every Tuesday n Thursday 19:00 ~ 20:00
 - Stretching 5 to 10 mins
 - Running ~19:55
 - Stretching, Drinking water ~20:00 (5 mins)
- The number of people : less than 30 (First come, First In)
- Frequency: every week except midterm (10/22), final week (12/17)
 - 10 weeks (10/1 - 12/10)
- Location: Kuang-Fu Campus outdoor Track Field,
國立陽明交通大學田徑場
- Distance Options: running their own pace, Fastest group – Middle group – Slow group – walking Group
- Attendance: Attendance is flexible and voluntary. If you wish to skip a session, simply let the group know in the Line chat.



2. Program details

Rules and Guidelines

1. General Rules

- **Start Time:** Every session begins at 7:00 PM sharp

Stretching before running ~7:10 PM or 7:05 PM

- **Warm-up:** 3 mins

Knuckle drags 30 secs

Hip kick 30 secs

High knee jump 30 secs

Knee to chest 30 secs

Bunny hop 30 secs

Calf raise 30 secs

- **Gathering Groups:** gathering by groups, deciding who is the pace leader for today

Fastest – inside of track (7 - 8) , Middle – middle of the track (5-6),
Slow- (3-4),walking (1-2)

Dividing track so that there's no traffic jam

- **Run:** Starting to run 7:05-10 around
- **Finish/stretching after running :** 7:55 – 8:00 (dismiss at 8)
- **Pace Leaders:** One leader per group, rotated among members each session
- **Principle:**
 - *Together Start, Together Finish*
 - Those who finish earlier should do cool-down stretching and cheer for others /Except for that you have to leave
 - Everyone dismisses together after all groups complete their runs



2. Program details

Rules and Guidelines

2. Weather Policy

- **Light Rain (Drizzling):** Session continues as planned
- **Severe Weather (typhoon, heavy rain, thunderstorm, etc.):** Session may be canceled
- **Cancellation Notice:** Announced in the Line group chat on the day of the event
- **Priority:** Safety comes first

3. Reminders

- Please be mindful of safety as the running track is shared with the public.
- **Run at your own pace and avoid overexertion**
- **Bring your own essentials** (running gear, water, towel, etc.); no water or supplies will be provided



3. What makes this crew special? -----TBD Extra events

- 🏆 ISA Running Crew Awards:
- **Best Attendance Award**
Awarded to the member who participated most consistently throughout the semester.
- **Most Energetic Runner**
Awarded to the member who brought the most energy, positivity, and encouragement to the group.
- **Rising Star**
Awarded to the member who showed the most progress and growth over the course of the semester.
- The awards will be given in the form of a **paper certificate** or a **simple certificate** with the ISA logo. The ceremony will take place on the last day, after the final run, when all members gather together.
- **HOW TO DECIDE? : collecting sticker?**

4. what ISA members need to do on the session

1. IF some lanes are closed due to the school team's practice, ISA members should guide ppl to use only the non-restricted lanes.
2. Handle weather announcements. (Whoever will go to run on that day should charge of announcing in the group chat)
3. Lead warm-ups. (Whoever will go to run on that day)
4. Take signature with registration form "By joining the run, you acknowledge that you participate at your own risk and agree to follow the crew's safety instructions and campus rules." and "I agree to take photos by isa and I allow the photos are uploaded on any social media run by isa." agree/disagree(bye-bye)

- **Smile**

----→ **Each week, at least one ISA member must be on site.**

PPL can join Tuesday n Thursday both

5. Things that need to be discussed before promoting

Dividing groups :

→Fastest – Middle – slowest – walking : lanes are 7-8/5-6/3-4/1-2 (outer is for walking)

-----Already SET-----

→Extra events (needs to be discussed)

Sessions

		7PM-8PM	
ISA RUNNING CREW		Tuesday	Tuesday
1			10/2
2		10/7	10/9
3		10/14	10/16
4		10/28	10/30
5		11/4	11/6
6		11/11	11/13
7		11/18	11/20
8		11/25	11/27
9		12/2	12/4
10		12/9	12/11
11		12/16	12/18

Depends on Promoting date
I would recommend uploading it this week if possible, or in the first week of October, and extending the session. (Even remove 10/2 still 10 weeks)

JOIN WITH US

ISA Running Crew

HEALTHY STEPS, GLOBAL FRIENDSHIPS

ISA Running Crew

When: Every Wednesday, 19:00–20:00

Where: Kuang-Fu Campus Outdoor
Track Field (NYCU 田徑場)

Capacity:

Frequency: Weekly, except midterm
(10/22) & finals week (12/17)

Distances: 3 km - 5 km

2. Weather Policy

Light Rain (Drizzling)

: Session continues as planned

Severe Weather

: Session may be canceled

Cancellation Notice

: Announced in the Line group chat on the
day of the event

Priority: Safety comes first

join us!

6. For Reference

3. Reminders

Please be mindful of safety as the running track is shared with the public

Run at your own pace and avoid overexertion

Bring your own essentials

(running gear, water, towel, etc.);

no water or supplies will be provided

WEEKLY

wednesday Run Crew

JOIN US THROUGH LINK BELOW

JUST BRING YOURSELF, YOUR WATER AND LET'S RUN

ANY LEVELS WELCOME

6. For Reference



**Thank you for listening
Opinions?**