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2025 年 3 月新版

制定人：张蕊婷 Ruiting.Zhang23

一、 社团简介

酷跑社（太仓）是一个专注于跑步的运动类社团，欢迎所有西交利物浦大学太仓校区的老师同学加入。我们是一个开放包容的社团，是一个有趣的有活力的社团，欢迎跑步大神、跑步小白、以前不跑步的、以后想跑步的、减脂星人、健身人、想长高的人、体测征服者、体测退堂鼓表演艺术家等所有希望通过跑步提高自己的人加入。

酷跑社（太仓）社团建立于 2023 年 10 月，与酷跑社（SIP）社团是两个独立的社团，两社团为友好的合作共赢关系。

二、 周常活动介绍

目前，周常活动规划为每周的周一、周三、周五进行。

开始时间为晚上 19:30，结束时间视情况每次有变。

地点为太仓校区操场或校园内圈。

对社团成员参与次数无要求，但建议每名成员每周至少参与一次，保持规律运动，有助于身体健康。

三、 成员管理

1. 管理层人员（自 2025 年 2 月起）

社长：张蕊婷 Ruiting.Zhang23

副社长：白金川 Jinchuan.Bai20

组织部部长：黄超 Chao.Huang23

2. 入社条件与程序

条件：认同酷跑社（太仓）社团理念与宗旨；承诺入社后团结友爱、共同提升。

程序：加入酷跑社（太仓）微信正式成员群，在 SE 上申请成为社团成员。

3. 新管理层选举程序

向社长申请、管理层其他成员共同审核、面试。

四、财务管理

酷跑社（太仓）无社费。

目前每学年有学校社团预算 3500RMB。预算支出由社长主要负责，副社长与组织部部长辅助共同决定，社团指导老师审核。管理层承诺将每笔预算用到社团所有成员身上，保证公平、公正、公开。

Running Club (XEC) Rules And Regulations

**March 2025 edition
Regulator: Ruiting. Zhang23**

一、 Club profile

Running Club (Taicang) is a sports club focusing on running. All teachers and students of XJTLU Taicang Campus are welcome to join. Our club's open, inclusive, fun, and full of energy. We welcome all who want to improve through running, including experts, beginners, past non - runners, future runners, weight - loss enthusiasts, fitness buffs, height - gain hopefuls, physical test challengers, and those thinking of giving up on tests. Join us!

Running club (taicang) was founded in October 2023, with Running club (SIP) are two independent associations, relations between the two communities for friendly cooperation and win-win.

二、 Weekly Activities Introduction

Currently, weekly activities are scheduled for Monday, Wednesday, and Friday.

The start time is 19:30 in the evening, and the end time varies each time depending on circumstances.

The location is the playground of the Taicang campus or within the campus grounds.

There's no set number of required participations for club members, yet it's advisable for each member to join in at least once a week.

Regular exercise in this way helps stay healthy.

三、 Membership Management

1. Management Team (from February 2025)

President: Ruiting Zhang (Ruiting.Zhang23)

Vice President: Jinchuan Bai (Jinchuan.Bai20)

Minister of Organization: Chao Huang (Chao.Huang23)

2. Membership Requirements and Procedures

Requirements: Agree with the club's philosophy and purpose;

Promise to be united and improve together after joining.

Procedures: Join the official WeChat group of Running Club Taicang and apply on SE to become a club member.

3. New Management Election Process

Apply to the president, then other management members will review together and conduct an interview.

四、 Financial Management

Running Club Taicang has no membership fee.

We have a school - allocated club budget of 3,500 RMB each academic year. The president takes the lead in managing the budget, with the vice - president and minister of organization assisting in decision - making. The faculty advisor reviews the budget usage. The management team pledges to use every budget cent for all

members, ensuring fairness, justice, and transparency.