



Running Club

We run this ship!

Recently revitalized, the Running Club of Christopher Newport University is dedicated to developing the quality of the campus' running community. We welcome runners of every pace and provide both competitive and recreational racing and social opportunities. As new members of the NIRCA (National Intercollegiate Running Club Association), our future efforts will be geared toward not only road racing, but being a part of NIRCA intercollegiate Cross Country and Track meets in the Mid-Atlantic region.

For more information, please email our president, Sarah Fogg, at sarah.fogg.13@cnu.edu, and be sure to like our Facebook page "CNU Club Running" to stay up to date on club events.