The 2013-14 academic year brought a ramped up version of the intramural program that built off the success of previous years. There were 19 total sport offerings with over 800 participants throughout all 4 seasons of competition. With that being said we would like to thank everyone who participated in intramurals this season, you were the reason for the success! With a new year of competition already on the horizon there will be many upcoming changes to intramurals that ensure a healthy successful growth to intramurals. Some highlights of these changes include a wider array of sports being offered, a survey that allows students to choose the sports being played each season, brand new equipment, team of the year, and a the presidents cup which pits underclassmen vs upperclassmen against each other and a year long battle for intramural supremacy.

Faculty and Staff Shout Out

I would like to thank the following faculty/staff members for their participation this year. Jim Bechtel, Terri Clemmo, Trevor Gil- ligan, Carol Lamarche, Patrick Lapierre, Troy Lassail, Teresa Minckler, Bryan Parker, Tim Penrod, Nate Hart, Randy Sieminski, Danielle Swanston, Chris Swee- ney, and Kamal Turner.

Intramural Staff

The intramural student staff this year put in an incredible amount of work while still managing their classes, tests, and athletics. Their efforts cannot be overstated. Thank you Joe Casale, Richard Brogden, Jess Manke, Taylor Picker- ing, Corey Spuck, Nick Escalante, and Austin Root!!
INTRAMURALS

T-Shirt Design Contest

Beginning next semester the intramural department will be holding a T-shirt design contest for each of the 4 seasons of intramurals. A theme will be chosen before for each season to help guide contestants in their designs, and any SUNY Canton student or faculty/staff member can participate! Once a winner is chosen they will win a gift card as well as a t-shirt with their design on it! T-shirts featuring the winning design will be given out to each of that season’s champions! There will be a template located on the intramurals web page as well as the IMleagues home page that contestants can use to create their designs! More information on dates and themes will be released as summer progresses.

New Prize Coming This Fall

Custom SUNY Canton Wayfarer Sunglasses!
This fall will debut the first ever SUNY Canton Intramural 5k Series. The 5k Series will consist of 3 races spread throughout September, October, and November. All Races will be 10$ per racer with each racer receiving a t-shirt for participating. Information on sign-ups will be released before the beginning of next semester!

The Races Include

**September: SUNY Canton Paint Race**
This will run the same as the popular color run’s that take place through the country with bright colored powder being thrown on participants as they complete the course!

**October: Zombie Run**
This race will have participants try and get through the course while dodging zombies chasing along the way! You can choose to race or be a zombie!

**November: Stache Dash**
The November race will be take on the spirit of “Movember” and prostate cancer awareness. Free fake mustaches will be given out before the race to wear and real ones are encouraged! All proceeds from this race will be donated to a prostate Cancer charity!