

The Running Tig ~ Volume 1, Edition 1, September 5th, 2016

Important Information

Important updates and info will be contained here (probably the most important part of the email each week)
Keep up the great work of getting the IMLeague forms and TigerQuest invite-accepts complete. Please take a look and ensure that your forms have been approved by the Club Sports office - several members have had various forms declined, often for simple errors. **It is crucial you get these approved, especially if you are looking to compete as you are not eligible until these are done.** We still need dues from several members as well - \$120 for racing, \$40 for non-racing, cash or check made out to Clemson Running Club. Like the forms, **you will not be eligible to race until you have your dues paid.** Thank you to all those who have gotten your forms and dues in.

Another new addition this year will be the official monthly meeting. These meetings will take place the **second Monday of every month**. Most will be short and sweet so we can get out and run, but will be very important to attend in order to go over organizational matters relating to the club. Now that September is here, the first meeting will be next Monday, September 12th, at 6PM. We'll let you know a location next Sunday once it is determined.

While we're on the note of September, it means that football is finally here, which means Clemson will be packed with over 100,000 of your closest friends on 7 Saturdays this fall. Cut that to 80,000 for the game, and 12,000 for the student section. Better yet, you can get a ticket to the game with all your friends from the running club! Block seating is available to organizations like us on campus. This means that when you get your ticket, you will be able to select to sit with other members of your organization should you wish to do so. If you are interested in this, select a Lower Deck ticket when your specific ticket window opens. Once you do this, there will be an option in the form of a drop menu that will allow you to choose what block you wish to sit with (we are listed as "Running"). Select this, and then check out your ticket. You should have access to the block now. This needs to be done **each game** if you wish to sit with the block for that specific game. Please note this is a new system for ticketing, and problems are likely to occur. Contact us or the ticketing office if you need assistance.

Last thing on the topic of September. It means racing is upon us for the racing team. If you are interested in racing, the first meet is a 5k at UNC Chapel Hill on September 17th. **If you are planning on competing at this meet, please respond to this email by this Thursday at 11:59PM, even if you have already mentioned it to us at practice.** We need to know this far in advanced for vans, registration, etc. Remember that all IM League forms must be completed and dues must be turned in in order to compete. If you are not sure if you have completed either of these, feel free to ask.

This Week at Practice

Updates about practice, time changes, activities, etc.

This week we will continue to keep the same meeting times and run types. As always, meet at Cox Plaza. Monday through Wednesday will be the 6PM meeting time. Wednesday will be Workout Wednesday, with a few workouts TBD. Thursday will have two options for you to choose from - meet at 5PM to go to trails (we'll carpool to the North Forest again), or meet at 6PM to go on a run around campus. While Trail Thursday is still the main focus, having a second meeting time will allow members on a tight schedule the ability to still be able to run at practice with other team members (thanks to our VP Courtney for this suggestion!). Also, come on down to BGR Trivia Night at 8:00PM on Thursday - we have a strong trivia team and would love to have more members attend! Lastly, this Friday will feature another fun edition of Frisbee Friday. Meet at 5:30PM if you want to run a little beforehand; otherwise, meet at 6PM to play frisbee. After frisbee, we will bring a squad to spectate the soccer game against UNC at 7:30PM - this one is guaranteed to be a great match. If you have never been, Clemson soccer games are [super hype](#) and a good way to get in the spirit for the Troy football game the next day! All you need is your student ID to get into the game (no bags are allowed).

A Look Ahead

This section will contain dates of upcoming events relevant to the club.

Sept 8 - RSVP for UNC Meet
Sept 12 - Official Monthly Meeting, 6PM (Location TBD)
Sept 17 - UNC Meet, Chapel Hill, NC
Sept 24 - JMU Meet, Harrisonburg, VA
Oct 1 - UNCA Meet, Asheville, NC

One Sunday in September TBD - Y-Beach Cookout/Volleyball

Weekly Wisdom

Running tips, stories, fun stuff, quotes, etc.

Jk, one more on the topic of September. I've talked too much about September without having [this](#). Keep dancin, y'all.

Happy running, and as always, go tigs!