

The Running Tig ~ Volume 1, Edition 16, January 23

Important Information

Ah, syllabus week is finally over. Classes are starting to get busier. But hey, the weather is (unseasonably) nice, so what better way to enjoy it than to get out on a run! We've had a great turnout in the past week, which we would love to keep up and expand. After all, running is more fun with more people! If you weren't able to make it out in the fall, or know people who would like to run, we are always accepting new members. Feel free to come out to one of our practices to see what we're all about. If you have any questions, we're just an email away!

Our monthly business meeting will be taking place at **5PM tomorrow, Monday January 23**, at Cox Plaza. This will be a very important meeting, as we will be discussing the upcoming club election in February, as well as details on the Palmetto 200 and 70 races. The meeting agenda is attached to this email. Please try to attend if you can.

We are still looking for more volunteers for concessions on February 7 and 14. Please email us if you are available these nights and we will send the appropriate forms for you to complete.

Racing Corner

The Palmetto races are quickly approaching, as they take place March 24th and 25th. If you are interested in racing or have questions about the race, there is still time to sign up. If you aren't interested in racing, but have nothing to do either of those days and are somewhere between Columbia and Charleston, we would love to have you as a volunteer! Shoot us an email if you have any questions or interest.

We still have plenty of time, but the NIRCA Half Marathon and Track National Championships are taking place April 8-9 in Bloomington, IN. Mark it down on your calendars and start thinking about what events you might wish to compete in! More info to come in the future.

This Week at Practice

We still meet Monday-Thursday at 5PM at Cox Plaza behind the student union. For the most part, we have a long run and short run group each day. Perhaps workout Wednesday will make a return? Frisbee Friday will ensue on the intramural field in front of Fike per usual. Who knows, it might be more exciting than the Pro Bowl 2 days later...

A Look Ahead

Jan 23 - Monthly Business Meeting
Feb 7 - Basketball Concession, Men's BBall vs Syracuse
Feb 14 - Basketball Concession, Men's BBall vs Wake Forest

Weekly Wisdom

Unfortunately NIRCA doesn't offer [this](#)...

Happy running, and as always, go tigs!
