

# The Running Tig ~ Volume 1, Edition 9, October 31st

## **Important Information**

Hope everyone enjoys their [spooky](#) Halloween Monday! Come out to running club this week and run off all the candy you consume. Don't forget practice is at 5PM now.

## **Racing Corner**

Short and sweet here, but super important. We need **all people** who are running nationals to sign the NIRCA eligibility form in regards to your academic standing, which will be approved by the registrar. Some of you may have already filled the form out - however, the it ended up being filled out incorrectly, so unfortunately we need to do it again...Because of this mishap, I am turning the form in midday Tuesday to the registrar. The form will be at practice tomorrow to be signed - however, if you cannot make it to practice but need to sign the form, I am more than happy to meet you somewhere convenient on campus anytime! Just reply to this email or send it in the GroupMe.

## **This Week at Practice**

Unfortunately the first week of November isn't looking to be a typical cool fall week...so let's find some shade. Expect some neighborhood runs (maybe people will give us candy tomorrow?). Wednesday's workout will be determined soon. And for those who will still be around on Friday afternoon, there will be another edition of...FRISBEE FRIDAY. Bring your own defense.

## **A Look Ahead**

Nov 12 - NIRCA Nationals

Nov 14 - Monthly Business Meeting

Sometime in November - Tigsgiving Dinner/Fall Banquet

## **Weekly Wisdom**

[Happy candy corn day y'all!](#)

Happy running, and as always, go tigs!