

The Running Tig ~ Volume 1, Edition 22, March 6

Important Information

March sure did roar in like a lion (or should we say more like a Tiger around here....) Just a few quick updates to pass along.

Beginning **next week, Monday March 13th**, practice will begin at **6PM** Monday through Friday, except for Thursday which will remain at 5PM to accommodate Trail Thursday. We will remind everyone again in next week's newsletter.

If you haven't already, please let us know if you can work any of the following baseball concessions - Sunday March 12th, Tuesday March 28th, Tuesday April 11th, and Tuesday April 25th. Just shoot us an email with your interest!

Racing Corner

Palmetto Leg meeting will be taking place **this Thursday at 4:30**. All Palmetto participants need to try to attend. Leg assignments will be handed out, as well as other general info.

There is a track meet at UNC-Asheville on Saturday, April 1st. If you are interested in attending/want more info, please reply to this email.

NIRCA Half Marathon and Track Nationals will be taking place April 8-9 in Bloomington, Indiana. **If you for sure you are planning on attending**, please let us know so we can start booking hotels and vans.

This Week at Practice

You know the drill...come out and say goodbye to the 5:00 practice time until next Fall. After all, every new beginning comes from some other beginning's end.

A Look Ahead

Mar 12 - Baseball Concession

Mar 13 - Monthly Meeting, Practice Time Change

March 24-25 - Palmetto 200 and 70

April 8-9 - NIRCA Half Marathon and Track Championships

Weekly Wisdom

If you start a run somewhere around 1:50am next Sunday, don't be alarmed when you get back a lot later than you planned.

Happy running, and as always, go tigs!