

# The Running Tig ~ Volume 1, Edition 3, September 19th, 2016

## Important Information

For those of you who were not at our monthly meeting, the minutes are attached to this email. They are also uploaded in TigerQuest. Thanks to those who were able to attend.

As stated in the minutes, we will be hosting a social out at Y-Beach this coming **Sunday, September 25th at noon**. All members are invited to attend. There will be volleyball, swimming, food, and great times. We will be giving rides over so if you need a ride, just let us know!

Running club block seating is available for the home football games. Just select a lower deck ticket when you reserve your ticket, and then choose the "running" block. The view from the student block section was phenomenal, we highly recommend it.

If you are interested in joining our Running Club GroupMe, please send us your phone number so we can get you added. You never know what is going to come through that GroupMe... Also, send your T-shirt sizes so we can get that order under way.

Please check your IMLeagues forms to make sure they are fully completed. Some members may have submitted all forms, but some may have been denied by the club sports office for various reasons. If you haven't submitted forms already, please get those in if you continue to wish to practice and/or compete.

## Racing Corner

Great job to all those who raced this weekend at Chapel Hill! There was a lot of good stuff out there - from fast times to great comradery, it was a great way to kick off the racing season! Next meet up will be the JMU Invitational in Harrisonburg, VA this Saturday.

Looking ahead into the future, October 1st sure has a lot going on. On our schedule, we have the UNCA Invitational 5k in Asheville, NC, which starts at noon. NIRCA registration closes this Wednesday for this race. There also happens to be a (really big) home football game that day, where we (#5) take on Louisville (#3). For those of you not here last year for [this](#), there is a really high chance it will be back on October 1st. Therefore, if you are interested in racing UNCA, we need to know by **this Tuesday at practice time**. We will gauge overall interest so we can make a decision whether we will attend the meet or not.

The following weekend is the UVA Invitational in Charlottesville, VA. Note there is no home football game that weekend, so it is another perfect opportunity to be able to race a competitive 8k or 6k and hangout in the long van ride with your favorite friends! Please start to let us know if you're interested so we can book hotel rooms for the race.

## This Week at Practice

It has definitely been a busy time for everyone the past few weeks with tests. Come release that test anxiety by running with us at any one of our practice days. Monday and Tuesday will continue to be adventure runs (maybe we will go explore a new neighborhood this week), Workout Wednesday will feature hills to prepare for [The Wall](#) at JMU, and Thursday will feature trail running in the North Forest. Don't forget Y-Beach day Sunday - you can even run over there if you wish!

## A Look Ahead

Sept 23 - Leave for JMU  
Sept 24 - JMU Meet, Harrisonburg, VA  
Sept 25 - Y-Beach Day  
Oct 1 - UNCA Meet, Asheville, NC  
Oct 8 - UVA Invitational

## Weekly Wisdom

Now that we are beginning to travel to far away lands for meets again, that only means one thing - roadtrip music. And when I think running club roadtrip music, only one thing comes to mind - The [G.O.A.T.](#)

Happy running, and as always, go tigs!