

# The Running Tig ~ Volume 1, Edition 2, September 12th, 2016

## Important Information

The biggest thing happening in the near running club future is our first official monthly business meeting....TOMORROW!! Get excited! As stated last week, we will be going over official organizational matters in regards to the running club, so it is important to attend if you can. The meeting will take place at our normal practice time and place, **6PM at Cox Plaza**. In the future, we will have these business meetings in a classroom on campus. After the meeting, we will run as usual. Attached to this email is this month's agenda. As you can see, there are a lot of cool exciting things to cover!

Speaking of exciting things, hopefully everyone had the chance to read the email Alex sent early this week regarding our new service project. We will be working with elementary students at Pendleton Elementary to implement an afterschool running program. This will allow kids to be introduced to the sport of running in an organized but fun manner. If you are interested, please indicate your availability at 2:30 - ~4:00 on Mondays and/or Thursdays on [this spreadsheet](#). Keep in mind that we need people who will be **committed** to sign up, as this is a large project that the club sports program has graciously given us the opportunity to spearhead. We'll go over more details at the business meeting tomorrow.

## Racing Corner

The JMU meet is quickly approaching, taking place on September 24th. For those who wish to compete, please let us know by responding to this email **no later than this Thursday night**. Keep in mind replies are for the JMU meet in two weekends, not the UNC meet this coming weekend. We will leave on Friday morning-ish and return Saturday evening-ish. If you want to go to a super scenic meet that isn't on a football Saturday, this is definitely the one to sign up for.

## This Week at Practice

Much of the same just like the previous weeks. We will run after Monday's meeting, so it should be cooler when we run. Tuesday and Wednesday will be at the normal 6PM times. Thursday will have a group head down to the South Forest at 5PM, and another group run around campus at 6PM. Friday will be an up-to-you day, as many of our officers will be heading to Chapel Hill. We encourage y'all to squad up and play frisbee though that afternoon!

## A Look Ahead

Sept 12 - Official Monthly Meeting, 6PM (Cox Plaza)  
Sept 16 - Leave for UNC  
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

As we take a moment to remember those who perished on that fateful day 15 years ago on 9/11, I want to share a special type of running event that may not be that well known. The 9-11 Stair Climb is a truly special running event where participants climb 110 flights of stairs, symbolic of the number of floors of the WTC buildings where 343 firefighters lost their lives. These events are located throughout the country, and help raise money for family members of those fallen firefighters. I highly encourage you to participate in one if you ever get the opportunity, as it is a great way to both test your strength and honor those who serve at the same time. Find out more at this [link](#).

Happy running, and as always, go tigs!