

# The Running Tig ~ Volume 1, Edition 23, March 13

## Important Information

Happy spring forward everyone! As we move on from the only fake day of the year (how can they call 23 hours a day, after all?), celebrate the extended afternoon sun by hitting up running club practices! A few important updates to share.

Due to daylight savings time, starting tomorrow, **practices will be at 6PM**, with the exception of Thursdays which will continue to be at 5PM to allow for Trail Thursday.

Our March monthly business will take place tomorrow, Monday March 13th (at the new 6PM practice time).

Looking for a way to give back in your local community? Southern Wesleyan University is hosting the Area 14 Special Olympics on Wednesday, April 5<sup>th</sup> at the SWU Track and Field. If you are interested in volunteering and participating in the day's activities with over 600 Special Olympic athletes, please sign up using the above link by Wednesday, March 29<sup>th</sup>. Join us in supporting the Area 14 Special Olympics and their athletes as they compete! Please contact [lmoyer@swu.edu](mailto:lmoyer@swu.edu) or [864-644-5009](tel:864-644-5009) with questions.

## Racing Corner

Palmetto is just 2 weeks away, get hype! Final details will be sent out to participants this week. Thank you for attending the meeting this past Thursday.

NIRCA Half and Cross Country Nationals will take place on April 8th and 9th. We will depart Clemson the morning of Friday, April 7. **If you plan on competing, please let us know what event by this Friday, March 17th.** We will need you to fill out the NIRCA eligibility form that must be turned into the university registrar to approve. List of events can be found [here](#).

## This Week at Practice

The best thing of 6PM practice? A later lunch! Monday will feature a run by a prominent figure's new house, so be sure to come and check it out. Thursday will return to the North Forest, and Frisbee Friday will take place so long people don't flee town prior to the break of spring.

## A Look Ahead

Mar 13 - Monthly Meeting, Practice Time Change

March 24-25 - Palmetto 200 and 70

April 8-9 - NIRCA Half Marathon and Track Championships

April 11 - Baseball Concessions (feat. Kyle, Desi, and Michael, the best popcorn makers in the south)

## Weekly Wisdom

When's the best time to get mad? March, of course! Fill out your March Madness Bracket on the ESPN Tournament Challenge in the group "Clemson Runs Pretty Fast" (PW: Running) and compete against your fellow tigs!

Happy running, and as always, go tigs!