

# The Running Tig ~ Volume 1, Edition 6, October 10th

## Important Information

Fall is in the air! That means it is a great time to come out and run some miles in the cool evenings with us. A couple of updates for this week. First up, our official monthly business meeting is tomorrow at 6PM. There is a change in location - **we will be meeting in Room 107 of the library**. Go all the way down to the first floor, and the room is located off of the lobby. Please try to arrive there promptly, as we will head to Cox after the meeting and run per usual. Attached is the meeting agenda.

Second up is the upcoming Clemson Super Taco Classic! This is our home race, and one of the ways we help bring money into the club. We need volunteers for this race, so if you are not racing/not going to the NC State game and would like to help out, please let us know! You will be helping to point racers in the right direction, finish detail, etc. It will be a grand old time!

## Racing Corner

Congrats to everyone who ventured up to Charlotte this past Friday and competed at the Royals XC Challenge! Even though it may have rained a little, it was still a good day, with a lot of good stuff out there. There were lots of PRs and near PRs, and both teams did exceptionally well against varsity teams. It will definitely be on the schedule again in the future!

The home meet is nigh! Please respond to this email **by Tuesday if you plan on racing**, as we have to submit the travel form into the club sports office on Wednesday. We will be carpooling up on Saturday, as the meet is at Milliken Park in Spartanburg. Unfortunately the athletic department and ESPN didn't check with me first on scheduling a time for some other event in Clemson on Saturday (our time was set way back in July BTW). Even so, with a 9:00 and 9:45 race start, there's a good chance you would make it back in time to see most of the other event going on at noon on Saturday...

Lastly, the NIRCA regional meet in Kenersville, NC, is coming up on October 22nd. If you plan on going to regionals, please respond to this email by **Thursday October 12th**. Remember, if you want to race nationals, you must have competed in one NIRCA Qualifying Race prior - both the home meet and the region meet meet those criteria if you have not raced already!

## This Week at Practice

Monday will be a shorter run with the meeting taking place beforehand. For those of you who haven't been out to Workout Wednesdays, you've been missing out on the "Danger Zone" workouts - a nice flat gravel path located right next to the [train](#) tracks. Super fast and super fun! Frisbee Friday will return this week as well down on the intramural fields. We will be moving practices to 5:00 every day in a few weeks when the time changes (I guess SC observes the time change), so we will let you know when that change will occur.

## A Look Ahead

Oct 10 - Monthly Meeting  
Oct 15 - Clemson Super Taco Classic  
Oct 22 - NIRCA SE Regional  
One Sunday in October TBD - Asheville stream cleanup  
Nov 12 - NIRCA Nationals

## Weekly Wisdom

This [paper chase](#) sounds like it would be pretty awesome to recreate!

Happy running, and as always, go tigs!