

The Running Tig ~ Volume 1, Edition 4, September 26th, 2016

Important Information

Not many updates to pass along this week. As many of y'all probably know by now, Clemson has College Gameday coming to town for the football game against Louisville next weekend. If you want to get in the gameday spirit, we will be having our classic Running Club Tailgate on Saturday. The location is still to be determined, but we will let everyone know in the GroupMe! Remember, the more we have show up, the greater the tailgate will be.

If you want to be on the running club GroupMe and haven't joined yet, just reply your # to this email and we will get you on there!

Racing Corner

A few updates on racing. First off, congrats to all those who went up to JMU this past weekend! There were a lot of good times against a lot of good competition, on a relatively difficult course. Road tripping did not disappoint, especially our trip to [the last great coliseum](#) (basically America's version of Rome).

A few race changes are on the calendar. As you may already know, we will not be attending the UNCA meet this weekend due to a pretty large scheduling conflict taking place here at Clemson... Also another change is we will not be attending the UVA Invitational on October 8th - instead, **it will be replaced with the [Royal's XC Challenge](#) on Friday, October 7th.** This meet will take place at McAlpine Park, a "flat, firm, fast, and fun" course (really though, it is one of the fastest in the nation). It will be even faster for this race as the famous hill will not be included in either the men's or women's race - making it virtually a track. Keep in mind that this race will take place on a Friday afternoon - however, we would leave Clemson at the same time for this meet as we would for the UVA Invite, around 12:00. As usual, if you plan to compete at this meet, **please reply to this email by this Thursday, September 29th.** It's almost a guaranteed PR!

This Week at Practice

This week should be another great week to run, as it is the first full official week of fall. Hooray for cooler temps ahead! There has been talk of some swimming in the lake, speedy track work on Wednesday, and the return of Frisbee Friday (likely won't be on Bowman as they set up Gameday there).

A Look Ahead

Oct 7 - Royals XC Challenge
Oct 15 - Clemson Invitational
Oct 22 - NIRCA SE Regional
One Sunday in October TBD - Asheville stream cleanup

Weekly Wisdom

R.I.P. to one of the running club's all-time [favorite roadside attractions](#).

Happy running, and as always, go tigs!