

The Running Tig ~ Volume 1, Edition 17, January 30

Important Information

Where did this cold come from all of a sudden? Oh yeah, that's right, it's winter... bundle up and come on out for a run! Just a few quick updates to go over.

The minutes from last Monday's meeting are attached to this email, please review if you missed the meeting. Biggest topics were the upcoming Palmetto 200 (more info below) and elections. The elections will take place February 13th at our next monthly business meeting. Candidates are self nominated. Keep an eye out tomorrow or Tuesday for a separate email with the self nomination form - officer descriptions will be included there as well.

Racing Corner

We are still looking for 3 athletes for the remaining spots on the Palmetto 200/70 teams. Please let us know by this Friday if you are interested in attending. We will try to contact those who expressed interest but have not given us confirmation this week.

We are also looking for volunteers for the race. If you don't want to run in the relay, but want to watch lots of runners at aid stations, consider being a volunteer! There are several stations between Columbia and Charleston you could help out with a half or full shift (4-6 or 7-10 hours). Furthermore, if you have any family or friends who may be interested, that would be great as well! Reply to this email for more information or if you have any questions.

This Week at Practice

Per usual, we will have various groups out running every weekday. Remember to bring warm clothes for after the run, as it is looking like it will remain chilly for the time being. Same goes for Frisbee Friday - who knows, Tom Brady and Matt Ryan may even make a special appearance before their other game...

A Look Ahead

Feb 7 - Basketball Concession, Men's BBall vs Syracuse

Feb 13 - Monthly Meeting and Elections

Feb 14 - Basketball Concession, Men's BBall vs Wake Forest

Weekly Wisdom

ICYMI - the women's world indoor DMR "record" was broken [yesterday](#).

Happy running, and as always, go tigs!