

The Running Tig ~ Volume 1, Edition 10, November 7th

Important Information

Fall break is (FINALLY) upon us, about time! Some of us are back in places that feel like fall, and others not so much... regardless, enjoy the time off while it lasts! However that doesn't mean The Running Tig takes any time off. There's a lot of good stuff in this email, so heed closely!

First off, and most importantly, the Pendleton Elementary School Running Club is about to have their season finale race. Over the semester, some of our members have been volunteering once a week introducing 4th through 6th graders to the wonderful sport of running. The kids will be racing in the **Townville Turkey Trot on Saturday, November 19th**. There will be a mile race, a 1.5 mile race, and a 5k race. We want to have each kid to have a "buddy" to be able to pace with during the race - that buddy is you! This project has already had a huge visible impact on the kids, one that we would like to continue into this race. **However, we are in need of volunteers for this to happen.** Anyone is welcome to come help - even if you haven't been able to help at the school this semester. **If you are interested in helping out, please reply to this email or contact our service leader Alex at aerring@g.clemson.edu.**

While on the note of the service project and the upcoming class registration period - we will be continuing the project into next semester. The project takes place every Thursday from 2:15 to 4:30. Anyone is welcome to come help next semester. If you are interested in helping out, we highly recommend planning your schedule to leave this time slot blank. You can truly become a mentor, role model, and friend to kids through running and having fun, many of whom would not get to have this opportunity outside of school!

On Saturday, November 19th from 5pm to 8pm, we will be hosting our team **Tigsgiving Dinner at Nettles Park Pavilion**. This will be a super fun gathering that will co-serve as a fall banquet. This will be a potluck style dinner where we ask guests to bring their own food - if this is like any other running club potluck, there will be some really good food. Rides will be provided for those who need them.

Lastly, the moment most everyone thought would never come...brace yourselves....drum roll please...the club T-Shirts are in! We will start handing shirts out this week. Remember, dues must have been paid in order to receive a shirt. They look [super](#) if you ask me.

Racing Corner

The last race of the semester is less than a week away...let's go do Clemson proud up in Hershey. A separate email regarding race details will be sent to racers in the coming days.

This Week at Practice

Monday and Tuesday, go do something cool wherever you are (or if you're in Clemson, carry on the 5PM Cox Plaza Tradition). Wednesday and Thursday are more of the same, and while many will be heading to Hershey on Friday, perhaps Frisbee Friday will still take place. As always, check the GroupMe for updates.

A Look Ahead

Nov 12 - NIRCA Nationals
Nov 14 - Monthly Business Meeting
Nov 19 - Townville Turkey Trot Service Project
Nov 19 - Tigsgiving Dinner/Fall Banquet at Nettles Park

Weekly Wisdom

By now, we all know why we are on fall break...election day! We encourage everyone to exercise their right to vote on Tuesday (you can exercise on the way there or back if you want as well). However, what if the Presidential "race" was actually a race? Well, you can make **your voice heard by taking part in [The 2016 Presidential Invite](#)**! This poll has turned the election into a cross country/track meet style race. Please take a moment to look over the instructions and vote in the poll in the link provided. Results will be released in next week's The Running Tig! (Bonus points if you recognize what video the base image is from...)

Happy running, and as always, go tigs!