

The Running Tig ~ Volume 1, Edition 8, October 24th

Important Information

Here at the running club, we like to think we're one step ahead of the competition. Whether or not that's true, there's definitely one thing we're ahead on - Daylight Savings Time. **Beginning tomorrow, October 24th, practice will be moved to 5PM***. This will allow us to have more time to run in the light, as the sun is unrisng earlier than it has ever since the last time the time changed. We will continue business as usual from Cox Plaza.

The pasta dinner and tig-dye event was a great success last Thursday, thanks to all those who could make it. Lots of great food and great tie dye (if there was one thing learned, there's no such thing as bad tie dye). Sometime in November, we will continue the dinner spirit and host our team Thanksgiving feast and fall banquet - we'll post more info in the coming weeks!

Racing Corner

What a day! There was a lot of good stuff out there in a very [breezy](#) (that's an understatement) Kernersville this past weekend at the NIRCA SE Regionals. Our girls team finished 2nd overall (by 1 point.....) and our boys team finished 3rd, but both teams definitely finished 1st in the fun category. Be sure to tell the racers "yee yee" next time you see them, they'll know what you mean!

That means there is only one race left on the fall circuit...the NIRCA Nationals in Hershey, PA, on November 12th. We will be leaving early on Friday the 11th, and returning late Sunday the 13th for this meet. **If you plan on running at Nationals, please respond to this email no later than this Saturday, October 29th - preferably sooner.** NIRCA requires that you must be a full-time student with at least a 2.0 GPA in order to compete at Nationals - therefore, we must submit our roster to the university registrar's office for official approval. Remember, you must also have competed in at least one NIRCA qualifying race this season in order to compete. Feel free to shoot an email if you have any questions.

Lastly, even though it is far away in the future (so far in the future, Daylight Savings Time will be reversed), we need to start making decisions on the Palmetto 200 race taking place March 24-25 (at the end of spring break). If you know **10000%** that you will be doing Palmetto this year, let us know by responding to this email. This is a firm commitment, as the race is the largest expense the club has each year, and backing out at the last minute is not an option. If you do commit, that also means you commit to basketball and baseball concessions that the club volunteers at (more deets on those in the coming weeks), as these are the main source of payment for the race entry. If you have any questions, please don't hesitate to ask.

This Week at Practice

Now that we are running earlier, we can go a little further without having to worry about sunlight. Expect some sort of workout on Wednesday (maybe hills?). As for Thursday, it is with a heavy heart that we say [farewell](#) to Trail Thursday for the rest of this semester, so it is back to campus runs on Thursdays. As they say, every new beginning comes from some other beginning's end. (Hit up the GroupMe if you want to explore the trails on the weekends though). But have no fear! Frisbee Friday is BACK again this week! ***Frisbee Friday will still be at 6PM** - we will play under the lights at the intramural fields, so expect a hype time.

A Look Ahead

Oct 24 - Practice Time Change to 5PM

Nov 12 - NIRCA Nationals

Sometime in November - Tiggsgiving Dinner/Fall Banquet

Weekly Wisdom

"May your trails be crooked, winding, lonesome, dangerous, leading to the most amazing view. May your mountains rise into and above the clouds." ~ Edward Abbey

Happy running, and as always, go tigs!