

Hey y'all!

Here is this week's edition of The Running Tig!

## **The Running Tig ~ Volume 1, Edition 20, February 20**

### **Important Information**

We have some organizational updates and events to pass along, so stay tuned!

- Our club elections were held this past Monday at the February meeting. Your officers for the club through next February are as follows:

President: Michael Holland  
Men's Captain: Matthew Justus  
Women's Captain: Daria Yoder  
Treasurer: Graves Littlejohn  
Secretary: Sydeny Gilstrap  
Fundraising/Social Chairs: Brayden Filder and Nick Gladden

If you have any questions or suggestions, feel free to reach out to any of the officers, and they will be glad to assist. Also, the monthly meeting minutes are attached to this email.

- On March 11th, Walk for Water will be taking place on campus. Walk for Water is an interactive, educational event designed to raise awareness and funds to fight the global water crisis through sustainable, safe water solutions.

Participants will walk one mile in order to represent what women and children in developing countries are doing daily to access water that is not even clean. Given buckets, individuals and teams will walk half of the mile, fill their bucket up with dirty water from the reflection pond, and return to underneath library bridge, finishing the one mile walk. Water Mission, a non-profit focused on engineering solutions to fight the global water crisis, will bring their treatment system for participants to dump their dirty water into, so that it will come out clean. After the walk, there will be additional activities such as a relay race for teams, a sand filter competition, and a number of additional educational resources for your organization to engage with.

Please consider signing up to help out Walk for Water [here](#)! For more information, check out their [Facebook page](#).

### **Racing Corner**

For those of you interested in racing at NIRCA Nationals in Bloomington, Indiana, the date for that will be April 8th and 9th. There is a half marathon option, and then a full selection track meet as well. More info will be sent in the coming weeks.

### **This Week at Practice**

The weather finally looks steady for once, and it seems like this is a low week for tests. Come out for some longer runs Monday and Tuesday, and perhaps a tempo run on Wednesday. And as always, throw your struggles away Friday afternoon in the weekly Frisbee Friday smackdown!

### **A Look Ahead**

Mar 12 - Baseball Concession  
Mar 13 - Monthly Meeting  
March 24-25 - Palmetto 200 and 70

### **Weekly Wisdom**

Did you know Clemson has a competitive mile race that goes right through campus? On March 3rd and 4th, the RC & MoonPie Downhill Run will be taking place in Clemson.

The Downhill Run is a historic Clemson run that involves starting at the President's House and running down SC-93 to Esso. There are two heats; the recreational run where you stop outside of TDs and eat a moon pie and drink an RC cola, and then finish the race, and the competitive that involves just running from the President's House to Esso. The run is a part of a fundraising weekend called Samapalooza. The entire weekend is dedicated to raising money for the Cadden Chapel, a non-denomination, all-faiths chapel that will memorialize students who have passed away before their graduation date.

[Here](#) the link to sign up for the race on March 4th. There are cash prizes for the competitive mile, and food for the recreational mile!

Happy running, and as always, go tìgs!