

The Running Tig ~ Volume 1, Edition 27, April 17th

Important Information

Can you believe it's only 3 weeks until school is over? It still feels like the national championship was yesterday! Nonetheless, the club doesn't shut down until it's over, so here's a few updates to pass along.

On Thursday April 13th, the Running Club was awarded the 2017 Clemson Core Values Award by the Division of Student Affairs. The award was based on our club's values and missions both in creating a healthier campus through our running team and a better community through our work with Pendleton Elementary. This would not be possible without the hard work and shared vision that our members put in day in and day out, so congratulations to everyone! Let's keep rolling into next year and continue to make our community a better place, one stride at a time.

Once again, our Pendleton Elementary Running Program is wrapping up an awesome second semester, and we already can't wait till next year, as we will be adding a second school to work with!! This is great as we will be able to help out more kids and also open up to more volunteer schedule. You will be able to help out at one or both schools. If you wish to help, we recommend leaving Monday/Wednesday and/or Thursday between 2 and 4 open you begin class registration. We are not sure yet on whether the second school will be on Monday or Wednesday, but we can guarantee Thursday will be a practice day. If you have any questions on these days or anything about practice, feel free to email us!

Looking for one last race before the school year ends? On April 23rd, Helen's Hugs will be having its annual 5k run/walk to raise money to support therapeutic horseback riding programs to children with mental disabilities whose families cannot afford these programs on their own. The 5k takes place in Clemson with a party at The Park at Valley Walk. There will be food provided (BGR, Jersey Mikes and Todaros), a bake sale, silent auctions and raffles, music, and other fun activities. Registration is \$25 with a t-shirt or \$15 without a shirt and can be done through this link, <https://eventsignup.org/event-registration/?ee=91>, or the day of the race. For more information, visit <http://www.helenshugs.org/>.

The Running Club Banquet will be taking place on Saturday, April 29th at 6PM. Remember to RSVP to the invitation in the GroupMe before this coming Saturday to secure a seat!

Racing Corner

One week after nationals and I'd say everyone is still sore... that is all for racing this year though. Stay tuned for some exciting race additions to next year's calendar. 2017/2018 is looking to be the biggest racing year yet for the Club!

This Week at Practice

Plan on another average week, perhaps with some dips into Lake Hartwell to avoid the hot spring weather that is upon us. Tuesday's practice will be at 5PM, due to the Club Sport banquet at 7PM. Thursday will also be at 5PM to accommodate Trail Thursday, and everyone's favorite Friday activity will take place on the fields in front of Fike at 6PM.

A Look Ahead

April 25 - Baseball Concessions
April 29 - Running Club Banquet

Weekly Wisdom

Will the magical [2 hour barrier be broken](#) in the marathon? Find out on May 6th! (or 7th)(or 8th)

Happy running, and as always, go tigs!