

# The Running Tig ~ Volume 1, Edition 5, October 3rd, 2016

## Important Information

Hope everyone had a blast this past weekend, what a game it turned out to be! A few updates to go over. First off, our October official monthly meeting will be next **Monday, October 10th**. Cox Plaza was fine for the last meeting, so we will have it there again this month. The agenda will be sent in next week's newsletter.

In less than 2 weeks on the morning of October 15th, we will be having our very own home XC meet...the Clemson Super Taco Classic! This meet takes place in Spartanburg at Milliken Park. We will need some volunteers to help out with course directions, finish detail, etc. If you are a non-racing member or a racing member not racing and are interested in helping out, let us know at practice one day this week and we will give you more specifics.

Curious of the name of the home meet? Thanks to our very own Desi Ferreira, we were able to secure a sponsorship from [Super Taco](#), a restaurant here in Clemson. If you have not been, Super Taco is a great Mexican restaurant with super service. It is located on Highway 93 right behind the Publix. Please support those who support us!

## Racing Corner

This Friday we will head to Charlotte to compete at the Royals XC Challenge at McAlpine Park. The following week is the home meet! Although we are doing the timing and setup in-house for this meet, we still need to know if you are racing. Please let us know by responding to this email by next **Wednesday, October 12th** if you are planning on racing.

Looking ahead, we have two more meets this fall season - NIRCA Regionals on October 22nd, and NIRCA Nationals on November 12th. Remember, if you want to race nationals, you must race one NIRCA qualifying meet prior. Our home meet and Regionals both are qualifying events.

## This Week at Practice

Runs are becoming better now that the weather is cooler! The big change this week will be Workout Wednesday will instead be 200s Tuesday, as the meet this week is on Friday. We'll be doing some 200m strides at race pace, but as always, you're more than welcome to bring your own workout to the table! Frisbee Friday was #lit this past Friday, and while many people will be travelling to Charlotte for the meet, we encourage whoever else is around to keep it going!

## A Look Ahead

Oct 7 - Royals XC Challenge  
Oct 10 - Monthly Meeting  
Oct 15 - Clemson Super Taco Classic  
Oct 22 - NIRCA SE Regional  
One Sunday in October TBD - Asheville stream cleanup

## Weekly Wisdom

Running club competes at Trivia Night every Thursday at 8pm at BGR. We've been doing pretty well so far this year, but have yet to bring home the victory. If you are a trivia wiz or even if you aren't, you should totally come out! Here is a sample question to get you in the trivia mood - What is the only creature that eats wood?[?](#)

Happy running, and as always, go tigs!