

# The Running Tig ~ Volume 1, Edition 7, October 17th

## Important Information

Since you definitely lost a few years of your lifespan due to the wild finish of the football game on Saturday, what better way to gain those years back by coming out to run with the club! A few important updates for everyone. For those who were not able to attend our monthly meeting, the minutes are attached to this email. The biggest topic from the meeting is the proposed changes to the constitution. The proposed changes can be found in the documents section of our club's TigerQuest page [here](#). Please look these over and if you have any questions or concerns, feel free to ask. The changes will be voted on at the November meeting.

Thanks to all those who helped out at the Clemson Super Taco Classic this past Saturday. The meet went very well and we had a record turnout in the 5 years we have hosted the meet - 8 teams and 85 total finishers! The event raised quite a bit for the club, which is always a plus.

We will be having a team dinner **at 6PM this Thursday after practice at Y-Beach**. All are welcome to attend. It will coincide with the regional team t-shirt dye event. This will be a potluck style dinner, so we ask that you bring food to the event - whether it be snack food or entree food, all food is good food! Email us if you have any questions. Some cars will be heading over around 5:45 to give rides.

Lastly, it is almost that (silly) time of year when we have to change clocks in some direction that no one ever remembers to do and everyone gets confused but at the end of the day we all are happy because we gained an hour of sleep but then realize it is darker earlier and the day feels shorter and yeah. [Daylight Savings Time](#). **Starting next week (October 24), we will be moving practice to 5:00PM everyday.** I know this is a week earlier than Daylight Savings Time, but that way we can get adjusted to the switch. We will still meet at Cox and go about practice as usual, just an hour earlier. We'll send another reminder next week as well.

## Racing Corner

Congrats to everyone who raced this weekend! We did Clemson proud, and while we didn't bring home the cookie cake, it was enough to prove that we have bigger things in store for this coming week at regionals. Results of the meet can be found [here](#).

As stated above, our regional team t-shirt dye will take place this Thursday at Y-Beach. We will make some tigstastic shirts that we can wear before the regional meet. Speaking of which, the singlets should be in by regionals, so we will give those out to y'all. Keep an eye out for a separate email regarding regionals soon.

## This Week at Practice

As midterm tests and the regional meet loom over our members, this week is shaping up to be a nice and easy week. We will still meet at 6PM this week, except for Thursday when we will meet at 5PM. There will be no Trail Thursday this week, as we will be having the team dinner at 6PM that day (however, I know a [place](#) where there are some mighty fine trails within running distance of Clemson...there might even be some cool geologic features that can be seen from there). Frisbee Friday this past week was rad, and although several members will be heading to regionals in Kernersville on Friday, we highly encourage everyone to still come out and battle it out on the Frisbee field.

## A Look Ahead

Oct 20 - Regional Pasta Dinner  
Oct 22 - NIRCA SE Regional  
Oct 24 - Practice Time Change to 5PM  
Nov 12 - NIRCA Nationals

## Weekly Wisdom

What is black and orange, has 13 sections that help predict winter weather, and races up a string every third weekend in October? Find out [here](#) (if you dig deep enough, you might be able to find a picture of me in first grade...)

Happy running, and as always, go tigs!