

The Running Tig ~ Volume 1, Edition 29, May 1st

Important Information

We've finally made it...the last sprint of the year. And what a year it has been. We had the largest turnout ever at the Tiger Prowl in the fall. We started a newsletter. We continued to grow the club, increasing the number of non-racers from years prior. We continued to race well, having numerous top 3 team finishes for both teams, including a Palmetto 200 and Palmetto 70 victory. We had impressive individual finishes as well, including a National Champion. We had the largest home meet in the history of the club. We had team dinners and tie dyes. We had something to keep our Fridays filled with fun and competition. And most impressively, we made a difference in our communities, implementing a school running project at Pendleton Elementary where we impacted the lives of several children forever. And that's just a small summary. None of it would be possible without you! Thank you to all our membership for your hard work and participation throughout the year, this Clemson family is truly something special. We cannot wait to see what next year has in store!

Feel free to tell your friends about the running club, whether they are current students or newly enrolled students. We welcome all, and would love to continue to grow the club. Feel free to have them contact us at this email, run@g.clemson.edu, as it will remain active over the summer. Also check out our Facebook page and website over the summer for updates and changes regarding next year!

Thank you to everyone who made it out to the banquet at Super Taco, it was a huge success! Super Taco was a great host, and we definitely recommend checking them out for lunch or dinner sometime if you haven't had a chance to. It's super good!

As we look ahead to next year, we would like to receive some feedback in order to better serve the club next year. We ask that you fill out this survey so we can get an idea of what works best and what doesn't so we can continue to grow as a club! If you filled it out already, thank you! All responses are anonymous and are open to anyone - even if you never showed up to practice. Thank you for your assistance.

2016-2017 Running Club Feedback

As previously stated, our second elementary school running program will begin next fall! We will be working at [Mount Lebanon Elementary School](#) on Monday afternoons, in addition to our continued work at Pendleton Elementary on Thursdays. If you are interested in helping out at either or both schools, just reply to this email or contact Katie (Mount Lebanon Leader) at krundzi@g.clemson.edu or Nicole (Pendleton Leader) at nclamp@g.clemson.edu.

This Week at Practice

Check the GroupMe for when people are running/doing activities each day. Put down times that work for you and come on out!

Weekly Wisdom

If you think 5 days of exams are tough, just be happy you aren't doing [this](#) for 26.2 miles! Maybe 5 exams doesn't sound so bad after all...

Closing Time

With that, the final Running Tig of 2016-2017 has been published. Thank you for your readership over the past 29 editions. For me, it definitely served as a way to transition from one week to the next every Sunday night. I hope it reached you well. We wish you good luck on your exams and an excellent and safe summer, and hope to see you on Sundays in the fall for Volume 2!

Happy running, and as always, go tigs!