

# **The Running Tig ~ Volume 1, Edition 26, April 10th**

## **Running on the Road**

You know how newspapers and sports reporters sometimes report from the road? Well, this week's edition of the Tigs is on the road from Bloomington, Indiana, and we have some BIG news to share....

Congratulations to our very own Sydney Gilstrap, who is the 2017 NIRCA Half Marathon NATIONAL CHAMPION!!! She ran a 1:24:19 on a hilly, cold course to take home the individual title and lead the girls team to a second place team finish. Congrats to Sydney, Rosa Marie, Gracie, and Daria on the hard fought racing!

## **Important Information**

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!

The April monthly business meeting will take place next Monday April 10th at 6PM at Cox Plaza. This will be the last business meeting of the school year and will have some important updates leading into next year.

Baseball concessions will be taking place on Tuesday, April 11th. The last concessions of the year will be on April 25th.

The Running Club Banquet will be taking place on Saturday, April 29th at 6PM. A RSVP will be sent out in the groupme soon.

## **Racing Corner**

Great job at nationals to all those who participated! Lots of good times out there on both the road and the track. This concludes the 2016-2017 racing season, which will definitely go down as one of the best in club history. Let's keep it up and look forward to bigger things next year! We have lots of great events and ideas on the horizon, so stay tuned and keep those running shoes laced up this summer.

## **This Week at Practice**

Come out and run with some of the top runners in the country this week, as LOTS of easy running will commence. Baseball concessions will take place in lieu of practice Tuesday, but come on out for a great time the rest of the week! Finish the week off on the fly with some flying frisbees on Frisbee Friday.

## **A Look Ahead**

April 10 - Monthly Meeting  
April 11 - Baseball Concessions  
April 25 - Baseball Concessions  
April 29 - Running Club Banquet

## **Weekly Wisdom**

[http://www.clubrunning.org/races/race\\_results.php?race=496](http://www.clubrunning.org/races/race_results.php?race=496)

[http://clubrunning.org/championships/unofficial\\_results/S-17/](http://clubrunning.org/championships/unofficial_results/S-17/)

Happy running, and as always, go tigs!