

# mRun Newsletter: Semester's End

Greetings once again, mRun community! Well, the semester has flown by. From camp, to MC5, to lopping at Nature Area Preserve volunteer days, to frequently eating massive amounts of food together (often right before or after a run), to hosting Little Tens, to winning both Regionals and Nationals, to the closing Holiday Party, it's been quite the semester. Here's what you've missed since we last checked in about October's adventures:



## Corn Hole Tournament

Saturday  
Nov. 3

Before watching Michigan destroy Penn State later that day in football, many MRunners competed in a Corn Hole tournament. Congrats to our winning team, Kevin Buckley and Jake Maas. Corn hole is a serious sport: as I recently discovered, there are nationally broadcast, college Corn Hole tournaments.



## Spirit Week

Monday - Friday  
Nov. 5 - 9

To build even more excitement about NIRCA Cross-country Nationals, we put on an mRun spirit week, ending with our departure for Lexington on Friday. To quote one MRunner, "NIRCA glory is a way of life."

Mismatched Monday

Tuesday: Red, White, & Bluesday

Washed up Wednesday

Twinning Thursday

Friday: Leave for Nationals!!



## NIRCA Cross-Country Nationals

Saturday  
Nov. 10

It was day of sweet victory for MRun this year in Lexington, Kentucky. Besides one van missing a turn and driving to the prison near the course, and the freezing cold, it was an amazing day for MRun. Both the Men's and Women's teams won their Championship Races!!

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Our men's NIRCA Cross-country 2019 All-Americans are sophomore Tyler Opdyke (5th place), and Michigan alum, Sam Schoeder (11th place), who now competes for George Washington University, where he is in PT school.

Our men's NIRCA First Team runners (16th-30th place) were Bo Shepard, Lynus Zullo, and Will McElgunn.

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Our female NIRCA All-Americans were Anna Piccione (4th place) and Audrey Ladd (12th place). Our female First Team runners were Ali McLean and Amberlee Kreis.

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Of course, other top-seven members played critical roles in the wins. These runners were Mollee Schultz, Zoe Baxter, Emma Pahl, Jacob Sjogren, and Pat Kenney.

The Junior/Senior/Grad Student women won their race, with Julia Roarty, Gabrielle Stevens, Sierra Bowden, and McKenna Turill all placing in the top 15.

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The Junior/Senior/Grad Student men's team grabbed 3rd place, with Kevin Buckley taking 3rd, and Johnny Yang and Umang Lathia finishing in the top 15.

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As for the younger MRunners, the Freshmen/Sophomore women took third in their race, with Jenna Bishop and Phoebe Sotiroff both finishing in the top 6, and Lindsey Hayter finishing as their 3rd runner with a PR of over 60 seconds.

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The Freshmen/Sophomore men pulled 2nd place, with the help of Conor Streng's PR 4th-place finish, as well as top 15 finishes by Michael Messere, Marcus Jackson with a breakthrough race, Andrew Dingwall, Alex Ross, and Lincoln Johnson.

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I would talk about every person's PR's or big races if I could. We celebrated their successes just as much as the victories. Check out everyone's times and finishes here: [https://clubrunning.org/races/race\\_results.php?race=641](https://clubrunning.org/races/race_results.php?race=641)





# The Eliminator

Wednesday  
Nov. 14

The Eliminator is another annual MRun event. A field of co-ed competitors run 400's, with short breaks between each. After every 400, the slowest runner is \*eliminated\* (females get a time handicap to make it fair), until there is only 1 runner left. Congrats to pace-pusher Adam Sawicki for his victory! A few tough MRunners also did time-trials on the track.



# Giving Blueday

Tuesday  
Nov. 27

I'm proud to say that Giving Blueday was, objectively, a big success. It kicked off with trivia on Monday night, leading up until midnight and the start of Giving Blueday. Dozens of tweets at Danny Devito asking for donations and 24 hours later, we had raised \$5,710 towards NIRCA Track Nationals, with possibly more funds to come from the university. This year was one of the two most successful Giving Blueday's we've ever had. I'd like to again thank those of you who supported us in any way. The money will greatly benefit us come April.



# Friendsgiving

Friday  
Nov. 30

Many MRunners individually prepared Thanksgiving dishes and desserts for the classic MRun Friendsgiving. We all then enjoyed the meal together and stuffed ourselves.





# Community Service Week

Monday - Saturday  
Dec. 3 - 8

For the first time, MRun organized a Community Service Week, thanks to Community Service Chair, Connor Todd. MRunners had the chance to give back to our local community with small acts of charity throughout the week.

## Monday: Shoe Drive

MRunners bombarded Connor with shoes, which were later donated to Soles4Souls. With lots of help from the Ann Arbor Track Club, we donated 188 pairs of shoes!



## Tuesday: Canned Food Drive

We collected canned foods to be donated on Saturday to the Detroit Rescue Mission Ministries (DRMM) Soup Kitchen.

## Wednesday: Diag Clean-up

Our routes led us through the Diag, where we all stopped to pick up trash (and sometimes each other) before continuing our runs.

## Thursday: Blankets for Kids at Mott Children's Hospital

A throwback to last year, a small group made blankets in a racquetball court at the CCRB after their runs. (They managed not to get kicked out by CCRB staff, unlike last year.)



## Friday: Holiday Cards for Veterans

Holiday cards for veterans at the Ann Arbor V.A.

## Saturday: D.R.M.M. Soup Kitchen

A dozen or so MRunners kindly drove to DRMM's Highland Park location in the late morning to help prepare and serve meals at the shelter to the homeless population in the Detroit area.



# Sprinter Formal

Friday  
Dec. 7

Our sprinters (which also include jumpers, throwers, hurdlers, and mid-distance runners) took a break from the track to dress up for their traditional Sprinter Formal. While the distance runners have been racking up wins and PR's in cross-country, the sprinters have been training hard for indoor track. The two groups will unite forces in January when MRun starts competing at indoor track meets.



# The Qdoba Challenge

Wednesday  
Dec. 12

An annual tradition, a group of MRunners jogged two miles to the Qdoba on Washtenaw for the Qdoba Challenge™. Each competitor then purchased a burrito consisting of at least meat, beans, and rice (or double beans and rice for vegetarians). When everyone was ready, the clock began running and competitors wolfed down their burritos (congratulations, I guess, to Amberlee for being the first one out the door in 90 seconds). Competing MRunners raced 4.5mi back to the CCRB, down and up two nasty hills. Congrats to our winners, Mollee Schultz (31:57), and Lynus Zullo (26:08). Nothing says a relaxing break from finals studying than speed-eating a large burrito and racing 4.5mi up and down hills.



# The Holiday Party

Saturday  
Dec. 15

As we do every December, we gathered at an MRun house for holiday cookies and a White Elephant gift exchange. White Elephant gift highlights included a large (empty) box; a book titled "You Don't have to Live with Cystitis"; a book on Menopause, so someone can start planning ahead way in advance; and a box containing a teammate's trash.



## Looking Forward:



When we return from our much-needed break, MRun will begin its Indoor Track season! We will start workouts at the indoor track, and a small group of sprinters will compete in a MITZ meet at Eastern Michigan University's indoor track on January 11. RAM events and fundraising will swing into full gear, too!

Thank you for all of your support this semester!

Happy Holidays and New Year!!

Until next time.