

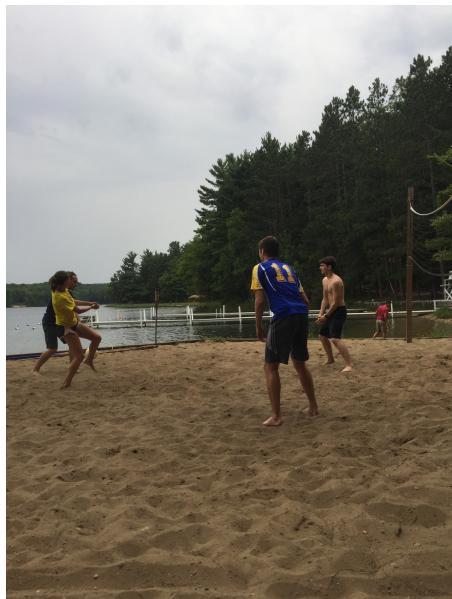
mRun Newsletter: September

Well it's been a packed first month of school. Many of us have slowly come to terms with the fact that "MRun" is, sadly, not in fact a viable major, and have dived back into our studies. We have also been recruiting and welcoming many lovely, new members into our community. This semester, we have the largest number of dues-paying members in our history. Both old and new members got back into the swing of MRun with an array of activities, from social events to races to volunteering. Although of course every day of MRun is exciting, here are the highlights since we last checked in:

Camp

August 23-26

The year started off with a bang as MRunners carpooled up to Camp Hayo Went Ha outside of Traverse City. Despite the kitchen staff's best efforts to run mealtime like boot camp, the weekend was full of fun. In addition to our Thursday workout, Saturday long run, and Friday and Sunday regular runs, we built camaraderie by lying to each other in the card game, "Spies", tipping each other's canoes on the lake, entrusting each other with our lives as we took turns rock-climbing and belaying, and cringingly singing songs around the camp fire. We also spent a lovely afternoon exploring Traverse City.





Ice Cream Social

Wednesday, 9/12

An MRun classic, our social chairs put together an ice cream social after practice so that we could do what we all do so well: eat.



Spartan Invitational

Friday, 9/14

A small handful of MRunners kicked off the season at the Spartan Invitational, a varsity meet hosted at Michigan State University. The results are linked below, though our athletes competed as "Unattached" due to it being a varsity meet and the Michigan varsity team being there.

Results: http://crossroadstiming.com/results/2018/Spartan_XC/index.html



Washtenaw Intermediate School District Turtle Trot 5k

Sunday, 9/16

On Sunday morning, a group of MRunners gave up traditional 10:15 long run to aid three causes MRun has consistently supported in the past few years: our local running community, the Washtenaw County Special Olympics, and nature preservation. We course-marshalled, cheered for the 1-mile children's race in Gallup Park, and then for the adult 5k, running alongside Special Olympics athletes in both races. Getting to meet some endangered turtles was a bonus.

<https://runsignup.com/Race/MI/AnnArbor/5KTurtleTrot>



MC5

Saturday, 9/22

As has been routine the past few years, group of about 50 MRunners passed on Game Day to drive to the Indianapolis suburbs to Mounds State Park for Ball State's MC5. Our runners put on a show, with MRunners earning 9 of the top 10 spots for boys and 7 of the top 10 spots for girls, and boys the men's and women's teams getting the W in the total team scores. As if that wasn't enough, individual MRunners also took home the gold for both races. The only loss was the large quantity of free Dilly bars many of us felt compelled to consume post-race.
Results: https://clubrunning.org/races/race_results.php?race=658



Chipotle Fundraiser

Monday, 9/24

MRunners rallied for a night of Chipotle and guac to raise over \$250 for the club. Whoever is the Marketing and Fundraising Chair is clearly doing a stellar job.

Pasta Party

Friday, 9/28

Continuing our theme of eating, one of our social chairs bravely tested the limits of her house by cooking for and welcoming almost 100 MRunners into her home for a pasta party the night before Little Tens. It was a lovely evening of cramped corridors, pasta, and good company.

Little Tens

Saturday, 9/28

MRUN was thrilled to host its home meet again this year! We also put on a community open 5k for the first time. Over 100 MRunners and other club teams gathered at Willow Metro Park to compete. The weather couldn't have been better, and it was a day of PRs, records, and victories. Of special note, Anna Piccione won the race and set a new MRUN women's 6k record with a time of 21:38.00, while Tyler Opdycke won the race and set the men's MRUN 8k record with a time of 25:09:90. MRunners in both races again made up much of the top ten, and we won both team scores as well. Countless others raced with us for the first time or had huge PRs.

Results: https://clubrunning.org/races/race_results.php?race=691





Nature Area Preservation

Sunday, 9/29

A handful of MRunners spent the afternoon in Ann Arbor's Marshall Nature Area. As part of preservation efforts, we lopped and sawed down Honeysuckle trees, which are an invasive species in the area. Do not try this this at home. You must be at least 18 years of age to lop.



Looking Forward:

We are looking forward to welcoming our lovely alumni back to campus for Alumni Weekend and to long-running with them Sunday morning for our annual cider mill run! As far as racing, Spartan Grand Classic and Regionals are also coming up. We will of course have more social and community service events as well. In the meantime, you can also follow us on Twitter at @mrun, or on Instagram at @michiganrunningclub for more regular updates! Thank you to those of you who have bared with me through this long edition.

Until next time.