



Summer Newsletter 2015



The MRun Recap for September!

Welcome fairs - 9/4-9/10

Ice Cream Social - 9/11

Mass Meeting - 9/21

Running Fit - 9/23

The fall season has begun

- MC5 - 9/26

Meet MRun

Board members dedicated their time early in the fall semester to inform prospective members on the MRun community. We hope that we saw some of you at some of the welcome fairs on campus - either Escapade, Rec Sports Expo, Northfest or Festifall!



After students met us at expos, everyone attended our Mass Meeting on September 21st. New and returning members learned about all of our board members and their contributions to the club, paid dues (the lowest of any other club sport) and bought some swag! Thanks to Alex, everyone could purchase new uniforms to debut at the first race.

New members:

If you have not yet paid dues for this semester, visit our facebook group to look for which office hours you can visit!

Once you have paid dues, remember to sign your participation agreement on Maize Pages.

Ice Cream Social

After a Friday's run, the team walked over to MRun's first fall social event. Everyone enjoyed some delicious ice cream while meeting new members and reuniting with old friends.



Running Fit Night



At the local running store, MRunners picked up some new gear for the season while hearing professional advice on injury prevention. Thanks to Running Fit for hosting and offering the team some sweet deals!

Race Day: MC5



MC5

On September 26th, MRun athletes traveled to Ball State, Indiana to compete at their first meet! After the first couple weeks worth speed workouts, long runs, and recovery days, the team looked strong this early in the season - the girls took home first place and the boys took second.

Congratulations to our athletes of the meet - **Allie Cell** and **Connor Murray!**

Despite falling during the race, Allie still pulled off a third place finish in the 6K with a time of 25:07. Connor came back healthy this year to finish his 8K with a time of 29:21! Thanks to everyone who traveled with us that weekend, and congrats to everyone on a great team finish!



Thanks supporting this club by staying up to date!

Things to look forward to in the next issue:

- More fall races!
- Exciting social events (Halloween is approaching!)
- Fundraising nights
- Volunteering

Go Blue!