



January Newsletter 2016



The MRun Recap for January!

- 1/18: Mass Meeting
- 1/22: Luminary Walk
- 1/24: Social Event - Women's Basketball
- 1/30: SVSU Track meet
- 1/31: Race Across Michigan (RAM) Mass Meeting



MRun Mass Meeting

At our winter mass meeting, runners got to hear about our upcoming events, pay dues, and buy swag. Thanks to everyone who came out to hear about MRun and what this club is all about! We are all looking forward to another successful track season filled with plenty of social events, volunteering opportunities, and the chance to play some intramural sports. If you are still in need of some Mrun swag, email our SWAG chair Alex aichoi@umich.edu.

Important Reminders:

1. Pay Semester Dues of \$30 at practice
2. Mandatory Sexual Misconduct Training
February 9th 6-7:30 pm
or February 17th 6:30-8 pm

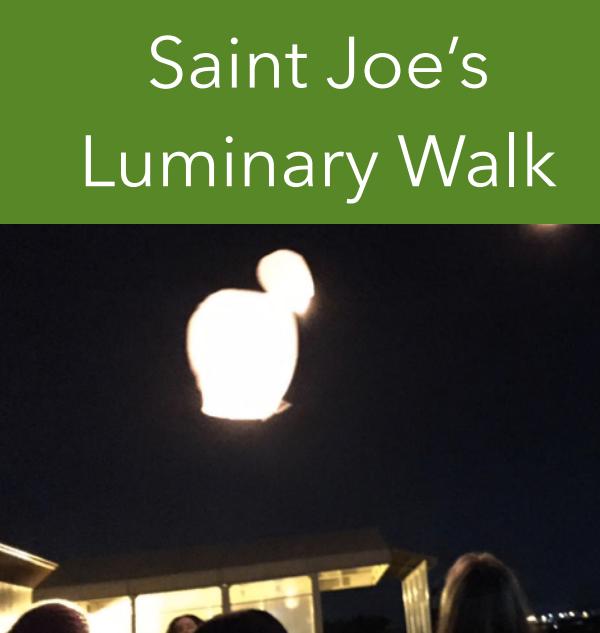


Signup for RAM

Run with friends during a 24-hour relay race across Michigan while supporting the Special Olympics cause! Sign up by emailing ramcoordinators@umich.edu at 10 pm on Wednesday, February 3rd. Send your email right at 10 to secure your spot!

Volunteering

Saint Joe's Luminary Walk



Manny MRunners came out to volunteer at St. Joe's hospital on a Friday. The team split up to serve food, direct people in the parking lot, guide walkers on the night's luminary trail, and help people decorate luminaries to send into the sky. This event helped the hospital cover some of the costs of its farm, which is used to grow vegetables and other foods that are used in their patients' rehabilitation programs. Besides helping a great cause, everyone who came out had a fun and enjoyable experience!

January's Social Event

MRun social chairs brought the team together on a Sunday to enjoy a Michigan women's basketball game. Although the game resulted in a loss to Nebraska, the runners had a great time - their dance moves even earned themselves a spot on the jumbo screen.



SVSU Track Meet

For the first meet of the season, Mrun took on Division 2 competition at Saginaw Valley State University. With events ranging from high jump, Distance Medley Relays, the 5K, to the final 4x4 race, Michigan displayed amazing performances. Our 4x4 team comprised of Brad Spilka, Tyler Kristoff, Chase Austin, and Roman Lee broke the team's previous indoor record with a time of 3:34.7. Lindsey Hendrickson's performance in the long jump also earned her an MRun record by jumping 5.04 meters. Congratulations to all of our amazing athletes!

Athletes of the meet:

Lindsay Hendrickson: 5.04 meters in the long jump

Roman Lee: 53.25 in the 400, 3:34.7 4x400

Shannon Petersen: 5:36 in the mile

Riley Horn: 4:42 in the mile, 9:29 in the 3K



[Click here for race results!](#)

Race Day Pics



Thanks to supporting our club by staying up to date!

Looking ahead in February:

- RAM Fundraising events
- MRun's home meet!
- Social Events

Go Blue!