

M RUN

October Newsletter 2015



The MRun Recap for October!

Corn Maze - 10/3

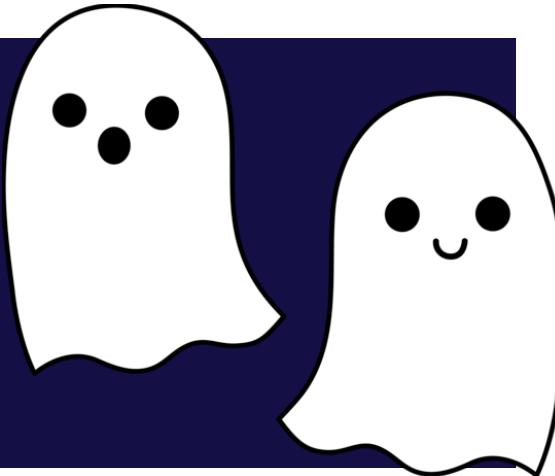
MSU Spartan Grand Classic - 10/10

Cider Mill Run - 10/11

NIRCA Regionals - 10/24

Noodles and Co. Fundraiser - 10/28

Halloween Run - 10/30



Fall Social Events

The fall season is underway - and so are the social events! The team headed to Dexter to conquer their annual corn maize. Afterwards they enjoyed cider while visiting with teammates and the farm's animals.



On October 11th, MRun social chairs organized the club's annual cider mill run. In place of the Sunday long run, some runners had the option to complete a 9 or 13 mile route to the mill. Others enjoyed smaller scenic loops after arriving at the mill since many had raced the previous day. The team rewarded themselves with lots of cider and donuts.



MSU Spartan Grand Classic

The annual Spartan Grand Classic took place on October 10th at Michigan State. This race holds the opportunity for participants to run the popular 5k distance for the only time this season. As usual, both our men and women teams did not disappoint, and finished first place overall! Congratulations to our athletes of the meet: **Casey Aman**, finishing with a time of 16:13, and **Dana Demsky** who ran a 21:50. Thanks for everyone who came out, and keep up the amazing work team!

[Click here for race results](#)



NIRCA Regionals



On October 24th, MRun traveled to Indianapolis to compete in the NIRCA Great Lakes Regional Championships. Despite the tough competition, Michigan women took first place overall in the 6k and the men finished second in the 8k. Congratulations to the female athlete of the meet: **Mollee Huisenga**, who finished first place in the 6k with a finishing time of 23:10. For men, congratulations to **Patrick Miller** for running a time of 26:51 in the 8k. Everyone raced strong this weekend and will also have the opportunity to shatter records once again. Regionals is the final meet before Nationals, where the top 7 men and women from each school will be competing for the championship title.

[Click here for race results](#)



Noodles and Co. Fundraiser

Our club events remain inexpensive in part due to member participation in fundraising events throughout the year! On October 28th, Ann Arbor's local Noodles and Company partnered with MRun by generously donating 25% of sales of those who came to support the club. People from the team as well as the community came to enjoy noodles, visit with friends, and raise money to help the team!



Halloween Run!



To celebrate the spooky holiday, MRunners dressed in their best running-friendly costumes for practice. The team surprised students by running through lectures and throwing candy out to surprised students and professors. Despite a few weird looks, MRun never fails to bring excitement to each holiday. Thanks social chairs!

Thanks supporting this club by staying up to date!

Things to look forward to in the next issue:

- NIRCA Nationals!
- MRun volunteering
- Social event (it involves Chocolate milk)

Go Blue!