

# MRun Mass Meeting Winter 2015!



# Board Introductions

**Harrison Clark**  
President

**John Holmes**  
Distance Training

**Danny Sack**  
Social Events

**Shannon Peterson**  
RAM Coordinator

**Taylor Flynn**  
RAM Coordinator

**Caci Dishman**  
Vice President

**Tyler Kristoff**  
Sprint & Field Training

**Kira Burnett**  
Social Events

**Cassie Hoffman**  
Marketing & Fundraising

**Thomas Finch**  
Webmaster

**Rob Rose**  
Treasurer

**Connor Murray**  
Travel Coordinator

**Sarah Hayes**  
Community Service

**Eli Jenkinson**  
S.W.A.G.

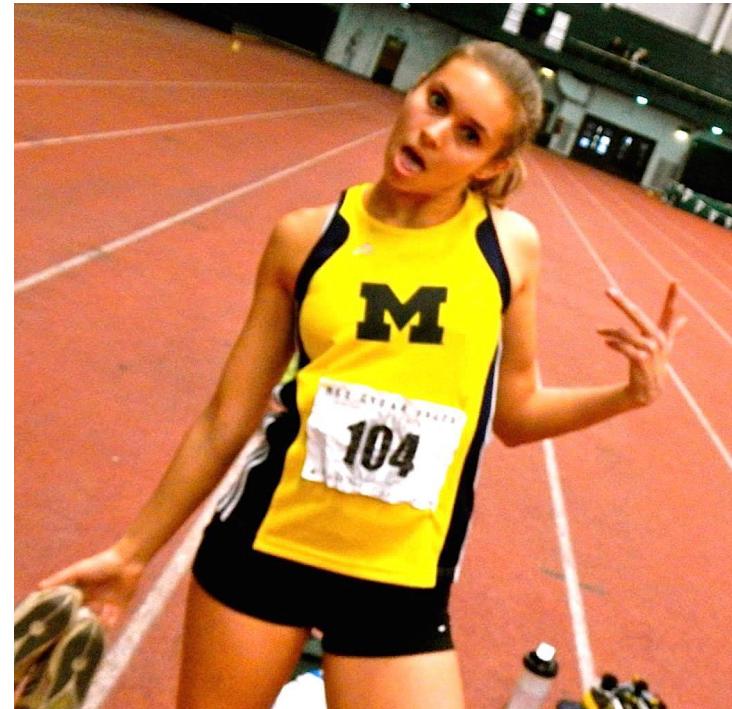
**Emily Southern**  
Liaison to Club Sports

# How does MRun work?

- Daily Practices
- Cross Country
- Community Service
- Social Events
- Track & Field
- Family & Fun!

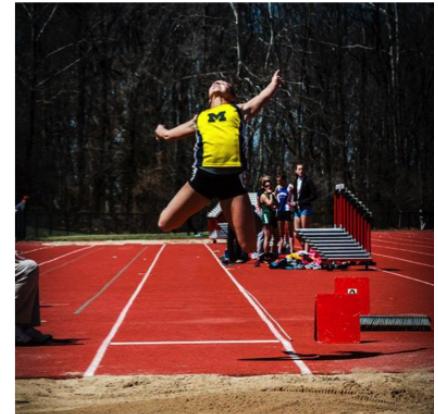
# Practices & Workouts

- Daily runs at 4:15pm @ CCRB Monday-Friday:
  - 3, 5, and 7 mi routes
- Weekend runs at 10:15am @ CCRB Sunday:
  - 3, 6, 9, 12+ mi routes
- Workouts:
  - Tuesdays/Thursdays at 8:30pm @ Indoor Track
- **EVERYTHING IS OPTIONAL**
- We have **ALL** ability levels



# Track & Field

- This Semester:
  - Tuesday and Thursday at 8:30pm @ Indoor Track
  - Monday and Wednesday at 9:00pm @ CCRB Lobby
  - Sprints and Hurdles
  - Field Events
    - Long Jump, High Jump, Shotput, Discus

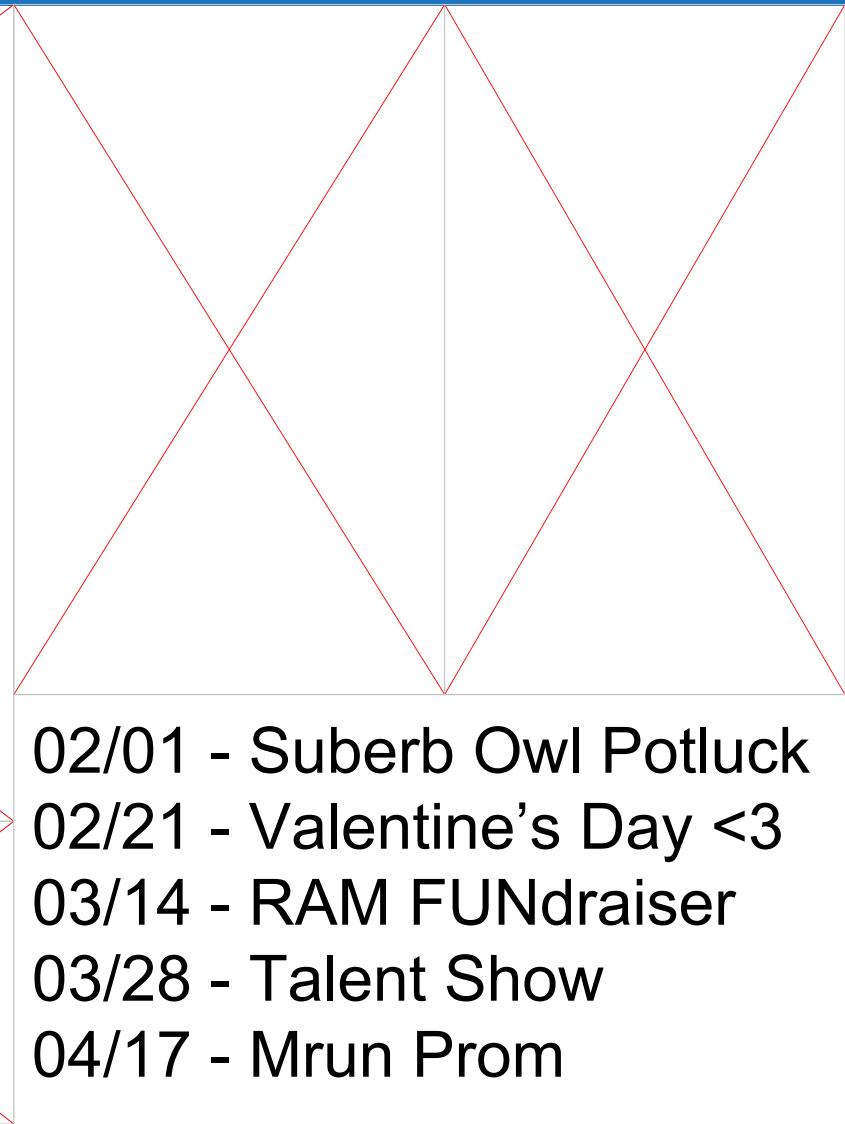
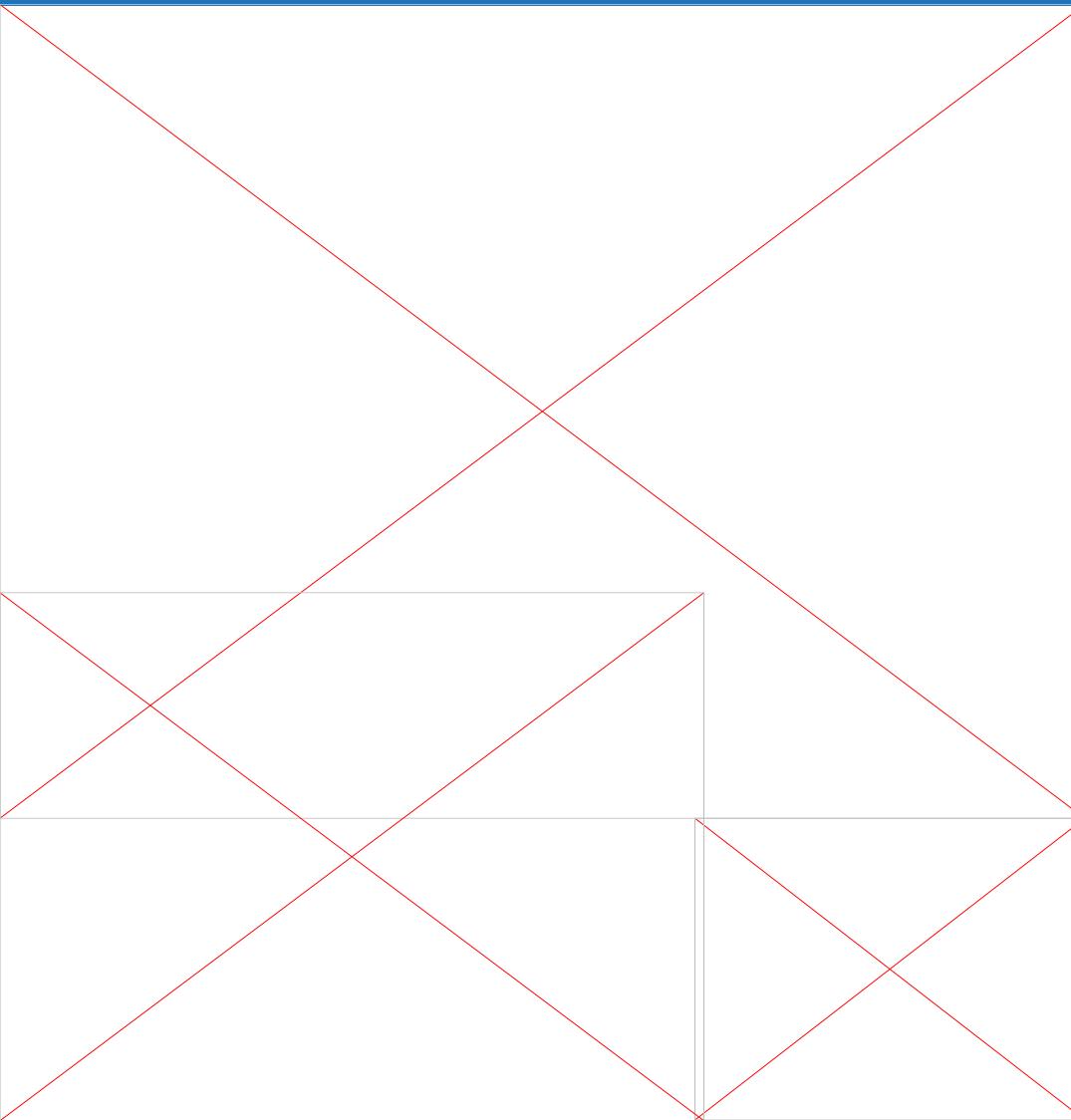


# Track Meets

- **January 31: SVSU (\$10)**
  - Division II varsity meet. Tends to be competitive - great chance for a fast race!
- **February 14 (<3): Happy Valley Invitational (\$45)**
  - Club meet at Penn State University, includes night in a 5 star hotel
  - Fun meet, fancy banked track, great for all ability levels.
- **February 28: Illinois Club Relays (\$35)**
  - Great way to start spring break!
- **March ?: MSU? Miami of OH? (\$dolla dolla bills y'all)**
  - Waiting on little brother ☺
- **April 11: NIRCA NATIONALS! (\$30)**
  - Includes all track and field events, AND a half marathon!
  - Literally the most fun you will ever have
  - Literally
  - many affordable, wow
- **TWO opportunities to race after nationals:**
  - April 17: GVSU, Division II meet
  - April 23-25, GINA Relays, Division II meet, 3 days long



# Social Events



02/01 - Suberb Owl Potluck  
02/21 - Valentine's Day <3  
03/14 - RAM FUNdraiser  
03/28 - Talent Show  
04/17 - Mrun Prom

# IM Sports

- Low key and FUN!
- Great way to hang out with MRunners outside of practice
- Only ~1 hour of time commitment a week
- Indoor Soccer
  - January 18<sup>th</sup> – February 26<sup>th</sup>
  - Tuesdays @ 5:30pm
- Broomball
  - March 15<sup>th</sup> – April 20<sup>th</sup>



# Marketing & Fundraising

JOIN MRUN

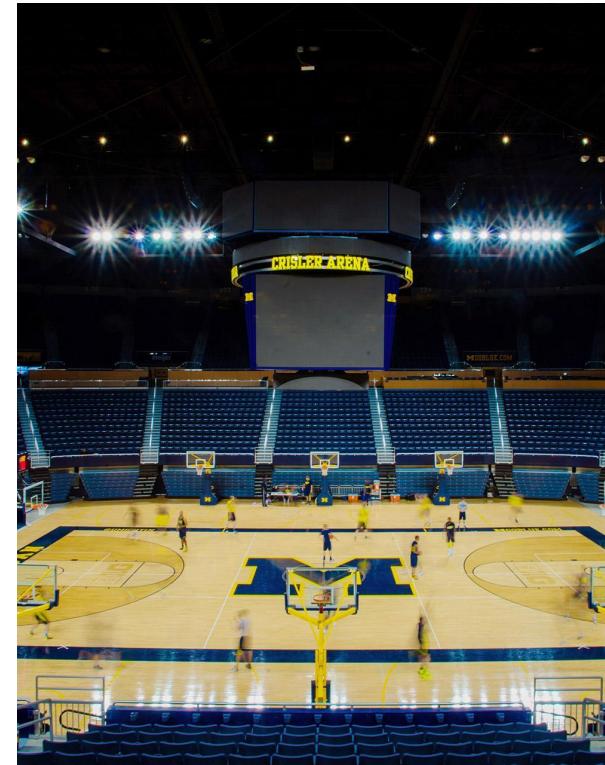
Running Club at U of M

Distance, Sprint, Hurdle, Jump, Throw  
ALL LEVELS WELCOME

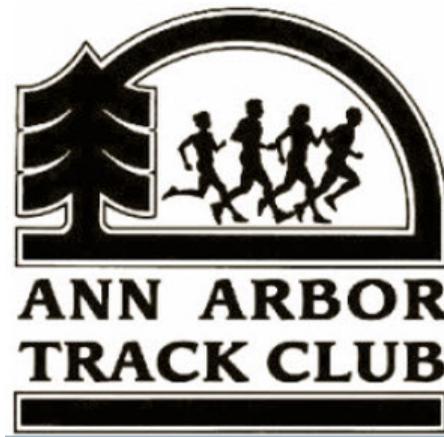


MASS MEETING

Mon. Jan 19 8PM | Union Rogel Ballroom

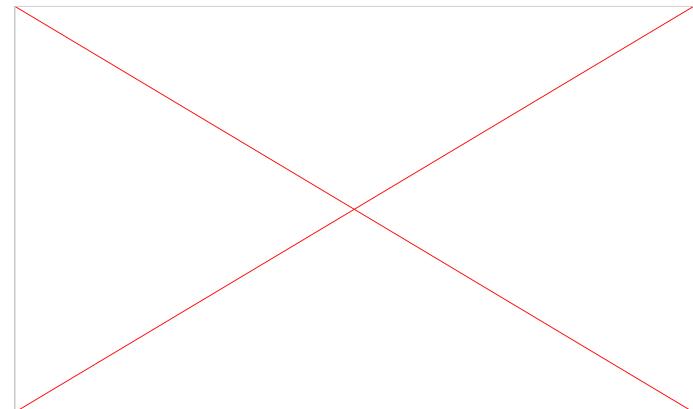


# Community Service



# RAM – Race Across Michigan

- Who? MRun!!
- What? A 24-hour relay race across Michigan (182 miles!)
- Where? Detroit -> -> -> South Haven
- When? 6am March 21<sup>st</sup> – 1pm March 22<sup>nd</sup>
- Why? To fundraise for the Special Olympics of Washtenaw County!!
- How? Come to our mass meeting!
- Have a question about what will be the best 24 hours of your life??
  - Talk to Taylor or Shannon
  - [ramcoordinators@umich.edu](mailto:ramcoordinators@umich.edu)



# Dues

- Dues are only \$30!!
  - Cheapest Club Sport
  - Winter Semester
- Subsidizes:
  - Social Events
  - Apparel
  - Traveling / Racing
  - Fun!
- Free water bottle or wristband!



# Maize Pages

- Pay dues --> MRun roster on Maize Pages
- Participation Agreement: you must upload a photo of your health insurance card
- Health insurance is required for participation in Club Sports
- Must fill out Participation Agreement on Maize Pages by 1-26, or before competing!



# Questions?

[mrun.clubrunning.org](http://mrun.clubrunning.org) (mrun.sex)

- Lots of good information:
  - Practice times/locations
  - Meet schedule & social calendar
  - Routes and records
  - Contact information

# **MRun Apparel and Gear!**

Winter 2015

# How It Works

- Pay right now with cash or check along with your dues.
- Some items are in stock; others will be ordered in the near future.
- As things arrive, I will make announcements on CTools/Facebook and hold office hours, usually before/after practice.
- Contact: **[mrun.swag@umich.edu](mailto:mrun.swag@umich.edu)** with any questions or to buy more gear.

# New Uniforms!

- Men's and women's fit singlets - \$20
- Men's and women's fit shorts - \$20



# New Short / Long Sleeve Tech Shirts

- Unisex short sleeve - \$15
- Unisex long sleeve - \$20



# **Half Tights / Spandex / Sports Bras**

- Men's half tights - \$20
- Women's half tights/spandex - \$20
- Sports Bras - \$20



# Accessories

- Stickers - \$1
- Sunglasses - \$5
- Duffle Bags - \$20



# Limited Stock



# Water Bottles / Wristbands

- **FREE** - Pick either a water bottle or wristband when you pay your dues!



**Questions?**

