

# MRUN



## Mass Meeting Winter 2018

# Hello!

Ross Pendergast  
President

Patrick Kenney  
Distance Training

Riley Horn  
Social Chair

Will Sollish  
S.W.A.G

Jacob Sjogren  
Vice President

Brad Spilka  
Sprint & Field Training

Dario Potter  
Social Chair

Umang Lathia  
Marketing & Fundraising

Kevin Buckley  
Treasurer

McKenna Turrill  
Travel Coordinator

Lydia Bier  
Community Service

Owen Webb  
Webmaster

# How Does MRun Work?

Practices

Competitions

Socials and Volunteering

Friends and Fun!



# Daily Practice and Distance Training

## Practice Times:

- Monday-Friday: 4:15pm Practice at the CCRB
  - 3, 5, and 7+ mile routes
- Indoor Track Workouts
  - Tuesday: 8:30pm (**Distance**)
  - Thursday: 7:00pm (**Distance**)
  - Carpool, bus, or run to the track
- Sunday: 10:15am Long Run at the CCRB
  - 3, 7, 10, and 13+ mile routes

## Workout Groups:

- 800
- 1500/Mile
- 3K, 5K, Steeplechase
- Half-Marathon



# NIRCA TRACK NATIONALS!

- What we're training for!
- 2017 Track Nationals:
  - Women - 6th
  - Men - 6th
- 2017 Cross Country Nationals:
  - Women - 1st
  - Men - 6th
- In Bloomington, Indiana on April 14th-15th
- Track & Field Events AND a Half Marathon



# Sprinters, Jumpers & Throwers

- Yes, We Exist
- What We Do: Sprints (100-400), Jumps (Long, Triple, High) and Throws (Shotput, Discus)
- Winter Training Schedule
  - Monday 7-9pm@Indoor Track
  - Tuesday 7-8:30pm@Indoor Track
  - Thursday 8:30-10pm@Indoor Track



# Racing and Travel



- 9 opportunities to race this track season! (both indoor and outdoor meets)
- Travel:
  - Personal vehicles (most often) or University vans
  - 2 overnight meets!
- Compete against other club teams and D2-D4 college varsity teams
- **EVERYONE IS WELCOME TO RACE!**
  - Some meets are more competitive than others and we will inform you of this
  - Any concerns can be directed to our training chairs, Pat and Brad
- Racing and traveling is one of the best opportunities to meet other MRunners and make great friends!

# 2018 Track and Field Schedule

Jan 27: Jet's Pizza Invitational hosted by SVSU

Feb 3: Hillsdale Wide Track Classic

Feb 10: GVSU Big Meet

Feb 24: Illinois Club Relays

March 31: Alma Charles Gray Invite

April 7th: Hillsdale Invitational

April 14-15: NIRCA Track Nationals in Bloomington, Indiana

April 26-28: Hillsdale GINA Relays





# Jet's Pizza SVSU Invitational

- FIRST MEET!! -- Friday 26th and Saturday 27th (not overnight)
- 1.5 hour drive- we will be taking personal vehicles!
  - FREE if you have your own car and can take others
  - \$10 for non-drivers
- D2 Varsity Meet
- 300m indoor
- YOU CAN SIGN UP TODAY and until Sunday 1/21 in office hours (posted in canvas announcement)
- Link to the results from 2017 are also in the canvas announcement!

# \$\$\$\$

- Make everything as affordable as possible for everybody
- Cheapest Club Sport on Campus
  - \$30 dues
- We subsidize:
  - Meets (race entry, University vehicles, hotels, gas)
  - Social Events
  - SWAG

# Where does my money go??

## Meet pricing example

### XC Nats Fall 2016

- Cost to Club: \$7926
  - Meet Entry: \$1625
  - Hotel: \$2763
  - Vans/Gas/Tolls: \$3167
- Cost per Runner: ~\$122

## What YOU pay: \$60

Your travel is subsidized by dues, donations, sponsorships, etc.

In other words, you only pay for the things you want to participate in.



# Social Event Calendar!

## Trivia Night

Saturday, Jan. 20

**Pre-Race Pasta Dinner** Friday, January 26

**RAM Super Bowl Party** Sunday, February 4

**Waffle Breakfast**

Sunday, February 11

**RAM Pong Tournament** Saturday, March 10

**Chocolate Milk 4x4**

Tuesday, March 20

**Pinball Pete Game Night** Wed, March 28

**MRun Banquet**

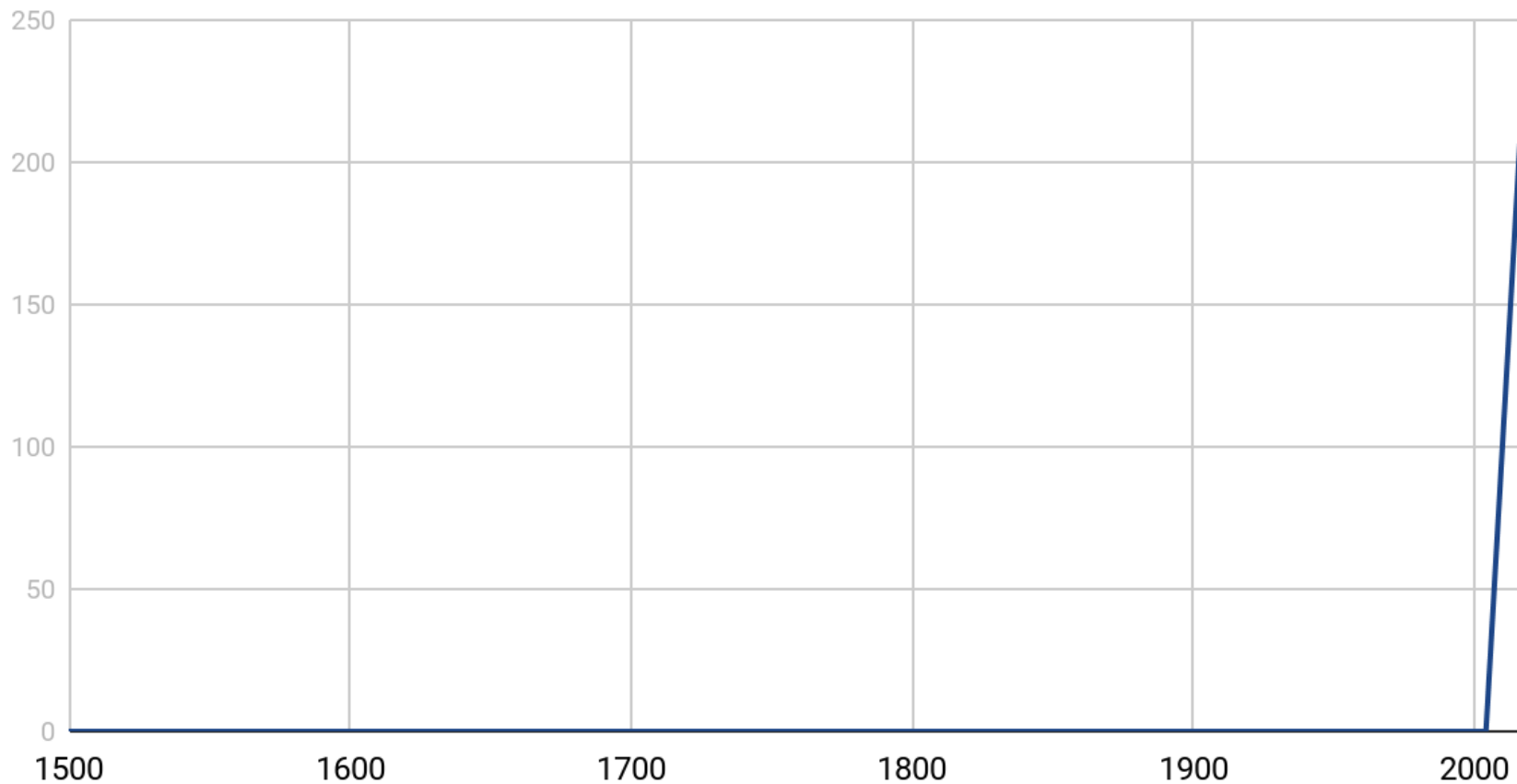
Saturday, April 21



# MRun Squads

*Big Club, Close Friends*

# MRun Membership



# MRun Squads

- Squads are composed of 8 people
- Gives members a smaller, more personal group within the large club
- Set goals, socialize, just have fun with your group
- Participate in mini competitions throughout the semester

Email [mrunpresident@umich.edu](mailto:mrunpresident@umich.edu) by Wednesday if you do not wish to participate

# Community Service

- Blankets for Mott Patients
- Shoe Drive
- Food Gatherers
- NAP days and Arb restoration





# 10th Annual Race Across Michigan



# Race Across Michigan (RAM!)

- What is it?
  - Fundraiser for the Special Olympics! (\$20K raised in 2017)
  - 24-hour relay across the entire state of Michigan!
  - REALLY FUN!!!!
- When is it?
  - Saturday March 17th
  - 4:45 AM to 4:45 AM!!
- How do I get involved?
  - **COME TO THE MASS MEETING:** Sunday January 21  
7:30 - 8:30pm in Hussey Room of the Michigan League

# Marketing & Fundraising

- MRun Promotion and Advertisement
- Track & Field Recruiting (Distance, Sprinters, Field)
- Monthly Newsletter
- Hype Video
- Sponsorship Outreach



# Your Webbmaster!

Owen Webb – CS LSA  
mrun.clubrunning.org



*Routes (Directions and Schedule)*

*Contact officers*

*Monthly Newsletters*

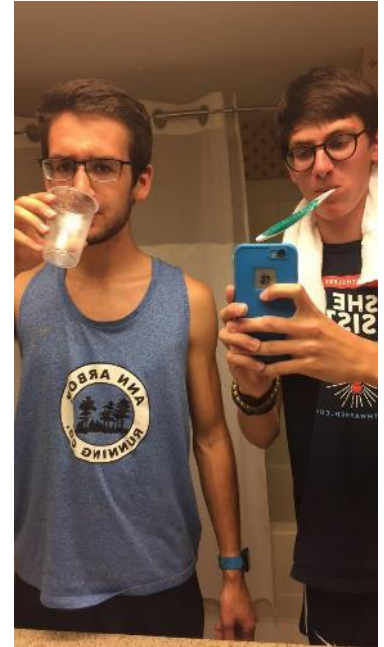
*Alumni*

Twitter: @MRun

Facebook: Michigan Running Club

Instagram: @michiganrunningclub

(Please send pictures!)





whensram.club

RACE ACROSS MICHIGAN STARTS IN

63d 15h 2m 6s



# Sponsorships



**Aviation  
Ground  
Equipment Corp.**



# Maize Pages

1. Pay Dues

2. Added to Roster

3. Complete  
Participation  
Agreement

4. Be on MRun!

- This needs to be done by all new members!
- If you did it in the fall, you're all set.
- If you want to practice (at the indoor track) or compete with us, you need an approved participation agreement.
- Your Participation Agreement requires a picture of your health insurance card.
  - Club Sports requires that all athletes have health insurance. If this is an issue, please email us at [mrumpresident@umich.edu](mailto:mrumpresident@umich.edu).
- Please read my email carefully so that your Participation Agreement doesn't get denied!

# High Impact Training

- **ALL Club Sport athletes** are required to attend one session
- There will be four sessions this Semester
  - January 23, 6:00 pm
  - February 7, 6:00 pm
  - March 22, 6:00 pm
  - April 2, 6:00 pm
- If you don't attend one by April 3rd, you will not be allowed to participate in future club events (i.e. NIRCA Nats and Banquet) and risk future membership next school year

If you have questions or concerns about SMT, contact Ross and Jacob at [mrnunpresident@umich.edu](mailto:mrnunpresident@umich.edu)



# Contact info:

For general questions and information:

- Ross (President) and Jacob (Vice President)
  - [mrunpresident@umich.edu](mailto:mrunpresident@umich.edu)

For distance and sprint training:

- Patrick (Distance Training Chair) and Brad (Sprint Training Chair)
  - [mruntrainingchairs@umich.edu](mailto:mruntrainingchairs@umich.edu)

For \$\$\$ and Travel:

- Kevin (Treasurer)
  - [kevibuck@umich.edu](mailto:kevibuck@umich.edu)
- McKenna (Travel Coordinator)
  - [turrimck@umich.edu](mailto:turrimck@umich.edu)

For SWAG

- Will (SWAG Chair)
  - [mrun.swag@umich.edu](mailto:mrun.swag@umich.edu)

For social:

- Dario and Riley (Social Chairs)
  - [mrunsocialchairs@umich.edu](mailto:mrunsocialchairs@umich.edu)

For community service:

- Lydia (Community Service Chair)
  - [lydbier@umich.edu](mailto:lydbier@umich.edu)

For fundraising and marketing:

- Umang (Fundraising and Marketing Chair)
  - [ulathia@umich.edu](mailto:ulathia@umich.edu)

For website:

- Owen (Webmaster)
  - [owebb@umich.edu](mailto:owebb@umich.edu)

# MRun Apparel

# Master of Merchandise



**Will Sollish**

**Interests:** NIRCA,  
Political Science, Bucket  
Hats

**Hobbies:** The Ugli

**Fun Fact:** Curling has  
existed since 1511.

# Nike/Asics Singlets/ Shorts- \$20

Women's

Men's



# Old MRun Sweatshirts- \$5





# Sunglasses/Water Bottles

Sunglasses: \$5

Water Bottle: \$7



# Bucket Hat- \$10



# Nike Crewneck

Crewneck Price: \$25 (S, M, L)



# Tech-fit Shirts

- Men's and Women's short sleeves - \$20
- Men's and Women's long sleeves - \$20



# Spandex- \$5





# Old MRun shirts (\$5)



# Old MRun shirts (\$5)



# New stuff

## Priceless





# Drawstring

\$5



# Michigan Singlet

\$30- There are only a few left that people did not pick up.





# Little Tens/ Nationals Shirts

\$5



# Winter Hat

\$15



# Pocket Tees- \$5





# Special Orders- Throughout Semester



1 Tri Hat - 1/4" Trim



# Buying SWAG Today

When you go to the SWAG table, make sure to mark what you buy on the form. If you have questions, ask any of the board members working the table.



# Free Stuff

When you check out, pick up a free MRun sticker.

# Checks!

Make checks payable to  
“University of Michigan”  
with  
“Running Club”  
in the Memo Line

# Questions?

# Dues, SVSU, and SWAG!

