



# MRun Fall Mass Meeting 2015

# Hello!

**John Holmes**  
President

**Colleen Conroy**  
Distance Training

**Ross Pendergast**  
Social Chair

**Alex Choi**  
S.W.A.G

**Jenn Smith**  
Marketing & Fundraising

**Cassie Hoffman**  
Vice President

**Tyler Kristoff**  
Sprint & Field Training

**Taylor Flynn**  
Social Chair

**Matt Leduc**  
Club Sports Liaison

**Peter Flanagan**  
Webmaster

**Robert Rose**  
Treasurer

**Connor Foley**  
Travel Coordinator

**Emily Furuichi**  
Community Service

# Overview

- Daily Practice
- Cross Country
- Track and Field
- Community Service
- Friends & Fun!



# Distance Training

Colleen: MRunTrainingChairs@umich.edu

Who: EVERYONE!!

What: Normal practice, workouts (Tues & Thurs), long run (Sunday)

When: Monday-Friday 4:15pm, Tuesday workouts 8:30pm, Sunday long run 10:15am

Where: CCRB or Ferry Field (varsity outdoor track)

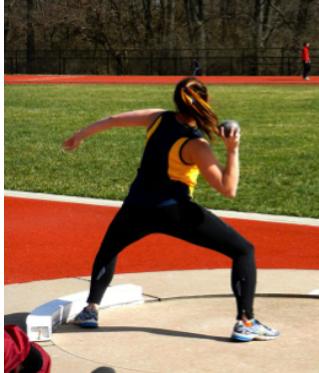
How far: 3, 5, or 7+

Everything at MRun is optional. Nobody is required to run a certain distance, do a workout, or be at practice everyday, but we would love to see you as much as possible!

# Sprint & Field Training

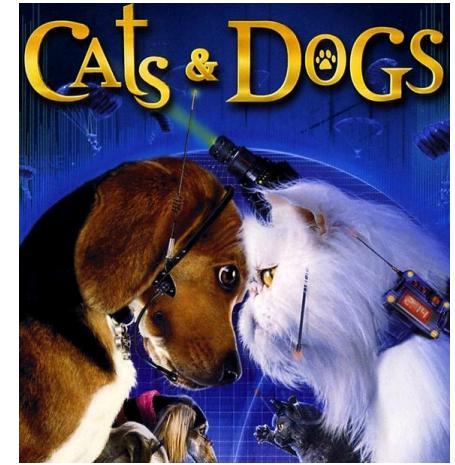
Tyler Kristoff, [tjkristo@umich.edu](mailto:tjkristo@umich.edu)

- Events
  - Sprints and Hurdles
  - Field Events
    - Long Jump, High Jump, Shotput, Discus
- Workout Schedule:
  - Tuesday and Thursday @ 8:30pm Ferry Field Track



# Travel & \$\$\$

- Rob Rose: Treasurer
  - Senior, Math/CS Major
  - Cat Person
- Connor Foley: Travel Coordinator
  - Redshirt Junior, Econ Major
  - Dog Person
- We live together!



# Dues

- \$30 per semester
  - SO CHEAP!
- Our philosophy: Everything is optional
  - Only pay for what you want to participate in
- Dues are used to subsidize...
  - Travel
  - Race Entry
  - Social Events
  - And more!
- Our goal is to make everything as affordable for YOU as possible

# Fall 2015 Cross Country Season

- 9/26 MC5: \$50
  - Last year: 67 runners!
  - Ball State, IN (hosted by Ball State University)
- 10/10 Spartan Grand Classic (5k): \$20 (FREE if you drive!)
  - Last year: 87 runners!!
  - East Lansing, MI (hosted by little brother)
- 10/24 NIRCA Great Lakes Regionals: \$40
  - Last year: 55 runners!!!
  - West Lafayette, IN (hosted by Purdue University)
- 11/14 NIRCA Nationals: ~\$40-45
  - Last year 99 runners!!!!
  - Lexington, KY (hosted by University of Kentucky)

# Away Meets

- How do we get to meets?
  - Drive vans from Ann Arbor to our hotels!
- Am I fast enough to race?
  - Races feature all ability levels from former All-Americans to people who have never run before!
- If I am injured/don't want to race, can I still come?
  - Yes!

# Race Entry

- Your race entry pays for...
  - Travel to and from the meet
  - A night in a hotel
  - Entry into an awesome XC race
  - An overall great experience!

# Social Events



- 10/3 - Corn Maze**
- 10/11 - Cider Mill Run**
- 10/30 - Halloween Run**
- 11/17 - Chocolate Milk 4x4**
- 12/4 - Qdoba Challenge**
- 12/18 - Holiday Party**



# Community Service :)

- Girls on the Run Superhero 5k: 10/25
- myTEAM TRIUMPH 5k
- MTT Benefit Dinner
- Course marshals
- Nationals Shoe Drive

**684** hours of  
community service  
since **May 2015!**



# IM Sports

- MRun has an IM sports team every session
- Great way to meet other MRunners, make friends, and do exercise that isn't running
- Lowkey, not meant to be super competitive
- ~1hr of time per week
- This session: **Sand Volleyball!** Wednesday at 9PM at Elbel Field- First game is **this Wednesday!**



# Marketing & Fundraising

- Check out monthly newsletters to stay updated with the club!
- Fundraising Opportunities: Michigan Running Club Fundraising opportunities - helps keep our club cheap!
  - Restaurant Nights
  - GivingBlue Day
  - Crisler Cleanup

MRun Sponsorships



Aviation Ground  
Equipment Corp. (AGEC)

point 6



red ace™

ORGANIC BEET  
PERFORMANCE SUPPLEMENT

# Webmaster



**PETER JAMES FLANAGAN**

Title: Webmaster

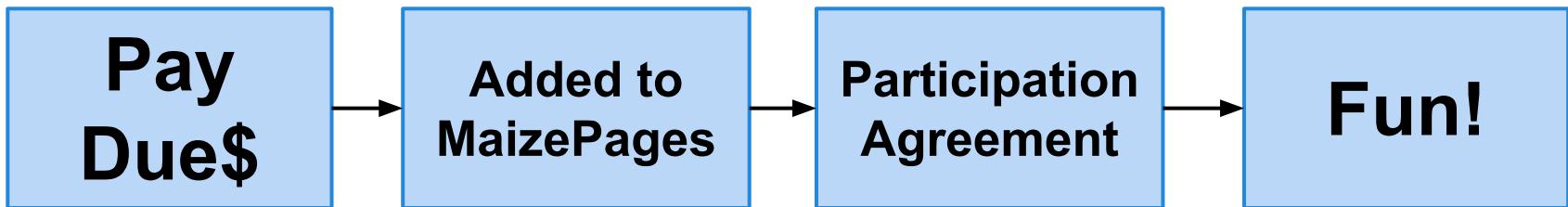
Year: Sophomore

Major: CSE

Hometown: Malvern, PA

Visit: [mrun.ninja](http://mrun.ninja)

# MaizePages



- **Pay dues** to get put on MRun roster on Maize Pages
- **Participation Agreement:** must upload a photo of your health insurance card
- **Health insurance** is required for participation in club sports

# Questions

- [mrunpresident@umich.edu](mailto:mrunpresident@umich.edu)
- mrun.ninja

# Apparel and Gear 2015



# Uniforms

- Men's and Women's fit Asics singlets - \$22
- Men's and Women's fit Nike shorts - \$22



# Long and Short Sleeve Tech Shirts

- Men's and Women's short sleeve - \$15
- Men's and Women's long sleeve - \$20



# Hoodies, Crewnecks, and Pocket Tees

- Hoodie - \$20
- Sweatpants - \$20
- Crewneck - \$20
- Pocket Tee - \$5



# Half tights, Spandex, Sports Bras

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



# Accessories

- Sunglasses - \$5
- Duffle Bag - \$20
- CamelBak Water Bottle - \$7
- Brooks Winter Running Hat - \$12



# Limited Stock



Other T-shirts in limited stock:

- Homecoming Hustle 2013
- RAM 2014
- Alumni Run

# Paid dues? Free Gift!

Pick one of the following:

- Sticker
- Water Bottle
- Wristband



# How to get you SWAG:

- Pay right now with cash or check along with your dues
- New items throughout the year
  - CTools, Facebook announcements
- Questions, comments, suggestions, or want to buy more at a different time?
  - Email me at [mrun.swag@umich.edu](mailto:mrun.swag@umich.edu)

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