



# MRun Newsletter

September

2014



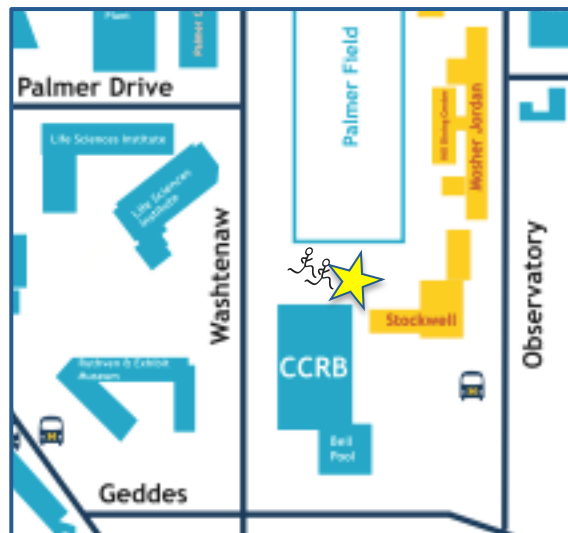
## **This Month In MRun:**

- First day of official MRun practice!
- Ice Cream Social
- Mass Meeting
- Homecoming Hustle
- Ann Arbor Running Company
- Janji
- MC5 Invitational

## First “official” day of practice!

September 2<sup>nd</sup>, 2014

On September 2<sup>nd</sup> classes resumed and the new MRun season “officially” commenced! There really is no better way to round off the first day of classes than with MRun practice at 4:15 pm right outside the CCRB. It was great to see a large number of new and familiar faces all joined to run and have some fun!



## Ice Cream Social

September 12<sup>th</sup>, 2014

On September 12<sup>th</sup> MRun gathered after practice for the first social event of the year! It was a great way to hang out with fellow Mrunners while enjoying a sweet treat! A lovely location on the lawn of the white house conveniently located by the CCRB (special thanks to Kwin, Sabrina, and their housemates for letting us meet there ☺) along with a sufficient supply of ice-cream, toppings, water, and spoons made the event a great success!

## Mass Meeting

September 15<sup>th</sup>, 2014

The MRun Mass Meeting was this past month on September 15<sup>th</sup>. The mass meeting was a great way to learn more about the club and all that MRun participates in. Not only do we meet everyday to run, but we race, we serve the community, we hang out together, and, thanks to our SWAG chair, we do all of this while looking good. Thank you to everyone who attended. The turnout was great! For more MRun information check out [mrun.clubrunning.org](http://mrun.clubrunning.org) or email [mrunpresident@umich.edu](mailto:mrunpresident@umich.edu)





## Homecoming Hustle

September 21<sup>st</sup>, 2014

MRun put on a wonderful charity 5k this past month to benefit myTeamTriumph, an athletic ride along program created for individuals who would not normally be able to experience endurance events (special thanks to Sarah Hayes for her extra efforts setting this up ☺). Music, awards, post-race snacks, and beating the rain, added to the lovely event. Together we were able to raise \$675 for MTT on one Sunday afternoon! Stay tuned for more ways to get involved with community service events with MRun in the future!

## Ann Arbor Running Co.

September 21<sup>st</sup>, 2014

Following Homecoming Hustle some Mrunners went to Ann Arbor Running Company. This new store in town was offering 20% off shoes and apparel for the day making it a great opportunity to pick up new shoes for the season or expand our wardrobes of running gear beyond race tees. Apart from buying our own gear, it is always a pleasure to support our local businesses and, moreover, other local runners.

Go to [annarborrunningcompany.com](http://annarborrunningcompany.com) to see more.



## Janji

This month MRun put in a special order with Janji, a running apparel brand. Through each purchase of Janji apparel a portion of the proceeds funds organizations working to alleviate the worst problems related to water and eliminate the global water crisis.

You can check out Janji at [runjanji.com](http://runjanji.com)



# MC5 Invitational

September 27<sup>th</sup>, 2014

MRun traveled to Anderson, IN this September for our first NIRCA race of the season! We had a great turnout of 65 people. For many this was their first time racing a 6k or 8k. The hilly course looped through the state park trails, but didn't impede the results of our team. Many raced well and set new personal bests. Overall, the ladies finished in 1<sup>st</sup> place



and the men took 2<sup>nd</sup> place. Special recognition goes to our **Athletes of the meet** Jenn Smith and Micah Harris. Jenn ran a strong race and was a leader for scoring on the women's team. Her effort was apparent and positive attitude drove the team forward. On the men's side, after a long time of not racing in a cross country setting, Micah took on the 8k. The trails and hills did not hinder his ability to race well and finish strong. Congratulations and thank you to everyone who came out to MC5. A sunny day, great races, and dilly bars made for a wonderful kickoff to our cross country season!











It's not XC season unless you find something random in the woods.



\*Does that look like your photo? It probably is... THANK YOU to everyone whose photos were used in this newsletter!