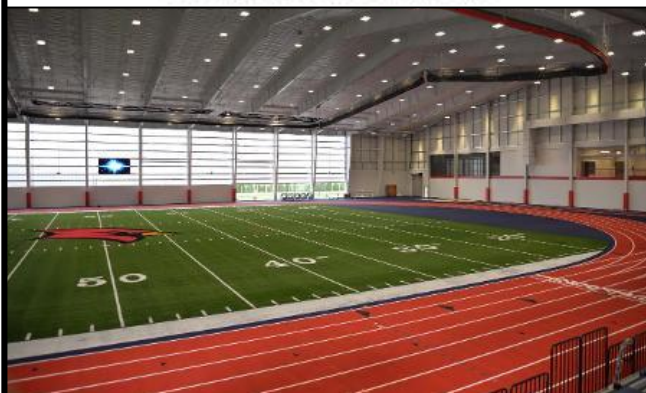


MRun Newsletter

January, 2015



This month in MRun:

First Day of Practice! 1/7

Swim Meet Volunteering 1/10

Track Meet Volunteering 1/17

Mass Meeting 1/19

Training Seminar 1/22

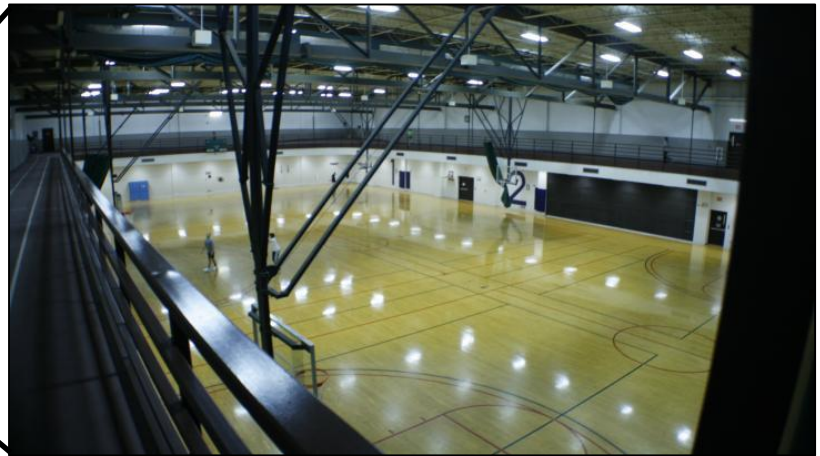
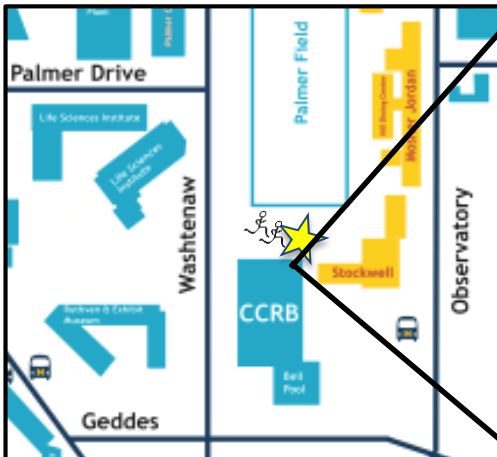
IM Soccer

Race Across Michigan (RAM)

SOS Rehydrate!

SVSU Jet's Pizza Invitational

First Day of Practice



January 7th, 2015

After a long winter break away, MRun reconvened for the first regular 4:15pm practice of the semester at the CCRB!

Volunteering

January 10th, 2015

Shortly after returning to Ann Arbor, MRun got to work running and volunteering. A group of volunteers helped out at the varsity swim meet.



Thank you to everyone who participated!! It is a great way to get involved in MRun and strengthen the tie between MRun and Club Sports.



Volunteers on the infield helping the meet run smoothly!

January 17th, 2015

On January 17th, MRun was at it again! This time we were off the pool deck and at the indoor track. Volunteers helped with a variety of tasks including pole vault, long jump, results, and throwing.

Thank you so much to everyone who helped out!



UNIVERSITY OF MICHIGAN **RUNNING CLUB**

Mass Meeting

January 19th, 2015

MRUN held our mass meeting on January 19th at the Union Rogel Ballroom!! Many attended, paid dues, and collected SWAG! Information provided at the mass meeting including what MRUN is all [about](#) and this semester's [schedule](#) can be found on the [website](#)!



Training Seminar



January 22nd, 2015

On January 22nd John, Tyler, and Garrett hosted the first-ever training seminar! This event covered topics including training theory, physiology of running, injury prevention, and track etiquette and offered a great opportunity to learn more about why we do what we do!

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Left: Coach J with Sarah, Kwin, and credibility-assuring clipboard at Saginaw Valley Jet's Pizza Invitational.

SVSU Jet's Pizza Invitational



January 31, 2015

On January 31st MRun traveled to Saginaw Valley State University for the Jet's Pizza Invitational. This meet was a Division II varsity meet. There was high participation and great results all around! Many ran PRs – an exciting start to the season! Our two athletes of the meet were **Erin Drabicki** and **Gabe Lerner**! Both Erin and Gabe ran excellently in the 800m and 4x400m Relay. Erin finished with an impressive 2:27.92 in the 800m and contributed to the ladies 4x400m overall time of 4:26.98. Gabe finished in the top of his heat in the 800m with a 2:01.89 and represented MRun in the 4x400m that finished in a time of 3:38.35. Great job to everyone who raced!

Results

Clockwise from Top Left: SVSU facilities- home to the action. Garrett Cullen pulling ahead of Alma competitor. MRun gathering on the track, relaxing after racing, and cheering on teammates! Special thanks to snapchat for candid coverage of the meet.



IM Soccer

This month MRun formed an IM soccer team! IM sports are a great way to hang out with fellow MRunners outside of practice and have fun!



Race Across Michigan!!



Race Across Michigan is back!

On March 21st a group of MRunners will be running 184 miles across Michigan in 24 hours! This event is in support of the Special Olympics. We will be volunteering with the Special Olympics group and raising money up until the event!

Any questions? RAMcoordinators@umich.edu

Check out the
[FUNDRAISING PAGE](#)
To donate 😊



SOS Rehydrate



SOSREHYDRATE.COM

MRun is excited to be partnering with SOS Rehydrate!

SOS is a hydration powder that helps combat dehydration quickly by replacing electrolytes. SOS is packed with a mix of sodium, potassium, magnesium, citrate, chloride, sucrose, and dextrose to keep you hydrated.

For more information check out MRun's post on our [blog](#) or check out SOS Rehydrate's [website](#)!



THANKS for checking out the newsletter and making MRun so great!