

# MRun Newsletter

February, 2015



## This Month In MRun:



Super Bowl Party 2/1

Happy Valley Invitational 2/14

Big J's Big Jamboree 2/26

Illinois Club Relays 2/28

Race Across Michigan!





## Super Bowl Party 2/1



February 1<sup>st</sup>, 2015

This month MRun gathered for a Super Bowl party and joined with 114.4 million others in viewing the New England Patriots and Seattle Seahawks battle for the Super Bowl XLIX title. Despite mixed opinions on the outcome of the game, the event was a success thanks to a team pasta dinner with accompanying snacks of cookies and tortilla strips generously funded by Hoka One One! There was a large turnout at the event, so thank you to our hosts and everyone who attended and made the gathering so great!

## Happy Valley Invitational 2/14

February 14<sup>th</sup>, 2015

Over the weekend of February 14<sup>th</sup>, approximately 45 MRunners traveled to Penn State University for the Happy Valley Invitational!



Running Races. Making Friends.



### RACE RECAP

MRun performed well at Happy Valley Invitational and many records were broken including the Women's 4x200 Meter, 4x400 Meter, Shot Put, and 400 Meter Dash, and the Men's 4x400 Meter, 60 Meter Hurdles, and High Jump. Congratulations to everyone who broke records or competed!

**-Follow this link to the RESULTS-**

### ATHLETES OF THE MEET

Our athletes of the meet were **Allie Cell** and **Jack Fitzhenry**. For the ladies, Allie Cell represented MRun in 6 events. In the 400 Meter Dash she placed 3<sup>rd</sup> overall in a close race with a time of 1:03.85 that broke MRun's indoor 400 Meter Dash record. She also placed well in the 800 Meter Run finishing with a 2:28.18 and competed in the Women's 4x400 Meter Relay, Distance Medley Relay, High Jump, and Long Jump. For the men, Jack Fitzhenry had a strong returning race in the 3000 Meter Run finishing in a time of 9:06.71. Congratulations!





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**Above:** MRUN team photo after a successful meet!

**Left:** Stephanie Resis representing MRUN at the starting line!

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Tyler Partridge, Buddy Herkenham, Harrison Clark, and Rob Rose after the 4x400 Meter Relay!

## Big J's Big Jamboree 2/26

February 26<sup>th</sup>, 2015

On February 26<sup>th</sup> MRun held an intra squad meet at the indoor track allowing runners to race again and unlock their swag before spring break. The meet consisted of a 400 Meter, 800 Meter Run, Mile, and 3000 Meter Run. Thank you to everyone who showed up to run or help time!

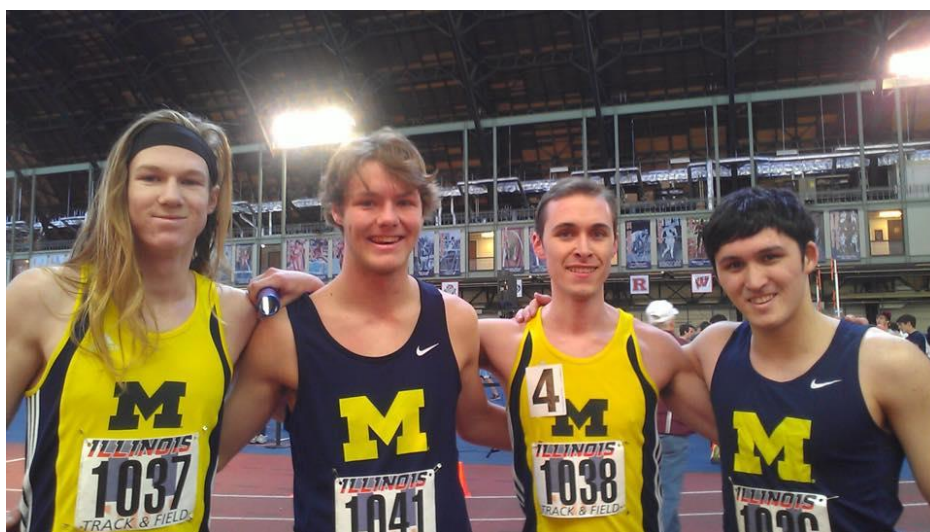
**-RESULTS-**

## Illinois Club Relays 2/28

February 28<sup>th</sup>, 2015

On the 28<sup>th</sup>, before heading off for Spring break, a small but mighty crew went to Illinois for Illinois Club Relays! The group represented MRun well in spirit and competition!

**-RESULTS-**



Sam Junge, Brad Spilka, Tyler Kristoff, and Peter Flanagan represented MRun in the 4x800 Meter Relay at Illinois Club Relays!



**Group Photo from Illinois Club Relays!**

## **Race Across Michigan Events!**

Race Across Michigan (RAM) was in full swing this month fundraising and volunteering with Special Olympics Michigan.

### **RAM Fundraising**

This month fundraising events were set up with Pizza House and Necto Nightclub to support RAM!

In addition to these events, YOU and everyone can help support the cause by donating to the [first giving site](#).

If you would like to learn more about Special Olympics Michigan check out this [link](#) or the [Facebook page](#) for Special Olympics in the Washtenaw County Area whom we work more closely with!



**NECTO**



## RAM Volunteering

### *Basketball & Baton Making*

This month we played basketball with the Special Olympics participants and decorated batons to use during RAM! Many joined the basketball practices and had a great time sharing time with our friends at the special Olympics as is reflected in the smiles to be had by all.



### *Polar Plunge*

MRun also supported the Special Olympics at The 2015 Polar Plunge at the Big House. Although the weather stopped the actual plunge, it couldn't stop the good times to be had by all attendees. Spirits remained high and the fundraising efforts in the Ann Arbor area were recognized. This was a great opportunity for MRun to work with the Special Olympics in more ways than just RAM and the event was a great success despite the frigid weather that started the day! Thanks to all participants and continue to get excited for RAM!







**Baton decorating with  
Special Olympics!**







**Action shots from  
basketball practice!**



**Thank you** to everyone whose pictures were used in this newsletter!  
Get excited for more **MRun Fun** to come with upcoming races and events!  
*RAM - Talent Show - Tennis Court Drying - NIRCA Nationals! - And more!*