

MRun Newsletter

April 2015



This month for Mrun:

NIRCA Nationals - 4/11

Prom and Board Elections - 4/17

Hillsdale GINA Relays - 4/23 and 4/25

Cool Fundraising!



NATIONALS!!

On April 11th, we traveled to Bloomington, Indiana to participate in NIRCA Nationals with competition from across the nation. After months of training leading up to this meet, we witnessed some great performances and a bunch of PRs. Prior to the track events, Indiana hosted the Hoosier Half Marathon where Andy Beck finished with the time of 1:12:11 and Lauren Warren finished in 1:31:38 for the women. Evan Carpenter represented MRun in multiple field events - throwing 10.09m in shot put and jumping 1.98m in high jump. For the girls sprint team, Erin Drabicki had great individual performances that also contributed to a 10:14.91 in the 4x800m Relay and 4:17.02 in the 4x400m Relay. For distance, Stephanie Resis won the 1500m run with a time of 4:48.98, and Jacob Sjogren also had a huge PR in the 5K with a time of 17:24.78. Great job to everyone who ran that day! We finished our race day by watching McFarland, USA at the local movie theater.

Half Marathon Results

Track Results



MRun

Prom



Prom served as our final team banquet to announce paper plate awards, new officers, and to give the final slideshow to thank our seniors. While doing so, everyone got to dress up and enjoy some good food. Thanks to our social chairs Kira and Danny for all the planning that went into this fun event!



Congratulations to our new elected board members!

President: John Holmes
Vice President: Cassie Hoffman
Treasurer: Rob Rose
Travel Coordinator: Connor Foley
Distance Training Chair: Colleen Conroy
Sprint Training Chair: Tyler Kristoff
Charity Chair: Emily Furuichi

Social Chairs: Taylor Flynn and Ross Pendergast
Marketing and Fundraising Chair: Jenn Smith
S.W.A.G. Chair: Alex Choi
Web Master: Peter Flanagan
Club Sports Liaison: Matt LeDuc

Hillsdale GINA Relays

Taking place on April 23rd and 25th, runners traveled to Hillsdale College to participate in their division two meet, GINA Relays. At this point in the season, there were many great performances to finish off this year's track season. Tyler Partridge (right) finished the 5K with a time of 15:24.29. Representing the MRun ladies was Stephanie Resis in the 5K with a time of 18:51.16 and a 1500m time of 4:54.98.

GINA Results



Fundraising Opportunities



Tennis Court Drying

12 runners got together to help support our team and raise money by drying the Michigan tennis courts. We had fun hanging out while we worked to keep our club events cheap with the extra money! Thanks for everyone who helped out that day!



Marine Training

MRun members were tested in more than their speed when the marines offered to support our club while allowing us to experience some intense training!





Thanks to our seniors for being a part of MRun! We wish you the best of luck after graduation, and we will miss you!

