



Summer Newsletter 2015



The Summer Recap for MRun!

MRun gave back through community service:

- Girls on the Run 5K - 5/17
- Dexter - Ann Arbor My Team Triumph 5K - 5/31
- WolverineMan Triathlon - 8/2

MRun Camp - 8/27-8/30

Community Service



In addition to MRun's daily practices this summer, we also take the time to volunteer in the running community!



Girls on the Run is an organization that offers non-competitive 5K's that aim to inspire girls to be healthy and confident. MRunners came out as course marshals for this event while positively cheering on the participants!



Community Service cont.

My Team Triumph is a non-profit organization that gives individuals with disabilities the opportunity to participate in races.



In addition to course marshaling the Dexter-Ann Arbor run, MRun volunteers partnered with Rohina (top) and assisted her in completing a 5K. Despite the rainy day, Rohina loved going fast and her spirits were high thanks to this organization!

WolverineMan Triathlon



MRun supported triathlon runners during a tough race as course marshals

MRun Camp!



MRun concluded the summer with a trip to Traverse City to reunite the team! Runners began each of the four mornings with workouts ranging from fast tempos to long runs on the hilly streets of Northern Michigan. Thanks to our social chairs Ross and Taylor for planning days filled with kayaks, beach activities, movies, zip lines, bond fires, and great friends! Now everyone is ready to come back together and have a great season.



Thanks supporting this club by staying up to date!

Things to look forward to in the next issue:

- MRun information/recruiting booths at welcome week fairs
- Mass meeting!
- Fall Cross Country meets
- Social events

Go Blue!