



November Newsletter 2015



The MRun Recap for November!

11/8 My Team Triumph Race

11/14 NIRCA Nationals

Social Events: Painting the Rock & Chocolate Milk 4x4

Volunteering - Swim Meet & Field Hockey

Coming up: GivingBlue Day

My Team Triumph

My Team Triumph is an organization that allows MRun to partner with captains such as Rohina (pictured to the right). This event enabled her to complete in a 5k alongside these girls from the team, ultimately earning her a finisher's metal. Our team loves to stay connected with the running community outside of NIRCA. These events help us to encourage people like Rohina to get outside and be a part of the running family.



NIRCA NATIONALS

On November 14th, club teams from across the nation met in Lexington, Kentucky to compete for the NIRCA National Championship glory. Teams divided themselves between an A and B race; only seven entries were allowed in A. From the men's B race, MRun's **Justin Ursaki** finished the 8k strong with a time of 29:26.30. For the ladies B race, **Allison Hellman** ran a quick 6K - finishing in 29:35.60. The MRun women in the A race finished as the number three team in the nation. The athlete of this race was **Christine Cieslak**, who finished in 24:38. For the men's A 8K, **Micah Harris** ran 26:23.8. The men's team finished as a top ten in the nation overall as well! Congratulations to everyone on a successful season. Next up, Track!

[Click here for race results](#)



Nationals Annual Shoe Drive:

Leading up to nationals, our team collected old shoes and encouraged other teams to do the same in competition for the largest donation to the Kiwanis Club of Ann Arbor Foundation

Social Events



As part of a Michigan tradition, the team painted "the rock" after practice in celebration of another successful season.



Post-nationals, our social chairs organized an intra-squad meet consisting of a 5K and 1 mile race. The meet ended with a chocolate milk 4x4, where teams of 4 had to split a gallon of chocolate milk in between legs of the 1600m relay.

Athletics Volunteering

Thanks to our member participation in volunteering events, our club continues to be the cheapest club sport for students to join. This month MRunners helped out the athletics department, which contributes to subsidized costs for MRun traveling and social events. This included assisting at one of the varsity swim meets to help track times. More recently, the field hockey NCAA tournament needed to take place after the first snow storm of the year. To help make this possible, MRun and a few other club teams shoveled the bleachers and tended to the field's tarp. Thanks to those who came together to assist our athletic community!



Thanks for supporting this club by staying up to date!

Interested in giving thanks to MRun for being the club with a special place in your heart?

- Participate in GivingBlue Day on December 1st!
- A campus-wide day of giving for your favorite student clubs lasting all day!
- Alumni are strongly encouraged to donate - help us prove why our graduates are the best!
- To give back, just visit giving.umich.edu/give/312096

Go Blue!