



# March Newsletter 2016



## The MRun Recap for March!

2/27: Illinois Club Relays  
3/15: Intrasquad Meet  
3/19-3/20: Race Across Michigan





# Illinois Club Relays

MRunners started their spring break with a trip to Champaign-Urbana to compete at the University of Illinois Club Relays. There were multiple stand-out performances, such as Andy Beck's club-breaking record in the 3K run. Congratulations to another athlete of the meet, Alessio Palladino for setting a new 200 PR in the 4x200m relay while additionally participating in medley relays. MRun also set a new club 4x800 record for the club with a time of 8:17.



[Click here for race results!](#)

## Athletes of the Meet:

Andy Beck: 8:45 in the 3000m

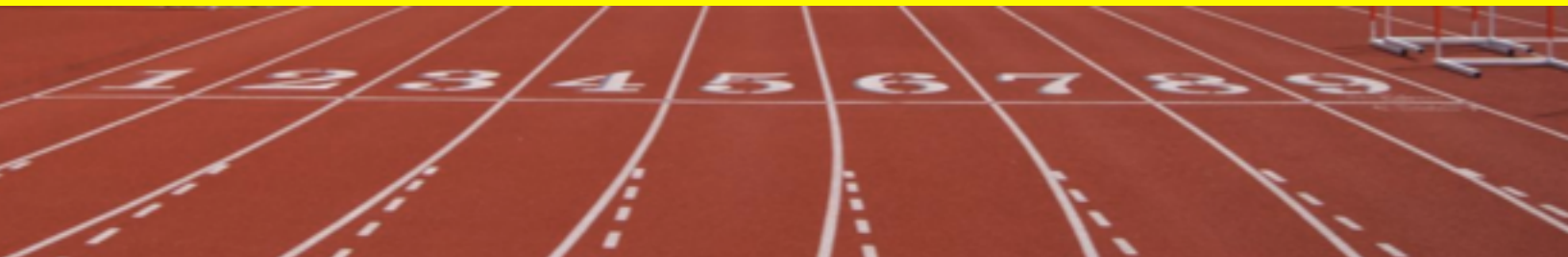
Alessio Palladino: 1:37.3 in the 4x200m



# Intrasquad Meet



To kick off the outdoor season, MRun training chairs organized an intrasquad meet at the varsity track. This provided athletes with an extra opportunity to race with teammates with nationals just around the corner. Additionally, this event was cost-free! That Tuesday night, participants came out to showcase his or her season's hard work on the home turf. Congratulations to the athlete of the meet, Luke Bersche, who set a 12 second personal record in the 5K that night! Thanks to everyone who came out, and good work MRunners.



[Click here for race results!](#)

Athlete of the Meet:  
Luke Bersche: 16:12 in the 5K



# RAM: Race Across Michigan

The Race Across Michigan is one of our club's most exciting events of the year. After months of preparation and fundraising, it was finally here. On the morning of March 19th, MRun traveled to Detroit to begin the team's run across the state at 6 am. During this event, the team met with Special Olympics athletes to complete a 4x100 relay together. This occurred while some athletes were on the morning's long run. 22 hours and 16 minutes later, the team finished their 184-mile journey on the beach in South Haven. Thanks to events leading up to this event coupled with outside support from friends, family, and local businesses, MRun collectively raised near \$17,000 for the Special Olympics. Great job to all those who participated in this event, and thanks to all who showed support!



**184 miles**  
**22 hours, 16 minutes**  
**~\$17,000 raised for**  
**Special Olympics**





# More RAM Pics





Thanks to supporting our club by staying up to date!

Looking ahead in April:

- Alma Meet
- Track Nationals
- My Team Triumph Volunteering
- MRun Prom!
- Board Elections

**Go Blue!**