

APRIL 2017

The End of Another Year



Another Track Season Comes to an End...

April was a hectic month for the Michigan Running Club as we ended our 13th year as an organization. During the month of April, we had four outdoor track meets, an intense Chocolate Milk 4x400 Relay Race, our annual end-of-the-year banquet and elections, and a picnic in the Arb to enjoy the final school days of beautiful weather. We (sadly) said our farewell to several incredible seniors who have developed the club immensely and celebrated as the summer began and MRUNners departed to travel and work everywhere.



Celebrating the Class of 2017

Congratulations on your incredible accomplishments! Best of luck next year and beyond!

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| Luke Bersche | Buddy Herkenham | Gabrielle Lantis |
| Colleen Conroy | Cassandra Hoffman | Matthew LeDuc |
| Thomas Finch | John Holmes | Roman Lee |
| Jack Fitzhenry | Jordan Krauss | Abigail Manning |
| Connor Foley | Travis Latchaw II | Haley Yaremych |

"I want to say thank you to everyone who was part of this experience. College would have been really tough without you. Whatever was going on in my life, I always knew I had practice to look forward to everyday for a couple hours and I always felt better after being with you friends. I encourage you fam that on the days you don't run well, to take 20 minutes to feel whatever you need to feel and then move on the best you can, because this whole experience is too special to ruin any car ride or day because of a tough showing." - Luke Bersche

"Get to know everyone you can. Even if you don't think you've got that much in common, you never know. There's some incredible people at Michigan and I've never regretted meeting a single one." - John Holmes

Outdoor Track Season

MRun Records, All-Americans, and More!

Charles A. Gray Invite

On April Fools Day, MRun ran at the Charles A. Gray Invitational at Alma College. On a beautiful day of races, MRunners had a great time competing and tuning up in preparation of Nationals the following weekend. This one-day meet resulted in some great times from runners across the club. Specifically, the Distance Athletes of the Meet were **Riley Horn** for a phenomenal personal record in the Men's 5000 Meter Run with a time of 16:03 and **Mollee Schultz** for winning the Women's 5000 Meter Run. Sprinter Athletes of the Meet were **Charlie Badger** for a fantastic performance in the Men's 400 Meter Run, getting 9th place with a time of 52.85 seconds and **Jeremiah Dunne** for making finals in Discus for the first time in MRun history with a throw of 107 feet. Overall, the Men placed 5th at this Division III Meet and Women placed 6th with only 3 girls overall. Great job to all!

NIRCA Track Nationals

In many ways, Nationals weekend was a huge meet for MRun as we traveled south to compete at Bloomington, Indiana. This two-day meet spanning April 8th and 9th, provided several opportunities for MRunners to excel individually and as a team.



In the Half-Marathon, MRun finished 11th out of 21 teams (scoring by top three runners), with **Sierra Bowden** earning the Half-Marathon Athlete of the Meet by coming in 1st for MRun with a time of 1:34:30. Overall, we had 8 girls compete in the Half-Marathon, quite a feat! In the Men's 5000 Meter Run, Luke Peterson and Ross Pendergast competed well taking 5th and 6th place respectively. **Matthew LeDuc** received the Distance Athlete of the Meet by setting a personal record with a time of 15:55 in the Men's 5000 Meter Run. In the Steeplechase, MRun competed extremely well with Sam Schroder (2nd), Connor Foley (8th), Colleen Conroy (5th) and Julia Roarty (7th) all receiving All-American Honors. On the Women's side, Anna Piccione got 7th which put her on the MRun Record List at 4th for 5000 Meter Run and Allie Cell received 5th in the 800 Meter Run.

Julia Roarty got the Distance Athlete of the Meet Award by competing in the Half Marathon, competing in the 4x800 Meter Relay and then finishing the meet by receiving 7th in the Steeplechase.

Many records were broken and All-Americans were made by the Sprinters. The Men's and Women's 4x100 Meter, and Men's and Women's 4x400 Meter Relays all broke the #1 MRun Records in a fantastic set of races.. Individually, **Devin Beach** earned the Sprinter Athlete of the Meet for getting the #1 MRun Record with 11.46 seconds in the Men's 100 Meter Run and 7th Place. **Haley Yaremych** also earned the Sprinter Athlete of the Meet Award for being on both the Women's Relays that set the records, getting 4th in the Long Jump, and 7th in the 400 Meter Run to become a four-time All-American. For the throwers, **Gabe Kardia** came back from an injury to compete in Shot Put and broke 100 feet in Discus for his first meet in two years to earn the Field Events Sprinter Athlete of the Meet, along with **Sarah Chmielewski** for receiving All American in High Jump and 4x100 Meter Relay.



Great Lakes Invitational at Michigan State University

28 athletes traveled to Michigan State University for the inaugural Great Lakes Invitational. Sprinter Athlete of the Meet **Matt Toomel** got a huge personal record in the 100 Meter Run, beating his previous best by 0.5 seconds, and for contributing to the 4x100 Meter Relays 1st Place. Calan Ferguson helped the 4x200 Meter Relay to a 2nd Place and set a personal record in Discus. **Gabrielle Lantis** set the #2 MRun All Time Record in the 400 Meter Run. Distance Athletes of the Meet were **Teddy Eusebio** and **Rhianna Vergeer** for spectacular performances in the 5000 Meter.

50th Annual Gina Relays

During the highly competitive Gina Relays, MRunners continued their streak of breaking personal and MRun Records. Under the lights on Thursday night Mollee Schultz got the #2 All Time MRun Record for the Women's 5000 Meter Run with 18:09 and Ross Pendergast got the #1 All Time MRun Record in the Men's with 14:59. Matthew LeDuc (15:42), Luke Bersche (15:56), Jacob Tanner (16:37) and Johnny Yang (16:58) all ran and broke personal records as well. On Friday, Sam Schroder beat the #1 MRun Record with 9:39 in the Steeplechase. Alex Enderson got the #3 All Time MRun Record in the 100 Meter, David Trimas received the #5 Record in the 1500 Meter Run, and Brad Spilka broke both the #2 Record in the 400 Meter and #3 Record in the 200. Kevin Greenman jumped 5'10" in High Jump, earning him the #2 spot.

COACH BRAD'S CORNER

Hey everyone, Unlike cross country, the sprinter fitness base training begins in mid/late August, since our real competitions do not begin until December and January. After a long and successful Track season it is important to step away from high intensity speed training for a few weeks before gradually building up again with some preliminary jogs and light strides before moving into harder workouts late in the summer!



COACH PAT'S CORNER



1. Remember that we have a really long summer. There's a full four months to ease into training by building mileage and intensity conservatively. It's important to remember that so you can come into the cross country season healthy. You can definitely shoot for some high goals in the summer - just remember to take your time to reach them.
2. If you're doing a workout on a really hot day, remember to reference a heat index chart to preventing working too hard given the conditions. This chart can also be found on the Summer Training spreadsheet.
3. Remember to be conservative in your workouts this summer. Reference a pace chart before a workout and stick to it. There's sometimes workouts where you'll be giving an extreme effort to finish, but that shouldn't be happening in the summer. The tempos, fartleks, and other workouts this summer might sometimes be challenging in length, but should be very manageable. Going harder than you need to now will only hurt you later.

MRun Banquet & Elections

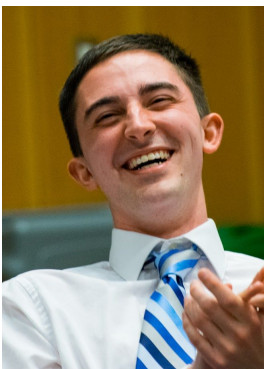
An end-of-the-year celebration to wrap up the semester

And to end the year off well, MRun had its annual Banquet on April 14th in Palmer Commons. MRunners dressed to impress as



they donned suits and dresses in places of their usual short shorts and t-shirts. We all celebrated and cried through the Paper Plate Awards as stories from throughout the year were

recounted and told. We also had our annual Elections where a record number of applicants ran for different positions on MRun Board and a Recap video featuring pictures and videos from throughout the entire year, all while eating some delicious Mexican food. The Seniors also had their farewell; we heard from runners all over the organization about what these Seniors had meant to them and it was hard not to get emotional. And finally, we got to hear the newest rendition of that brand new song “Closer” modified to encompass the MRun culture (thanks to Madeline and McKenna!) and some final speeches from Travis and Colleen. Overall, it was an excellent night to end an even more excellent year. Thank you everyone for attending and check out this [folder](#) for the videos, quotebook, and memories.



Other Events

Check out everything else that we've been up to!

Panera Fundraiser

On Wednesday, April 5th, MRun took to Panera Bread on North University to chow down and raise money for the club. Thank you to everyone who supported MRun's Fundraiser.

Intrasquad Meet and Chocolate Milk 4x400 Relay

On Thursday, April 13th, what is likely to go down as the final race on the historic Ferry Field Outdoor Track occurred, the annual Chocolate Milk 4x400 Meter Relay. Each team gets one gallon of chocolate milk (soy milk for those lactose intolerant) and between the four members of their relay, they must finish the gallon and the relay the fastest. In a close race at the end, this year's 4x400 champs are Luke Peterson, Patrick Kenney, Connor Todd, and Mollee Schultz.

Earlier in the evening, during the intrasquad meet, many MRunners chased some fast times as both the Men's and Women's Distance Medley Relay teams broke the MRun Records for this event. The Men's "Danger Zone" team consisted of Buddy Herkenham, Luke Bersche, John Holmes, and Ross Pendergast, and the Women's team was composed of Allie Cell, Colleen Conroy, Cassie Hoffman, and Molle Schultz. Great job to all!

Spring Picnic in the Arb

MRun wrapped up the year with a fun outdoor social event to take advantage of the great weather during finals week, enjoying the beautiful day in the Arb complete with summer snacks and games. Some joined in on a heated match of Capture the Flag while others took a dip in the river. The picnic was a relaxing break from finals and a chance to have fun with friends before people left for the summer.

Summer Training Doc

Have a great summer and enjoy the four months wherever you are! If you want to continue training during the summer in preparation for the Fall, sign up on this [Google doc](#) so we can cheer each other on and train together. Have a great summer!