

MRUN MONTHLY NEWSLETTER

SEPTEMBER 2017

Starting Out Fast



The Beginning of Another Season

The end of summer and start of school came quick, and MRUN has been busy in the past month as we started our 14th year as an organization. Through the end of August and September, we had MRUN Camp, Ice Cream Social, Spartan Invitational, our Mass Meeting, a long run from Ann Arbor Running Company, the MC5 Invitational, Pat's 'World Renowned' Training Seminar, and a Pasta Party before our home meet, Little Ten's Invitational. Read through this edition of MRUN News to hear about MRUN's adventures this September.



Cross Country Season

Three Meets to Start the Season Strong

Spartan Invite

On a September 15th, MRun traveled to Michigan State for the first time this season to compete in the Spartan Invite where MRunners had fast races on the soon-to-be nationals course. This varsity race was extremely hot, but the MRunners who competed all had a great time. Big runners of the meet and our Athletes of the Meet were **Johnny Yang** for having a great, fast race after a hard summer of training and **Mollee Schultz** for running another consistently fast race. Johnny's thoughts from the Spartan Invite: "It was a super hot day out and I wasn't very confident going into the meet, so I started out slow and gradually made my way up through the pack. I was a super happy because it was a personal record by almost 3 minute and one of my best cross country efforts ever."

MC5 Invitational



The next weekend, on September 22nd, MRun traveled in masses to the middle of Indiana to compete in the annual MC5 Invitational. Although a dreaded race for the hills, MRun competed exceptionally well, coming away with 1st place trophies for both men's and women's. Athletes of the meet were



Zoe Baxter for an exceptional first race on MRun and **Andrew Dingwall** for his dedication and commitment to continuing to get better. Our first overnight meet was a success with lots of Olive Garden breadsticks and morning waffles. The meet was enjoyable and the Dilly bars after helped cool

us down after a hard race! Great job MRun!

Little Ten's Invitational

For the third weekend in a row, MRun prepared for another meet, this time only twenty minutes away. The annual Little Ten's Invitational hosted by MRun was held at Willow Metropark and was a great success (big shoutout to **Ross Pendergast** and **Jacob Sjogren** for all their work in making this meet happen). Over one hundred MRunners raced at this fast course, many coming away with big personal records and excited to



continue training towards Nationals. **Tyler Opdycke** and **Anna Piccone** earned Athlete of the Meet awards for their top 10 finishes. MRun came away with another 1st place for both men's and women's, the second in as many weeks. The weather and course helped many MRunners come away with personal records and great races. Many parents were able to join us after and provide delicious post-meet snacks. Freshman **Charlie Ro** talked enthusiastically about his second cross country race this season "It was the most fun I've had in a race. I felt good throughout the entire thing (which shouldn't have happened). I pr'd by 3 minutes and 55 seconds and I'm glad I joined MRun. Join MRun!".



Social Events

Enjoying the Warm Weather While It Lasts

MRun Camp

End of the Summer in Northern Michigan



From August 24th to 27th, MRunners from all over convened in Traverse City, MI for the annual MRun Camp at YMCA Hayo-Went-Ha. Through morning runs and workouts, beautiful weather and time at the lake, a trip to Traverse City, and lots of dancing, MRunners were able to bond after a long summer of being across the country. The highlights? For McKenna Turril it was “four days of pure games and friendship”.

Ice Cream Social

Six Tubs of Ice Cream (but only one cookies and cream)

During the first week, to combat the unusually hot weather and introduce the team to each other, our wonderful social chairs organized an ice cream social. With plenty of ice cream and toppings for everyone, MRun had a chance to relax during a busy syllabus week. Statistics: six tubs of ice cream, one giant bag of M&M's, 75 fried bagels, (thanks **Brendan Warren**), and 70 sweaty runners.



Pre-Little Ten's Pasta Party

The Secret is in the Sauce

To prepare properly for a successful cross country race, one knows the power of carbo-loading and friendship. MRun gathered at Apartment B the Friday night before Little Ten's to eat some delicious pasta and garlic bread, relax after a long week, and get excited for the meet the next day. From fresh social chair Dario Potter perspective, “We woke at the break of dawn, sailed across the Aegean sea, and, upon landfall, plucked the ripest earthly tomatoes from the fertile ground. Olive oil rained from the heavens as we traveled back to the Americas. We collected the oilfall in baseball caps and wrung them onto the tomatoes to keep them fresh during the harrowing two month journey. Having not eaten during the entire boat ride, we were famished when we finally arrived at Apartment B. Pasta has never tasted so good.”

Other Events

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

Mass Meeting

The Fall Mass Meeting was a success (with no fire alarms this time). Filling up the Rogel Ballroom in the Union, potential and returning MRUNners had a chance to learn about what is coming up this year, hearing about cross country meets, social events, community service events, and buying lots of swag. If you weren't able to make it, check out the [recap here](#).

Ann Arbor Running Company Long Run

Sunday is long run day. And on September 17th, MRUN convened at the Ann Arbor Running Company in Kerrytown to begin our run there. We were joined from runners of all ages in the greater Ann Arbor area and had a chance to run alongside the river and around town. With food, gels, and discounts, runners had a chance to mingle and enjoy a beautiful Sunday morning.

Pat's Training Seminar

Goals of training: get faster and stay healthy. These are just some of the lessons that MRUNners were able to hear about at this semester's session of Pat's Training Seminar. Covering the structure of the season, the breakdown of a week, and how to train effectively without injuries, Pat was able to help convey the overall training narrative of this semester. As we enter the next few weeks, we are in the full swing of the aerobic part of the season, with higher intensity workouts focusing on speed. Talk to Patrick if you ever have questions on the training plan and what makes sense for you.