

Fall 2017

Finishing Strong



## Fallin' for MRun

Are you geared up? The past few months have been crazy as MRun finished it's Cross Country Season and started preparing for track season. Read this edition of MRun News to recount the meets, social events, and community service events we have been busy with.



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## Competition Corner



### From the Desk of Patrick Kenney (Alleged best training chair)

*"On November 11th, MRun wrapped up a great cross country season at NIRCA Nationals. The women's team had not lost a single meet all season, taking wins at MC5, Little Tens, Spartan Grand Classic, and the NIRCA Great Lakes Regional, and were able to continue that trend at Nationals! The women's championship team took the title with a dominant 76 points over the two-time defending champions, Penn State (122 points). The victory included 4 NIRCA All-Americans and two Wolverines in the top 10. To make the day even better for the women's team, the Freshman/Sophomore and Junior/Senior/Grad class teams won the team titles in their races as well. MRun had the top 3 runners in the Freshman/Sophomore race with all scoring 5 in the top 7. In the Junior/Senior/Grad race, MRun had its top 5 runners in the top 13. With the depth of amazing performances, there should be plenty of great seasons ahead. On the men's side, the team had taken the team title at their first 3 meets, MC5, Little Tens, and the Spartan Grand Classic. At the Great Lakes Regional, the men's team finished in 3rd place. The men's championship team proceeded to finish 6th in the team scoring at NIRCA Nationals, in what was a close race between the 4th, 5th, and 6th placed teams, separated by only 9 points. The men had two NIRCA All-Americans with one Wolverine in the top 10 and also had the top freshman finisher. In the class races, the Junior/Senior/Grad team took 3rd place and the Freshman/Sophomore team moved up in the second half of the race to take 2nd place. Like on the women's side, the depth of performances is a good sign for MRun's future seasons. For now, it's time to transition to track season and get excited for NIRCA Track Nationals!"*



### From the Desk of Brad Spilka (Also alleged best training chair)

*"Hey all, I'm super excited that it's FINALLY track season and the sprinters, jumpers, and throwers can get back to competing. We have a long list of competitive meets at the Division 3 and club level this upcoming semester! One meet that I always enjoy to race at is SVSU's Jet Pizza Invite. It is the first meet of the year and the state-of-the-art 300m track always leads to some blazing fast times. It is a great way to get the season started against some great D3 schools and an opportunity to run fast early on in the season. The best weekend of the year, however, is the NIRCA Club Track & Field National Championship in April. It is the culmination of months of hard work and intense training. Not sure if it's the beautiful Bloomington, Indiana weather or the high stakes of the competition, but the whole team always performs at an incredibly high level. This year I believe both the men's and women's teams have a great shot at finishing as one of the top 5 teams in the country. You better believe the sprinters are ready to score some big points at this year's meet and who knows, maybe the distance runners will help out a bit this year ;). "*



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## Spartan Classic

The Spartan Classic was an 8k/6k for the first time ever. Over Fall Break, MRunners traveled to East Lansing to face the 'younger brother' and other club schools. Athlete of the meets were **Alex Ross** for a great personal record and **Amberly Kreis** for a great race and 2nd place overall.

## Great Lakes Regionals

This year's Great Lakes Regionals took place in Indianapolis, IA. Despite the cold, MRun had some great times. Men's athlete of the meet was **Adam Sawicki** and women's athlete of the meet was **Audrey Ladd**. Great job everyone!



## NIRCA Cross Country Nationals

And finally, the single most anticipated meet of the cross country season, NIRCA XC Nationals. This year the MRun team did not have to travel far as the competition was held in our own backyard in East Lansing, MI. Driving up on a cold November morning, MRun showed out for this final race. The women's championship race took first place, with **Amytess Girgis** receiving athlete of the meet for a stellar performance. The women's upperclassmen and underclassmen races also took first place, sweeping the competition. Special shoutout to our other athletes of the meet **Lauren Miller** and **Sierra Bowden**, for phenomenal races. The men also competed well, receiving 6th place in championship race. Athlete of the meet honors were given to **Sam Schroeder** for continuing to excel throughout his race. The men's upperclassmen and underclassmen races took 3rd and 2nd places, respectively. Athletes of the meet from these races were **Jake Shames** for a strong presence throughout the race and **Connor Streng** for a great end of the season as well.



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## Social Corner

And we danced...



### From the Desk of Dario Potter (½ of your wonderful social chairs)

*"MRun had an action packed fall for social events! From crazy Eliminator and Qdoba challenges to a pre-meet pasta dinner, MRRunners from all corners of campus came out to celebrate the milestones of the fall. We made the most of the great weather and spent every week taking on a new activity with some of the biggest groups we've ever had. This year's cider run brought alumni back for a Sunday long run through some of Ann Arbor's premiere fall colors. After the run, the group had a chance to catch up over their cider and donuts and enjoy the warm weather. After Thanksgiving break, MRRunners came back and hit the kitchen, because we had our biggest Friendsgiving dinner yet! Over 80 MRRunners helped to fill up 6 tables of food for everyone to feast on, with everything from turkey to pumpkin pie. It was a delicious way for everyone to cap off a great Cross Country season. Get excited for what's in store in 2018!"*

## Cornhole Tourney

Gameday Competition

For the first time in MRun history, MRun hosted its very own cornhole tournament. In a vicious back and forth that will be spoken about for centuries, **Patrick Kenney** and **Chris Reischel** walked away as champions.

## Corn Maze

Cornin' Around

Bringing back an old tradition, MRun went to Blast Corn Maze to get lost in the corn on a lovely Saturday morning. MRRunners quickly broke into groups to try and solve the maze the quickest. Bonus: we got to hang out with some goats, huge pools of corn, and some go-karts after. Overall, a great way to spend a Fall morning.

## Cider Mill Run

Running for the donuts

Perhaps the most anticipated social event of the semester, the annual Cider Mill Run, was a success once again. Runners ran 3, 5, 10, or 13 miles and feasted on some delicious cider and donuts once they had finished. Yum!

## Halloween Run

The Most Snapchatted Event of 2017

As is MRun tradition, to celebrate Halloween, MRun went on its annual Halloween Run. We dressed up in the most funny, clever, and ridiculous costumes and ran across campus, throwing candy along the way. We had some great fun bringing a little Halloween cheer to campus.



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## Qdoba Challenge

Burritos on burritos on burritos

For some crazy reason, MRUNners love eating food and then seeing how fast they can run. This season was no exception. Following the end of a successful Cross Country season, MRUN entered the Qdoba season. The challenge: to scarf down a burrito and race back to campus as fast as you can. 4.2 miles. With hills. With record attendance at this year's race, the competition was fierce. Runners passed each other back and forth along Geddes as they felt worse, then better, then worse. This year's champions are **Ross Pendergast** and **Anna Piccione**. Other honorable mention is **Charlie Ro** for managing to finish the race even after throwing up. Until next year!

## Friendsgiving

Third Floor Terrace is Key

For the second year in a row, MRUN celebrated its favorite holiday (I'll give you a hint, it centers around food) with the best way we know how. Filling 6 tables of food on the third floor of East Hall, MRUN chowed down on a delicious spread of everything from flash cooked turkey (thanks Devante!) to hundreds of desserts. 'Twas a success as MRUN managed to devour all of the food, leaving not a crumb behind.



## Holiday Party

All I Want for Christmas is... MRUN

To wrap up a great season and semester, MRUN held its annual Holiday Party at Apartment B thanks to the gracious hosts, Pat, Kevin, and Nick. There were lots of desserts for all and a vicious game of white elephant where gifts were stolen over, and over. Overall, it was a great final social event of the semester and we had by far the largest turn out that we've ever had for the Holiday Party. Thanks to our social chairs, Dario and Riley!





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## SPECIAL EDITION: Community Service Corner

"That's right, community service is a thing!"

### Girls on the Run

To support the young female runners, MRun volunteered as course marshalls at the Girls on the Run race in Ann Arbor. MRunners had a great time cheering on the young girls!



### Shoe Drive

MRun was also able to collect over 200 pairs of shoes through its shoe drive. All shoes were donated to Soles 4 Souls who donated the shoes to kids in need. Thank you to all the MRunners and AATC members who donated!

### Blanket Making



On Sunday, Oct. 29th, after a good long run, MRun gave back to the kids. MRun made 10 blankets in a CCRB racquetball room to give to Mott's Children's Hospital. Great way to give back to the community around us.

### Nature Area Preservation Day

And finally, everyone's favorite volunteering event, NAP Day. MRun volunteered at Barton Nature Park to clean up invasive plants and preserve Barton Park so we can keep running on the beautiful trails. Look out for more NAP days to come soon!



### From the Desk of Lydia Bier (the Coordinator herself)

*"This fall, MRun has had the opportunity to participate in many community service events. We've volunteered at a local Girls on the Run 5K to cheer on young runners, collected over 200 pairs of shoes for victims of Hurricane Harvey, made blankets for patients at Mott Pediatric Hospital, and helped preserve Ann Arbor Trails. Earlier this month on a sunny (and warm!) Sunday, MRun volunteered with Ann Arbor's Nature Area Preserve team in the Barton Nature Area. With a change of pace from running, we cut down invasive species and distributed seeds to help protect and preserve one of our favorite trails. NAP days, which 2016-2017 Community Service Chair Nick Maternowski introduced last year, are a club favorite. They give us the opportunity to work outside with friends and give back to the beautiful parks we're fortunate enough to run in. We're looking forward to more NAP days during the winter semester."*