

# MRun Newsletter: Summer Edition

Hello, MRun community! For those of you who have not received one before, your lovely executive board will be sending out a monthly newsletter, beginning with this summer edition. The summer was of course filled with lots of running and maybe just as much ice cream consumption. The small contingent of MRunners that stayed in Ann Arbor for the summer continued to train, meeting for practice every day at the CCRB at 6:15pm. In early June, a small group helped course-marshal the Dexter-Ann Arbor 5k; as thanks for their work, it was cold and it poured the entire race. Much to the bemusement of the Argo Livery workers, a few injured MRunners also frequently aquajogged in the Huron River, braving the riverweed and cold water in order to soak in the sights (but mainly to not pay for a CCRB summer membership). However, they have yet to purchase visibility caps, as was recommended by one highly concerned kayaker. While some MRunners remained in Ann Arbor, the majority spent the summer out of town, going home, working, traveling the country and the world, and interning. Here are some of the summer adventures of a few of our members:



Austrian exchange student Phillip share this about his summer:

"I've been here over the summer and the daily running practices have been a blast, it's so much more fun to run together and explore the beautiful trails of A2.. :) My highlight so far was the organized Tiger's baseball game, even though the game was one-sided I had a great time just hanging out and talking to so many MRunners."



James Goswell will be a new graduate student this fall, entering into an MBA program at the Ross School of Business. He has been kind enough to introduce himself and share some his summer. James recently ran a PR in the marathon, finishing the San Francisco marathon in 3:06:22.



Sophomore Gilly Minnehan said of her summer:

“I raced my first triathlon and met my summer goal of winning my age group (even with a 2 min penalty for forgetting to put my number on. oops).”



During his summer interning in Atlanta, junior Brendan Warren traveled to Tennessee to raft on the Ocoee river, where kayaking events for the 1996 Atlanta Olympics were hosted



Sophomore Andrew Dingwall wrote of his summer:

Ran at GLR with a team of high school friends and Conor and Patrick...Also ran my first half marathon and finished 2nd, the first place finished was MRun alum Casey, who I had no clue would be there.”

Other MRunner adventures included hiking and interning in Seattle, exploring Iceland, Norway, and Sweden, and participating in a summer research program at Cornell for material science engineering. Meanwhile, dozens of MRunners competed in Great Lakes Relay, racing 278.1 miles across Michigan in 3 days. One MRun team featured a diverse group of current, albeit directionally challenged, MRunners. A second team of current and former MRun men pulled off fourth place, running over only one teammate's foot with a car in the process. A third team of MRun alumni also reunited to compete. Recent graduate Lauren Miller, as well as current MRunners Patrick Fegan, Conor Streng, and Andrew Dingwall, also competed on other teams. One MRunner described the experience as "the most fun I've ever had being sleep-deprived, sore, and lost."



## Looking Forward:

MRun is excited to take the show on the road this week to the Traverse City area for camp. Camp is a way to kick off the year by training together again and bonding. Our board is also working hard to get ready for our annual home cross-country meet, Little Tens, which will be held on September 29 at Willow Metropark. There will be an Open 5k before the college races. We welcome you all to come race or cheer!

**We're excited for a great year! Until next time.**