



WELCOME TO THE BI-ANNUAL

MRun Newsletter

eat. serve. slay.



FROM THE LEADERS OF MRUN...

Heyyyyy besties it's Zach and Anna!

May your home be merry and blessed and may you find peace and joy in slaying each day. If you ever feel sad, just resort to the bricks. They are there for you.

Have a great life and practice kindness every day. Ciao!

- Anna & Zach



RESULTS, STATISTICS, THE DEETS...

Cross Country Season



Nationals

Athletes of the Meet: Fr/Soph: Katie Cahill (11, 26:36.00), Jamie Harrison (3, 27:29.00). Jr/Sr/Grad: Jenny Cantrell (21, 27:40.00), Tony Gettino (14, 28:27.00). Championship: Sophia Grant (22, 24:14.00), Adam Sawicki (26, 26:44.00)

Place	Score	Club	Average
9	291	University of Michigan	27:27.40
1	11	Jorden Sowash	26:27.00
2	25	Adam Sawicki	26:44.00
3	46	Conner Rose	27:14.00
4	76	Gary Gardella	27:56.00
5	133	Andrew Quaal	28:56.00
6	(141)	Ben DeGuire	29:04.00

Place	Score	Club	Average
1	61	University of Michigan	23:33.40
1	1	Ashley Heidenrich	21:50.00
2	8	Thea Johnson	23:41.00
3	9	Lydia Alig	23:43.00
4	21	Sophia Grant	24:14.00
5	22	Katelyn King	24:19.00
6	(24)	Anna Nagelhout	24:26.00
7	(42)	Brooklyn Rochow	24:54.00



Regionals

Athletes of the Meet: Conner Rose (10, 26:48.00), Nolan Tribu (74, 29:53.40), Mackenna Burkholder (19, 25:17.40), Mercedes Morin (49, 28:53.30)

Place	Score	Club	Average
1	49	University of Michigan	26:44.80
1	2	Jorden Sowash	26:01.60
2	4	Adam Sawicki	26:28.50
3	10	Conner Rose	26:48.00
4	16	Ben DeGuire	27:09.40
5	17	Gary Gardella	27:18.30
6	(20)	Zach Duval	27:32.30
7	(31)	Daniel Berg	27:59.00

Place	Score	Club	Average
1	28	University of Michigan	23:32.60
1	1	Ashley Heidenrich	21:56.50
2	4	Thea Johnson	23:41.20
3	5	Lydia Alig	23:56.00
4	8	Katelyn King	23:59.80
5	10	Anna Nagelhout	24:11.40
6	(12)	Sophia Grant	24:20.40
7	(19)	Mackenna Burkholder	25:17.40



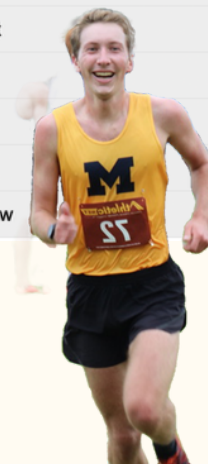
Spartan Grand Classic

Athletes of the Meet: Jorden Sowash (1, 25:19.50), Korstornor "Kristina" Wendling (51, 27:49.60)

Place	Score	Club	Average
1	26	University of Michigan	16:00:00.40
1	1	Jorden Sowash	25:19.50
2	4	Gary Gardella	25:37.10
3	6	Adam Sawicki	25:45.20
4	7	Andrew Quaal	25:52.80
5	8	Joseph Fedoronko	25:54.00
6	(9)	Lincoln Johnston	25:55.00
7	(15)	Conner Rose	26:21.00



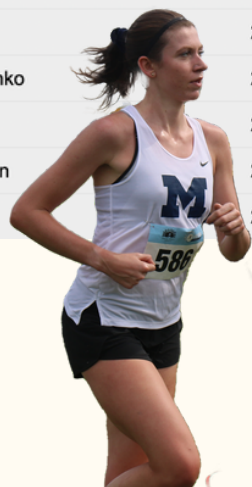
Place	Score	Club	Average
1	15	University of Michigan	16:00:00.60
1	1	Ashley Heidenrich	22:23.80
2	2	Thea Johnson	22:32.20
3	3	Anna Nagelhout	22:51.00
4	4	Katelyn King	22:54.60
5	5	Lydia Alig	22:58.50
6	(8)	Sophia Grant	24:01.20
7	(9)	Brooklyn Rochow	24:06.60



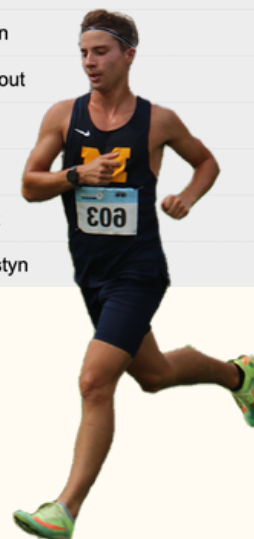
Little Tens

Athletes of the Meet: Lydia Alig (5, 22:43:00), Kenny Petscavage (37, 28:28.40)

Place	Score	Club	Average
1	30	University of Michigan	25:34.80
1	4	Gary Gardella	25:28.90
2	5	Andrew Quaal	25:29.60
3	6	Adam Sawicki	25:33.30
4	7	Joseph Fedoronko	25:40.80
5	8	Zach Duval	25:44.20
6	(9)	Lincoln Johnston	25:49.40
7	(11)	Conner Rose	26:02.30



Place	Score	Club	Average
1	15	University of Michigan	22:16.40
1	1	Ashley Heidenrich	21:50.50
2	2	Thea Johnson	22:00.30
3	3	Anna Nagelhout	22:08.50
4	4	Katelyn King	22:41.20
5	5	Lydia Alig	22:43.00
6	(13)	Sophia Grant	24:11.50
7	(15)	Hannah Faustyn	25:08.20



Wisco

Athletes of the Meet: Ashley Heidenrich (1, 22:43.50), JFed Fedoronko (2, 26:41.70)

1. University of Michigan (Ann Arbor) Club - 24 Points

1	1	#615 Andrew Quaal	26:25.4
2	2	#603 Joseph Fedoronko	26:41.7
6	3	#618 Conner Rose	26:58.8
7	4	#602 Zach Duval	26:59.5
8	5	#620 Adam Sawicki	26:59.8
(9)	6	#600 Ben Deguire	27:00.2
(12)	7	#608 Lincoln Johnston	27:17.5

1. University of Michigan (Ann Arbor) Club - 31 Points

1	1	#586 Ashley Heidenrich	22:43.5
2	2	#589 Anna Nagelhout	23:22.8
6	3	#588 Katelyn King	23:45.0
9	4	#585 Sophia Grant	25:13.2
13	5	#592 Claire Thomson	26:33.4
(16)	6	#590 Bridget Nelson	27:31.7
(24)	7	#591 Ellen Ramsey	28:51.8



Philanthropy

This semester has been great for our community service work! We started off the year with a shoe drive working with Sneakers4Good. After only 2 weeks, we collected 52 pairs of shoes and sent them off to Sneakers4Good. They were sent to developing nations to help small business owners grow their stores while keeping shoes out of our landfills!

On October 1st we volunteered as course marshals and manned 2 aid stations at the Ann Arbor Marathon. As runners approached the 21-mile mark they were greeted by an Aid station full of excited MRUNners happy to deliver water and enthusiasm. Partnering with Epic Races allowed our 37 volunteers to raise \$900 which we will be donating to Child Life, an organization that works within Mott Children's Hospital to relieve the stress of hospitalization and illness for kids through holiday and birthday celebrations, music, art therapy, distractions during medical procedures, and much more.

As the leaves started to change color MRUN went out to the Kuebler Langford Nature Area (right off sunset road) for our first NAP day of the school year. For those who aren't familiar NAP stands for Nature Area Preservation. It is a workday organized by Ann Arbor Parks to clear out invasive species from local nature areas. We worked to remove large amounts of honeysuckle as well as take time to appreciate some of what the beautiful nature Ann Arbor has to offer.

- Henry (your philanthropy chair)



Social Events

What a wonderful semester of social events it's been so far! We started the season with a weekend at YMCA Camp Nissokone, where we kicked off our training and shenanigans with MRun friends, new and old.

As the semester began, we found time between practices and meets to beat the heat with ice cream and carb up at the pasta picnic party! In the spirit of fall, we ran to the Dexter cider mill for donuts and cider, got lost in the Blast corn maze, and tossed candy at unsuspecting passersby during the Halloween run!

MRunners shared their cooking creations at Friendsgiving, spending quality time together before the break. And we're not done yet! We can't wait to see everybody at Powerpoint night, funky 4x4 relay, white elephant exchange, and much more coming next semester!!

- Ellen & Eric (your social chairs)

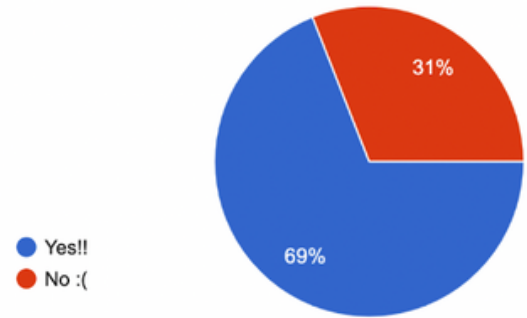
favorite mrun memories

- Tuesday night workouts (especially the Michigan)
- Secondhand smoke from the Regionals hotel room
- Jarski bringing 25 stacked dining hall cups to the dish drop-off
- Little Tens
- Cider Mill Run
- Camp, Brick
- Paying Theresa to take pictures (shoutout Jacob Cooper, GOAT)
- Meeting Gary Gardella
- Detroit Half Marathon with the homies
- That one time
- Mixing it up
- Adam Sawicki's Gary, Indiana, commentary
- Hearing Anna's life story and learning about a few of the thousands of times she's almost died

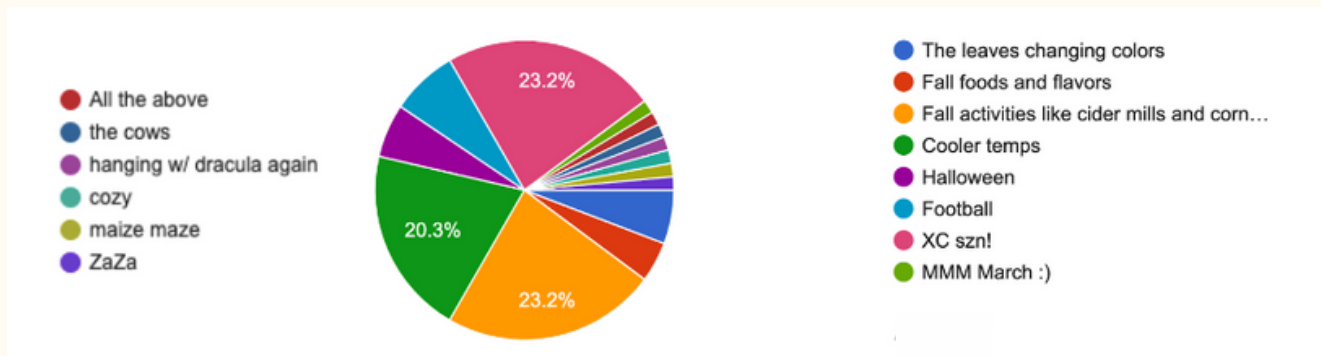
thoughts on cilantro?

Do you like cilantro?

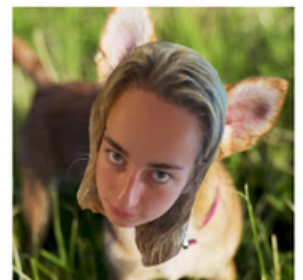
71 responses



what we love about fall



the dawgs in us.





KEEP MRUN RUNNING!

PLEASE CONSIDER DONATING TO SUPPORT ACCESSIBLE & COMPETITIVE RUNNING.



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