

NOV 20, 2023

MRUN NEWSLETTER

NOVEMBER RECAP + GIVING TUESDAY



SPOILER ALERT...

We have once again achieved NIRCA glory!!!

WHAT WE'RE COVERING:

*GIVING TUESDAY
NATIONALS RECAP
SOCIAL + COMMUNITY SERVICE EVENTS*

FOLLOW US ON SOCIALS!



@michiganrunningclub



@MRun

I do not have access to the MRun Fun Facebook Group
(If you're one of the alumni that are admins, pretty
please contact me!)



MRUN.CLUBRUNNING.ORG

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GIVING TUESDAY

AN MTENT FOR MRUN!



WHEN:
NOV 28TH



WHAT:

Giving Tuesday is your biggest chance to donate to MRun during the Fall semester. This year we are raising money for a tent to bring to meets. This tent will provide runners shelter for themselves and their bags/gear and prevent them from having to take their post-/pre-race naps on the wet, cold, dirty ground (as seen above). Our goal is to raise **\$1,004**, so get pumped to donate on **Tuesday, November 28th** and be sure to tell all of your friends to do the same!

This could be us!



HOW:

To donate, use this link:
<https://tinyurl.com/yeycfwe2>
OR **scan the QR code below!**



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NIRCA NATIONALS

THE RESULTS ARE IN...

As always, MRun had an amazing time at Nationals this year! Our men took 1st place for the first time in **5 years** and women took 2nd! Along with some epic trophies, we also took home some brand new records: Jorden

Sowash took first place in the Men's Championship race and set a **new MRun 8k record** with a time of **24:54.5**. Ashley Heidenrich took first place in the Women's Championship race and set a **new NIRCA 6k record** with her time of **21:04.1**.



ATHLETES OF THE MEET

Freshman/Sophomore Race

Henry Christiansen and Brooklyn Rochow

Junior/Senior/Grad Race

Ben Clason and Arianna Kerkmaz

Championship Race

Zach Duval and Mackenna Burkholder



SOCIAL EVENTS + COMMUNITY SERVICE

BLANKET MAKING

Our Community Service and Social Chairs teamed up this month to host a blanket making movie night!

The team made tie blankets to donate to the Huron Valley Humane Society while watching *McFarland, USA*.



FRIENDSGIVING

Lots of runners ate lots of food this past Friday night! Unfortunately, we were all so hungry that we forgot to take pictures to share with all of you. So, here is a screenshot from a video of Jimmy Mahfet chugging a half gallon of apple cider (a decision he regretted very quickly).



Joseph Fedoronko

Ariana Ravitz

Soooo Friendsgiving every week???

If this message gets 50 likes, Ian and Max will host Friendsgiving again in 2 weeks



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SEE YA NEXT YEAR!

ENJOY THE DOGS OF CROSS COUNTRY MEETS TO CLOSE US
OUT OF THE SEASON



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