

JAN 31, 2024

MRUN NEWSLETTER

JANUARY RECAP + SEMESTER LOOKOUT



YOU KNOW YOU MISSED ME

XOXO, MRun Newsletter

IMPORTANT DATES:

SPIRE COLLEGIATE INVITATIONAL 02/17 (GENEVA, OH)

ILLINOIS CLUB RELAYS 02/23 - 02/24 (CHAMPAIGN, IL)

GIVING BLUEDAY 03/13

RAM 03/23

CEDARVILLE OUTDOOR OPEN 03/30 (CEDARVILLE, OH)

NIRCA TRACK NATIONALS 04/06 - 4/07 (RICHMOND, VA)

FOLLOW US ON SOCIALS!



@michiganrunningclub



@MRun

I do not have use the MRun Facebook



MRUN.CLUBRUNNING.ORG

MEETS

WE CANNOT ESCAPE SAGINAW VALLEY!

DOUG HANSEN

We are back and starting out **strong**. We set a lot of new records at this meet!

Athletes of the meet were:

Raya Shveyd , Ted Stanley, Kate Meinecke,
and Ben Clason



JET'S PIZZA

Back again one week later, crushed it once again.

Athletes of the meet:

Daniel Berg, Kelsey Francis, Gavin Steele,
and Brenna Wendell



RACE ACROSS MICHIGAN

RAM RAM RAM RAM RAM RAM RAM RAM

We are excited to introduce a huge event that MRun holds annually called Race Across Michigan! RAM is a fundraiser for **Special Olympics Area 20**, and MRunners work throughout the school year to collect money for this special cause, while also attending Special Olympics practices to help out and get to know the athletes.

On March 23rd, **70 MRunners** will participate in a **24-hour, 190 mile relay across the state of Michigan** to show their support of the Special Olympics. The race begins in **Detroit**, and ends on the beach of **South Haven**. It's a unique experience that MRunners look forward to all year.

If you want to help support the Special Olympics, scan the **QR code attached** or go to **give.classy.org/ram24**! Any donation will be greatly appreciated. We are super excited for RAM this year, and stay tuned to hear more about this amazing event!



SOCIAL EVENTS + COMMUNITY SERVICE

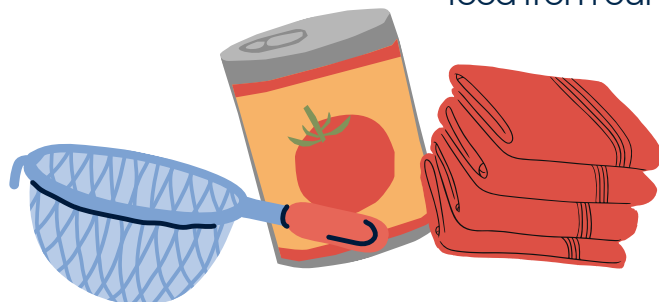
FORMAL

MRunners and their guests enjoyed getting dressed up and dancing the night away at Study Hall Lounge, curtesy of our awesome Social Chairs.



FOOD DRIVE

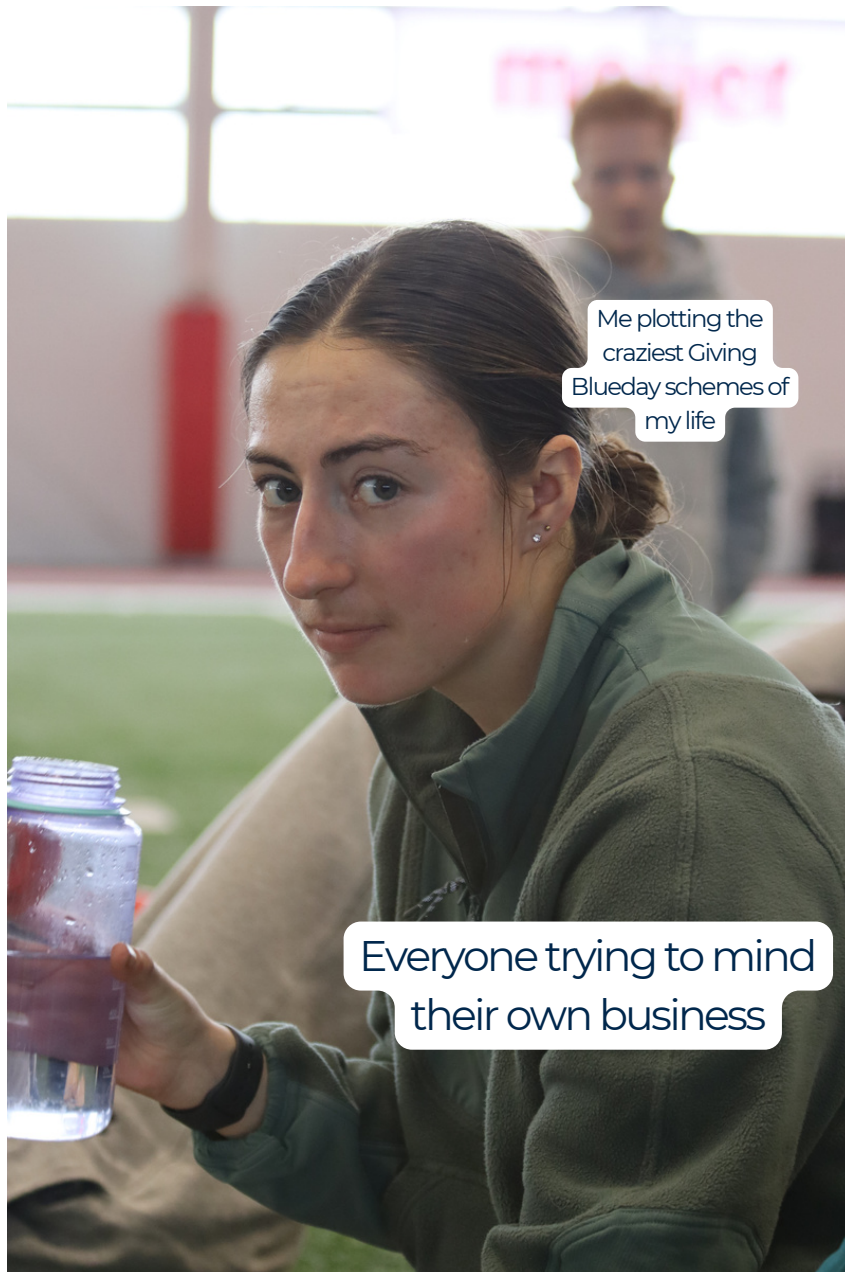
Our amazing Community Service Chair has spent the past several weeks collecting cookware and personal care items, spices, and food from our members to donate to the .Maize and Blue Cupboard!



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KEEP AN EYE OUT

THAT'S ALL FOR NOW, BUT STAY TUNED FOR NEXT MONTH'S EDITION!



Me plotting the
craziest Giving
Bluesday schemes of
my life

Everyone trying to mind
their own business