



# MRUN NEWSLETTER

Summer Recap, and Key Fall dates!

August 30th, 2024



## MRUN Camp!

This August 11th-14th, Mrun had camp at Camp Arbutus Hayo-Went-Ha, and had a blast!



## Cross Country Schedule

- **FRIDAY SEPTEMBER 13TH, SPARTAN INVITATIONAL**
- **SATURDAY SEPTEMBER 28TH, LITTLE TENS (HOME MEET)**
- **SATURDAY OCTOBER 5TH, SPARTAN GRAND CLASSIC**
- **SATURDAY OCTOBER 16TH, NIRCA REGIONALS**
- **SATURDAY NOVEMBER 9TH, NIRCA NATIONALS**





# SIGN UP FOR LITTLE TENS!

As you may know, Little Tens is Mrun's home cross country meet, with an open 5k for anyone and everyone who would like to run/walk at beautiful Willow Metropark! Little Tens is on September 28th, and sign up closes September 25th. The 5k course is primarily flat terrain with the exception of one hill that is run twice. It is grassy and a great opportunity for a PR! All ages are invited to race and prizes will be awarded to our top 3 male and female runners. We hope to bring the local community of runners together for an exciting day of cross country racing.

## Course Map



[SIGN UP HERE!](#)

With generous support from:



We can't wait to see you at Little 10s, and keep you updated on our year!

## STAY IN TOUCH!



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<http://mrun.clubrunning.org>