



MRun Newsletter

October

2014

This Month In MRun:

Things got *festive*...

- Spartan Grand Classic
- Cider Mill Run
- Noodles & Company
- Little Tens
- Pizza House
- Crafts & Crafts
- Hoka One One Representative
- Girls on the Run
- Superhero 5k
- Halloween Run!





Spartan Grand Classic

October 4th, 2014

On October 4th MRun traveled to East Lansing to participate in the Spartan Grand Classic, the only official 5k race of the season. Despite the rainy weather, many came out, had a great time, and raced well. The ladies' team finished first led by Lauren Kettle. The men's team also went home with a first place finish led by Jack Fitzhenry. Strong performances were had all around, but special recognition goes to our athletes of the meet, Andy Beck and Christine Cieslak. Christine had a standout race and finished in an impressive time of 19:56. Andy Beck PR'ed for the first time since high school finishing at 16:11. Congratulations and thank you to everyone who came out and represented the Maize and Blue in Spartan territory. Flashy or spirited, there is no denying that singing The Victors off of a playground while waving the MRun flag is a sign of the strong support we have as a team.





Cider Mill Run

October 5th, 2014

A weekend of MRun festivities continued on Sunday, October 5th, when MRun took the opportunity to have some fun and fully embrace fall. By October Fall is in full swing, but with the season still fresh, there are a few activities necessary to fully embrace it. Aside from the obvious over indulgence of pumpkin spice lattes and necessary purchase of decorative gourds, a

trip to the cider mill is the best way to welcome autumn and all of its crunchy leaf-beautiful color-freezing temperature glory. MRun made the most of this trip by turning it into a run! How appropriate! (Thank you to those who drove as well. Drivers are the best ☺). It was a great time to get a long run in, bond with fellow MRunners, and enjoy a day of cider, donuts, and friends.



More from Spartan Grand Classic



Men Top 15 Individuals



Women Top 15 Individuals

MRun Cider Mill Fun!



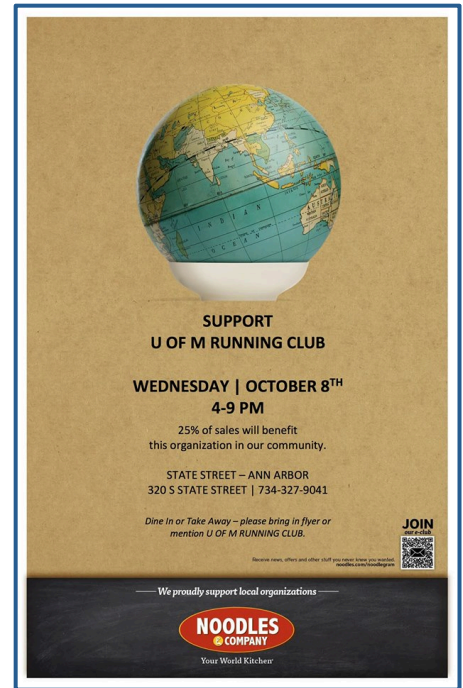
In an effort to find out how many cider mills there are in Michigan I came across this highly detailed map of all the cider mills in the US.



Noodles & Company Fundraiser!

October 8th, 2014

On October 8th, MRun had our first fundrai\$er of the season with Noodles & Company. It was a great way to turn the necessity of dinner into a team building and money-raising event for the club. Noodles & Company generously supported us with 25% of the sales brought in by the club. It was great to see so many MRunners participate and either sit down for dinner or stop by on their own time. These events are only successful with club-wide support, so THANK YOU to everyone who came out for noodles!



Little Tens Invitational

October 18th, 2014

On October 18th the Little Tens Invitational kicked off a full day of MRun fun! MRun hosted the Little Tens Invitational this season pulling in 10 other club teams from our area. Despite the newly cold temperature, the event was a success with 209 competitors. MRun performed well among these competitors. The women took first and the men finished in a strong second place. Athletes of the meet go to Michael McGahren-Clemens and Colleen Conroy. Both ran great races and finished with impressive personal bests. Mike took 31 seconds off his best finishing the 8K at 28:50. Colleen set a 1:40 PR finishing at 24:43 in the Women's 6K. Congratulations to everyone who raced and came out to support. Additional thanks goes to everyone who helped the meet run smoothly before, during, and after the event.







Pizza House

October 18th, 2014

MRun activities continued after Little Tens for a post-race meal at Pizza House. Some runners from Ball State University and Central Michigan University's teams joined us. This was also a fundraiser, so we were able to make 10% off of everyone who went. Thank you to everyone who came including our neighboring teams of Ball State and CMU!

Crafts & Crafts

October 18th, 2014

After racing and refueling, the day of MRun continued as MRun got artsy and created some specialty SWAG — drink koozies.



Hoka One One Representative

October 20th, 2014

On October 20th a Hoka One One Representative joined us at practice and many MRunners were able to try on and test out the Clifton. Hoka One One's midsole features a higher volume, softer density foam and the shoes strive to combine maximum cushioning while allowing natural foot motion. As Hoka One One states, "If you want to take the feeling of running on grass with you to the concrete jungle, look no further than the Clifton."



Thank you to our SWAG chair for setting this up and Hoka One One for stopping by! Check it out:

www.hokaoneone.com

Girls on the Run Superhero 5K

October 25th, 2014

On October 25th a few MRUNNERS went to volunteer at the Girls on the Run (GOTR) Superhero 5K at Hudson Mills Metro park. For those who are unfamiliar, GOTR is a nonprofit organization that encourages girls to embrace themselves, what they believe in, and what makes them unique. The GOTR program enables emotional, social, mental, and physical development through an activity based program. At the end of the program, 3 months of building friendships, connecting with community, and developing character, the girls complete a 5k run. In the words of Girls on the Run “crossing the finish line is a defining moment when girls realize that even the seemingly impossible IS possible.” At this race we helped out with registration and course marshaling and had the privilege to see the smiles on the kids faces as they ran by all dressed up in costumes.





On October 30th MRun had our annual Halloween Run. MRunners ran around campus and tossed candy in lecture halls, to passers-by, and to lonely souls studying away. It was a great way to get into the holiday spirit and spread some excitement around campus. The run stopped at President Mark Schlissels's house and took this wonderful group photo.

