



M RUN

December Newsletter 2015



The MRun Recap for December!

12/1: GivingBlue Day!
12/4: Qdoba Challenge
12/18: Holiday White Elephant Party
Pre-track season



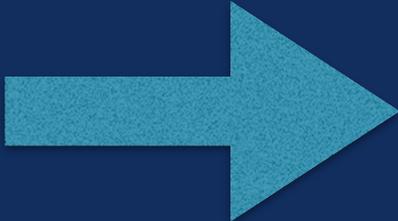


GivingBlue Day

On December 1st, alumni, students, faculty, parents, and friends of Mrun joined in the campus-wide spirit of giving and donated to their favorite student organization. This day featured 24 hours worth of social media challenges, on-campus events, and times when the team got together to donate to our club. Thanks to your contributions, we helped raise money to keep our running club affordable for students to travel and compete with friends. With your help, students and alumni worked to support our team, and we also won an extra \$50 from a raffle in the Diag!



GIVING
BLUEDAY
12.01.15

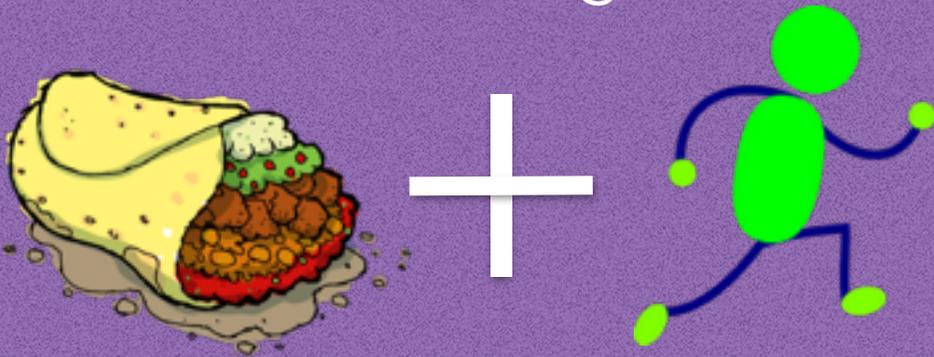


A big thank you goes to everyone who supported Mrun! Our preliminary total (excluding student matched funds) = \$1,950



Social Events

Qdoba Burrito Challenge



At a Friday's practice, the team competed in the annual burrito challenge. Everyone warmed up with a jog to Qdoba, then the event began. Participants had to race to finish a burrito, then race back to campus with a full stomach on a hilly route. Congrats to our male and female champions: Tyler Partridge and Christine Cieslak!

MRun Holiday Party

The team took a study break during finals week to get together for the annual white elephant gift exchange. This event featured ugly sweaters, holiday treats, and the spirit of giving (and stealing) one another's gifts.

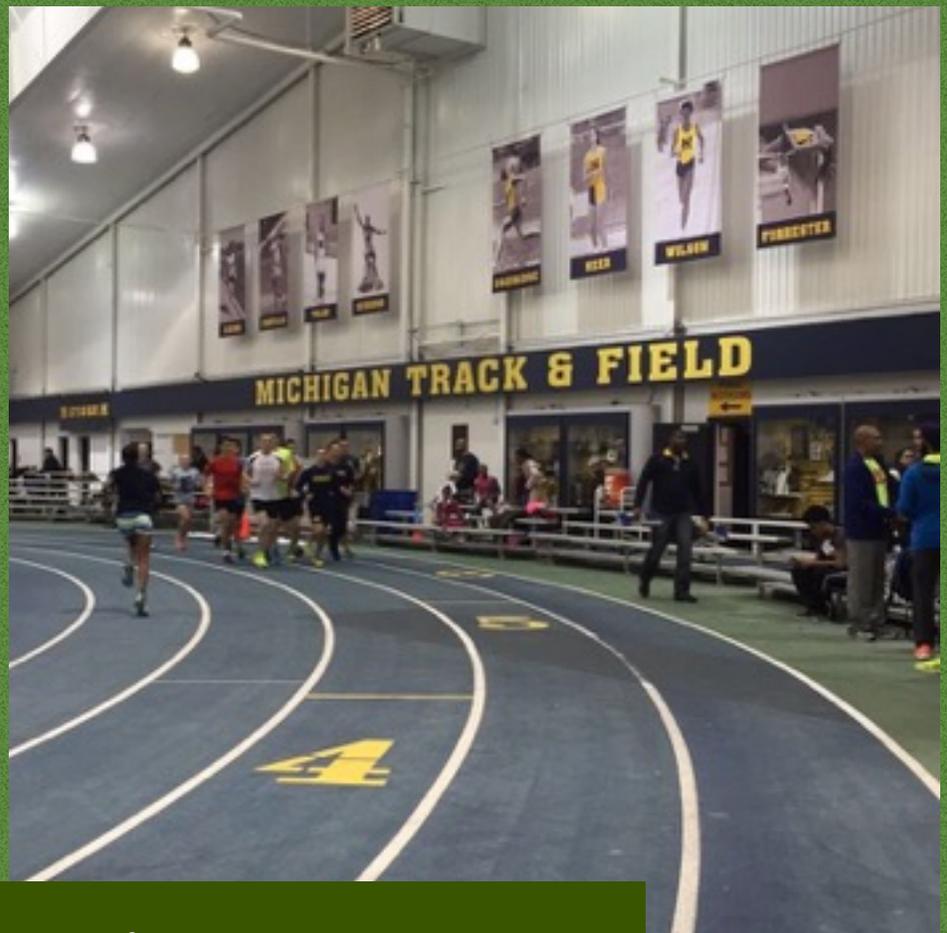




Get Ready for Track

Track season is an exciting time. As the winter temperatures are dropping, we are thinking about getting faster. However, the track can also be a commonplace for injuries due to the tight turns during speed workouts. It is key to make sure that you stay strong all season by complimenting those tough workouts with strength and core work. For 2016, focus on staying healthy by incorporating injury prevention exercises into your training schedule.

Here's a helpful article that offers exercises for preventing injuries via Runner's World: [Check it out Here!](#)



Track workout times for winter 2016 Semester:
Tuesdays 9-11 pm
Thursdays 7-9 pm

Thanks to our sponsors for
their support!



It's been a great year -
thanks for sharing it with
us! See you in 2016

Go Blue!

