



February Newsletter 2016



The MRun Recap for February!

- 2/6: Wolverine Invite Home Meet
- 2/7: Superbowl RAM Fundraiser
- 2/13: Skyzone
- 2/20: Hillsdale Track Meet



Wolverine Invite



On February 6th, Mrun hosted the Wolverine Invitational at our very own home track! There were amazing performances across the board. Haley Yaremych snagged the first place finish in the 400 meter run, with a time of 1:06:55 in addition to a second place finish in the long jump. Jacob Kamm finished first place in the men's 400 with a time of 52.87 seconds. From our distance side, McKenna Turrill finished the mile in 6:09, and Umang Lathia broke five minutes with a time of 4:56. Some of our runners also helped work various events, as our entire meet was student-run. Thanks to everyone who came out to compete, volunteer, and spectate!



Athletes of the Meet:

Haley Yaremych: 1:06.55 400m,
15'5" long jump
Jacob Kamm: 52.87 400m
McKenna Turrill: 6:09 mile
Umang Lathia: 4:56 mile

[Click here for race results!](#)

RAM Superbowl Party

Every year, Mrun gets together to snack, hang out, and talk about a sport other than running at our SuperBowl party. This time, our social chairs partnered with the Race Across Michigan (RAM) coordinators. These board members provided some grilled food while teammates made a small donation to RAM upon their visit. This month, runners also visited Special Olympics practices to play basketball with kids. RAM is a 24-hour, 184-mile relay race across the state of Michigan in support of the Special Olympics. Mrun is excited to have this exciting event every year in support of this great cause.



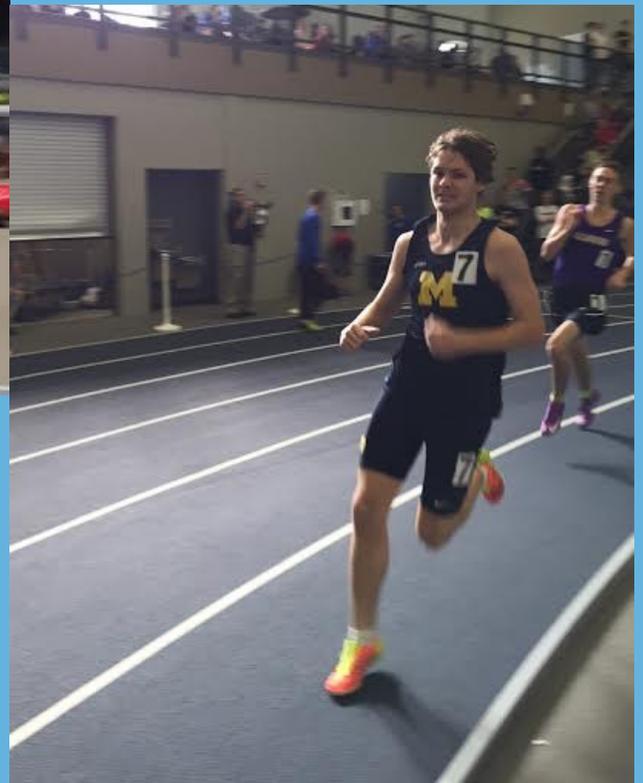
MRun Takes Skyzone



As February's main social event, the team got together to visit Skyzone, a giant trampoline park. Thanks to everyone who came out for some Mrun bonding, and to the social chairs for planning this fun new event!

Hillsdale Tune-Up Meet

In the midst of our track season, Mrun competed against Division 2 runners at Hillsdale College. There were many notable performances throughout that day. Sarah Hayes finished second place overall in the 3K with a time of 11:02. Freshman Madeline Reyes finished the mile in a speedy 6:12. For the boys, freshman David Trimas finished 9:02 in the 3K, and Brad Spilka finished the 800 meter run in 2:06.7. Congratulations to our athletes of the meet, and all of our runners who competed!



Athletes of the meet:

Sarah Hayes: 11:02 3,000m

Madeline Reyes: 6:12 mile

David Trimas: 9:02 3,000m

Brad Spilka: 2:06.7 800m

[Click here for race results!](#)



Race Day Pics



Thanks to supporting our club by staying up to date!

Looking ahead in March:

- Recap from Illinois Club Relays
- The Race Across Michigan for Special Olympics!
- The track season continues
- Have a great spring break!