



# MRUN News

## April/May 2016



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# NIRCA Nationals

**April 8-10, Bloomington, IN**

In early April, MRun hit the road to attend the biggest meet of the Spring track season: the 2016 NIRCA Championships, held in Bloomington, IN at University of Indiana. The team represented Michigan well with three days of PR's and stand out performances. The MRun women even took home a team medal, scoring third overall out of more than a dozen schools. After the meet, the team unwound with a private screening of "Race", the Jesse Owens biopic. Great job, MRun!



## Athletes of the Meet:

### Women

Allie Cell

Olivia Spagnuolo

Christine Cieslak

### Event

(distance)

(sprints/field)

(half marathon)

### Men

Ross Pendergast

Kevin Yang

Timmy Martin



# MRun Prom

## April 15, Ann Arbor, MI

On Friday, April 15, MRun came together to celebrate the 2015-16 season with a banquet dinner and awards presentation. MRunners put on their most formal running shorts and wind-resistant neckties for a night full of fun, food, and excitement. At the end of the night, a new MRun board was elected to lead the club for the 2016-17 season. Following the event, a social was held to send the season off in style. Thank you to Tyler Partridge for hosting the after-Prom!



For more photos from the night, [click here](#).

# GVSU Spring Meet

April 23, Allendale, MI

In the midst of finals season, a small group of MRunners made the trip out to Allendale to represent Michigan at the Grand Valley State University spring track meet. For many, this would be their last chance to compete before the summer, and therefore an excellent chance to push for PR's. As a result, there were 3 new "Top 10" times set, shattering old MRun records and paving the way for a bright 2016-17 season. Congratulations to **Andy Beck (15:23.28 5K)**, **Brad Spilka (23.92 200m)**, and **Roman Lee (23.83 200m)** on their incredible performances!



## Athletes of the Meet:

**Women**

**Event**

**Men**

all dudes

(distance)

**Andy Beck**

all dudes

(sprints/field)

**Roman Lee**



# Gina Relays

April 28-30, Hillsdale, MI

With finals in the rearview mirror, a mere carful of MRunners trekked to Hillsdale, MI for the 50<sup>th</sup> Annual Gina College Relays. **A fourth “Top 10” time was broken by Harrison Clark, who clocked a blistering 15:16.65 in the 5K.** Congratulations, Harrison, and to all who ran!

## Athlete of the Meet:

**Harrison Clark** (distance)



## Summer News

Thank you to everyone for an incredible 2015-16 season! From May until August, take some time to run, but also relax. You've certainly earned it. At the beginning of June, we'll have more information about summer social events (including this August's long-awaited MRun camp). Until then, there are some fun summer opportunities for MRunners in and around Ann Arbor.

# Girls on the Run 5K (Sunday, 5/15)

This Sunday, charity Girls on the Run hosted a 5K run/walk on Michigan's North Campus. Thank you to everyone who gave their time!



# MRun Camp Announcement (TBD)

Get pumped for more info soon about this August's MRun camp! Your social chairs, Riley Doherty and Umang Lathia, will be in touch later with the how's and when's behind this incredible experience. NIRCA Ross will likely be in attendance; s'mores may be served. You don't wanna miss this.

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**Congratulations to all our newly-graduated seniors! Enjoy summer, run happy, and Go Blue!**

