



# MRun News

## Summer 2016



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# Bayshore Marathon

## May 28, Traverse City, MI

In late May, a summer crew of MRUNNERS descended on Traverse City for the 34<sup>th</sup> Annual Bayshore Marathon. The Bayshore Marathon is a seasonal favorite for many Michiganders, regardless of running ability: 5k, 10k, and Half Marathon races are also available alongside the main event. Each course offers beautiful views of Lake Michigan, and of course, a great race before the summer heat truly sets in. After the race, MRUNNERS hit the beach to enjoy some much-deserved R&R.



# MRun Camp

August 24-28, Traverse City, MI

Just before the start of the Fall semester, a caravan full of MRunners roadtripped out to YMCA Camp Hayo-Went-Ha, a wooded resort on Lake Arbutus, MI. The next three days would be some of the most memorable of the year.

For many, MRun camp is a chance to reunite with friends and ease back into running before the rush of the school year. Daily runs, nightly bonfires, and a slew of activities organized by our wonderful Social Chairs kept spirits high and runners happy. Even a rainy Saturday couldn't stop the fun: the whole MRun crew spent the day in Traverse City before reuniting at Sleder's Tavern for one last group dinner before heading back to Ann Arbor on Sunday morning. It was a truly memorable end to the summer. Thank you to everyone who came for making camp all the fun that it was!

**And of course: a very special shoutout to Riley Doherty and Umang Lathia for organizing this wonderful event. You guys rock!**



# More Camp Photos



# Back to School News

Where *did* the summer go? Even though classes are back in session, here are some quick events to look forward to as you read this from the library:

## Ice Cream Social (Mon, 9/12)

You screamed; we listened. Stick around after practice on Monday, September 12 for an ice cream social, hosted by MRun President Colleen at her house, 520 Walnut St. There will be ice cream, water, lawn games, and all your favorite people! Thank you to Riley and Umang for organizing.

## Training Seminar (Wed, 9/14)

Join MRun Distance Training Chair Pat Kenney from 8-9p in 3330 Mason for a special seminar about proper training methods. All are welcome.

## MRun Mass Meeting (Mon, 9/19)

At 8pm Monday, Sep 19, come to the Rogel Ballroom (2<sup>nd</sup> Floor of the Michigan Union) to learn more about the club, pay dues, reconnect with old MRun pals, and of course, buy *all* sorts of MRun gear and swag. Whether you're a new member or a seasoned vet, be sure not to miss this!

## First XC Race: MC5 (Sat, 9/24)

Our first cross country race of the season is right around the corner! Join us on Saturday, September 24 for MC5 at Ball State University. Keep this date in your calendars for now, and stay on the lookout for travel/sign-up information coming soon through our Canvas page.

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**Good luck this semester! And to all of our new members: welcome to the MRun fun. See you all at practice!**