



MRun News

September 2016



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MC5

September 24, Anderson, IN

The 2016 Cross Country season got off to a flying start in late September, as the Ball State Runners Association hosted teams from all over the country at their annual MC5 invitational. For many, this was their first competition since last April's NIRCA Nationals - but judging by the scores, there was nothing but confidence out on the course. It was a day of strong finishes for all, as Michigan took home both Men's and Women's team trophies as well as a 1st overall in the Men's 8k race. A special shoutout to Lucas Peterson for his blazing fast, gold-medaling 27:18.50! If this meet in any indication, MRUN will be a serious Nationals contender this coming fall.



Athletes of the Meet:

Women

Cecilia Butterbee

Event

(Cross Country)

Men

Devin Stevens

More MC5 photos:



Spartan Grand Classic

October 1, East Lansing, MI

On Saturday, October 1, MRunners woke up bright and early to visit our very own Little Brother at their home meet. Jokes, while tensions often flare between schools on Football Saturdays, in the world of Club Cross Country, Michigan-MSU are friends and neighbors. Yet, like any older sibling, even the familial love comes with an occasional thrashing. Case in point: MRun's 1-2 team finishes at this year's Spartan Grand. Big congratulations to both the Men's (1st) and Women's (2nd) teams on their second consecutive podium finishes!



Athletes of the Meet:

Women

Event

Men

Jordan Krauss

(Cross Country)

Ben Anderson

Ice Cream Social

September 12, Ann Arbor, MI

You screamed; we screamed; it got really loud; we ate ice cream. As the first official social event of the Fall 2016 semester, MRun Social Chairs Riley & Umang organized an all-you-can-eat ice cream social after a sunny Monday practice! As good as the legendary Dairy Lodge? Perhaps. A solid post-workout recovery regardless? You bet. The sundae bar was a hit with all in attendance, and for the new MRunners, this first social was a great chance to hang out with their friends and meet more members. Thank you to Riley & Umang for their work organizing the event!

And last but not least, a special shoutout to MRun President Colleen for generously volunteering her house to host the social. You rock!



News Not Olds:

Little Tens (Saturday, 10/8)

This Saturday, October 8th is MRun's home meet, the long-awaited Little Tens Invitational! The meet will take place in Brighton, MI and feature the standard 8K/6K races, as well as an open 5K race. Hope to see you there!

Cider Mill Run (Sunday, 10/9)

The day after our home meet, MRun will host its annual Cider Mill Run. This Sunday's morning long runs will converge on the Dexter Cider Mill for a day full of cider, donuts, and fun. Even if you don't feel like long running to Dexter, you can still get in on the fun! Cars will leave from The Cube on Sunday morning. Stay tuned for more details to come via email.

Great Lakes Regional (Sat, 10/22)

Later this month, MRun will compete against other universities in the NIRCA Great Lakes Regional, arguably one of our biggest meets of the year. Get excited for what's sure to be strong competition and a fast race for all! And as always, watch your email for more information to come as we approach the meet.

**One month down, two more to go.
Way to make MRun proud, everyone.
Good luck on Midterms!**