



# MRUN News

## October 2016



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# Little Tens

## October 8, Brighton, MI

After months of planning, MRUN hosted the 2016 Little Tens Invitational at the Huron Meadows Metropark in Brighton, MI. Teams from all over the Midwest attended for a morning full of chilly weather and blazing fast races. But not even thirty degree temperatures could stop our runners: both MRUN Mens and Womens took the podium, earning first and second place team medals respectively. Home field advantage? Maybe. Whatever the cause, this year's Little Tens was a meet to remember. A special shoutout to the MRUN Sprinters and MRUN Alumni who participated in the first-ever Little Tens 5K at the start of the meet! And of course, our thanks and gratitude to MRUN's own Colleen Conroy and Ross Pendergast for making this meet possible.



### Athletes of the Meet:

**Women**

**Event**

**Men**

Christine Cieslak

(Cross Country)

Sam Schroeder

# More from Little Tens:



# NIRCA Regionals

## October 22, Shelbyville, IN

On Saturday, October 22, NIRCA teams from all over the Midwest ran at the 2016 Great Lakes Regional Championship held in Shelbyville, IN. The stiff competition (and a nice, flat course!) turned this year's Regionals into a great opportunity for PR's – and oh, how MRunners responded. Both the Mens and Womens team continued their medal-run dominance (earning third and first place, respectively), while many individuals clocked their best times of the season. Results from Regionals were also used to determine MRun's "Top 7" who will go on to compete in the A Race at NIRCA Nationals.



## Athletes of the Meet:

**Women**

**Molly Mearns**

**Event**

**(Cross Country)**

**Men**

**Lynus Zullo**

# The Hirkenham Mile

October 29, Ann Arbor, MI

On Saturday, October 29, MRun's best and brightest descended on the legendary Ferry Field for a crucible of sport that would make Jesse Owens tremble with inadequacy. A total of 18 elite athletes competed against both the limits of human fitness and a stopwatch to complete the 3<sup>rd</sup> Annual Herkenham Mile. After a heart-pounding five and a half minutes, the dust had settled and a winner was declared:

Congratulations to Buddy "The Kid" Herkenham for winning his event. His winning time of 4:30.05 will be immortalized in this PDF #NIRCAglory.



## Athletes of the Meet:

**Cross Country**

**Ross Pendergast**

**Event**

(Cross Country)

**Sprinters**

**Brad Spilka**

# Cider Mill Run

## October 9, Dexter, MI

A workout isn't truly over until the athlete recovers. On Sunday, October 9, MRun proved sports science right the way we know best: with a long run to the Dexter Cider Mill, where donuts, apples, and all sorts of seasonal treats awaited!

While many chose to long run all the way to Dexter, MRunners also drove to the Cider Mill to make sure runners of all distances could get in on the premiere social event of the fall. Thanks to a large pool of drivers, even the MRun Sprinters could make it out, choosing to run a speed workout in Dexter while the long run routes trickled in. Regardless of distance, everyone who went got a chance to enjoy the Dexter Mill's famous cider and donuts. How's that for a post-workout refuel?



# Notable News:

## NAP Volunteer Day (Saturday, 10/15)

On Saturday, October 15, a small crew of MRUNNERS volunteered their time to help the The City of Ann Arbor's "Nature Area Preservation" crew clear invasive species from areas surrounding the MRUN-famous "Skinny" trail. Thank you to all who donated their Saturday for a great cause!

## Tennis Court Drying (Sunday, 10/16)

The Sunday of Fall Break, a crew of generous MRUNNERS woke up at 6am to help the club fundraise by drying Michigan's Varsity tennis courts. A special thanks to all who donated their time – you guys rock!

## Halloween Run (Mon, 10/31)

On Monday, October 31, MRUNNERS spread holiday cheer (read: a lot of candy) throughout Central Campus on our annual Halloween Run! Dozens came out in mobility-friendly costumes, helping make the Run one of the biggest – and most festive - social events of the year.

