



# MRun News

## January 2017



## In this issue...

- SVSU Indoor Track Meet
- MRuns Gives Back
- Socials & more

# SVSU Indoor Meet

## January 27-28, Saginaw, MI

Last week, the 2017 track season kicked off in Saginaw, MI with the Jet's Pizza Invitational. It was a weekend of records and PR's, as many MRUNNERS dusted off their legspeed after a long winter of training. The sprinters led the meet, with a slew of record-setting performances and impressive overall finishes. Shoutout to DeVante' Coleman (200m Indoor), Brad Spilka (400m Indoor), Luke Peterson (3K Indoor), and the relay of Shamsa, Coleman, Spilka, and Lee (4x400m Indoor) on their MRun record-setting races!



### Athletes of the Meet:

#### Women

Lauren Miller

Sarah Callan

-----

#### Event

(distance)

(sprint)

(field/throwing)

#### Men

Jacob Tanner

DeVante' Coleman

Noah Nugent

# MRun Gives Back

## Varsity Track Meet Volunteering

January 14, Ann Arbor, MI

On Saturday, January 14, MRUNners generously donated their time to help the Michigan Varsity Track & Field program manage their home meet. Events like this help us secure continued use of the indoor track, and are also a great way to show school spirit. Thank you to all who attended!



## NAP Work Day

January 16, Ann Arbor, MI

On Monday, January 16, MRUNners led by Community Service Chair Nick Maternowski embraced the spirit of the MLK Weekend and gave up their time off to help Ann Arbor's Nature Area Preservation. Thank you to all who attended, and to Nick for organizing!

# MRun Gets Social

## Yost Ice Skating Night

January 21, Ann Arbor, MI

On Saturday, January 21, MRun swapped track spikes for figure skates and still managed to move around an oval for a night of ice skating and fun! A special shoutout to Dario Potter for coordinating our use of Yost Ice Rink, and to our social chairs Umang Lathia and Riley Doherty for hosting.



## Hot Chocolate Social

January 31, Ann Arbor, MI

On Tuesday, January 31, a distance run through the cold ended with a special treat: hot chocolate, courtesy of the amazing social duo of Riley and Umang. Little known fact: hot cocoa is an optimized post workout drink, even in the summer. Thank you to Apartment B for hosting this event!

# Upcoming Events

**Sunday, 2/5: MRun Super Bowl Party**

**Week of 2/6-2/10: MRun Spirit Week!**

**Friday, 2/10: Pasta Party**

**Saturday, 2/11: Wolverine Invitational**

**Saturday, 2/18: Hillsdale Track Meet**

**Sunday, 2/19: MSU Basketball social**

**Saturday, 2/25: Illinois Club Relays**

---

**Last but not least: thank you to Doug, Mitch, and the Ann Arbor Track Club for their generous donation to MRun! Their support enables our future, so if you see them at the track, say thanks!**