

OCT 04, 2023

MRUN NEWSLETTER

SEPTEMBER RECAP + OCTOBER LOOKOUT



WE'RE SO BACK

Hope you all had a great September, we know MRun did! Stay tuned to hear all about our jam packed month...

UPCOMING MEETS:

*SPARTAN GRAND CLASSIC 10/07 (LANSING, MI)
NIRCA GREAT LAKES REGIONAL 10/28 (CARMEL, IN)
NIRCA NATIONALS 11/11 (SHELBYVILLE, IN)*

FOLLOW US ON SOCIALS!



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MEETS

WISCONSIN BORDER BATTLE + LITTLE TENS

WISCO

Our men and women started out the year strong by taking 1st and 2nd place respectively at this early September meet, securing an apple cider-filled growler (which our social chairs may or may not have forgotten to refrigerate...)! Athletes of the meet were Jamie Harrison and Brenna Wendell.



LITTLE TENS

Men and women both took 1st place at our home meet this year! Ashley Heidenrich set a **new club 6k record by one minute with a time of 20:38**. We also had a very successful Open 5k with super cool alumni and family! Athletes of the meet were Max Klarman and Ashley Heidenrich.





SOCIAL EVENTS + COMMUNITY SERVICE

SOCIAL!

This month alone, our awesome social chairs have hosted an ice cream social AND a pre-Little 10's pasta party! All of our social events are **FREE** this year to dues-paying members as a part of their dues (and thanks to donations from amazing people like you guys)! Looking forward to the Cider Mill Run and Corn Maze.



COMMUNITY SERVICE

MRunners have completed their first NAP Day of the school year by clearing invasive species from Fuller Park. Always a fun time being in nature! They also helped at aid stations and to course marshal for the Ann Arbor Marathon this past weekend, handing out waters, cheering, and making sure that runners didn't get lost along the way. They were so brave!



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THANKS FOR TUNING IN!

WE LOVE YOU GUYS AS MUCH AS OUR SPRINTERS LOVE
RAINY SUNSET RUNS (A LOT)!



THEY ARE THE DEFINITION
OF COMMITMENT

INTERESTED IN DONATING?

Giving Tuesday is coming up in November (stay tuned to learn more about that next month!) and Giving Bluesday next semester, but we are always accepting donations if you feel like giving right now! You can donate by going to <https://tinyurl.com/kzedjc4j> or by **scanning this QR code!** Thanks so much and see ya next month!



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