

OCT 31, 2023

# MRUN NEWSLETTER

OCTOBER RECAP + NOVEMBER LOOKOUT



## WELCOME BACK!

Happy Halloween! Let's unpack the scary cool things that MRun has done this month!



### UPCOMING EVENTS:

*NIRCA NATIONALS 11/11 (SHELBYVILLE, IN)  
GIVING TUESDAY 11/28*

## FOLLOW US ON SOCIALS!



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# MEETS

SPARTAN GRAND CLASSIC + GREAT LAKES REGIONALS

## SPARTAN

Our annual visit to little brother went great! Men and women both took first, a lot of family, friends, and dogs were present as well (always a treat)! Athletes of the meet were MaryViolet Springer and Brendan Downey..



## REGIONALS



Men and women took 1st and 2nd place respectively at Regionals! Jorden Sowash set a **new club 8k record with our first ever sub-25 time of 24:59.7.**

Athletes of the meet were Jorden Sowash and Katie Cahill.









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# SOCIAL EVENTS

## CIDER MILL RUN

A lot of miles ran, donuts eaten, cider drank, and bees present (sometimes in the cider...)



## CORN MAZE

Luckily no one got too lost this year (I think...)! Post-corn maze tractor rides and games were enjoyed by our crafty wanderers.







# DONATIONS

WHAT IS GIVING TUESDAY?



## GIVING TUESDAY

Giving Tuesday will be **Tuesday, November 28th** this year. It is our team fundraiser this semester (a smaller version of Giving Bluesday, if any of you remember that)! This year, we are attempting to raise **\$1,004** for a tent to bring to meets to give an area for our runners to stay and put their stuff during meets (so that runners don't have to lay on the ground like Social Chair, Ian here).

**A link to the donation page will be provided in next month's newsletter so keep an eye out!**

## WANT TO DONATE NOW?

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!

