

M R U N

NEWSLETTER



Welcome to the October MRun Newsletter!

We've done a lot this month, and we can't wait to tell you all about it! Read more to hear about:

- Meets
- Social Events
- Service Events
- Fundraising
- Upcoming Events

MEETS

This October we ran at two meets, the Spartan Grand Classic, and the NIRCA Great Lakes Regional Meet.



NIRCA Great Lakes Regional Meet

On October 26th, we traveled to Carmel, Indiana to compete in the Great Lakes regional meet. Men and Women's teams took first and second, respectively, qualifying us for NIRCA Nationals! Our athletes of the meet were Pallavi Fisher and Connor Griffith.

Spartan Grand Classic

On October 5th, we traveled to Lansing to compete in the Spartan Grand Classic hosted by Michigan State Run Club. Men and women's teams took first, with men getting a perfect score of 15! Athletes of the meet were Conor Sullivan and Natalie Meadows.



Social Events!

This month, our amazing social chairs put on a wide variety of fun and educational social events!

OLYMPIC PRESENTATION AND MEET AND GREET

On October 30th, Mrnun was lucky enough to hear from a panel of Olympic runners Hobbs Kessler and Bryce Hopper, as well as Coach Ron Warhurst! We learned a lot from these Very Nice (and very fast) folks!



HALLOWEEN RUN

On Halloween, Mrnrunners wore costumes to practice, and ran a loop around campus to spread candy and Halloween Spirit!



HANDS ONLY CPR TRAINING

After one of our own runners went into cardiac arrest on a run, Mrnun has recognized the importance of everyone being educated on hands-only CPR. On October 9th and 10th, Mrnun had trainings to learn how to complete hands only CPR.



CIDER MILL RUN

On October 6th, Mrnrunners either ran or drove to the Dexter Cider Mill for some yummy cider and donuts!

CORN MAZE

On October 19th, Mrnrunners went to the Blast Corn Maze, and had a blast!



Community Service

On October 13th, Mrnun volunteered for the Ann Arbor Marathon, and helped out at an aid station!



THANK YOU!

Thank you to all who donated to Mrun during the Club Sports Kickoff! We are incredibly grateful for your support. We were able to raise \$1,415 to go towards funding the costs of competing at NIRCA cross country nationals.

If you still would like to donate, you still have plenty more opportunities! We will have another fundraising day, **Giving Tuesday on December 3rd, 2024.**



This January... Mrun is turning 25! To celebrate, we are hoping to make a video all about this amazing club. If you are an Mrun alum and are interested in being interviewed (in any format), please fill out the form on this email!



UPCOMING EVENTS

Right now, the biggest event on the horizon for us is NIRCA cross country Nationals, on November 9th in Hershey Pennsylvania. We're hoping to take home two national championships, so wish us luck!

Thanks for reading! See you next month!

STAY IN TOUCH!

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<http://mrun.clubrunning.org>

