

M R U N

NEWSLETTER



Welcome to the November 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
- GIVING TUESDAY

NIRCA Cross Country Nationals

On November 9, we traveled to Hershey, Pennsylvania to compete at the NIRCA Cross Country championship meet. MRun battled a very hilly course, and the women took first place with a score of 83, beating out University of Wisconsin by one point. The championship men achieved a very impressive 3rd place, in a very competitive field. MRun is extremely proud of these performances, and of everyone who ran this tough course! We had nearly 70 people travel all the way to Pennsylvania, and feel so proud of everyone who worked hard this cross country season.

Athletes of the meet:

Men's

Freshman/Sophomore:

Carter Lukas

Women's

Freshman/Sophomore:

Diane Weber

Men's Junior/Senior/Grad:

Hendrik Nykamp

Women's

Junior/Senior/Grad:

Heleyna Tucker

Men's Championship:

Max Klarman

Women's Championship:

Laney Alig



Social Events!

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

FRIENDSGIVING + EUCHRE TOURNAMENT

On November 20th, Mrunch hosted our annual Friendsgiving! This year, we also combined friendsgiving with the RAM euchre tournament! 17 teams competed to raise money for the Special Olympics. Another fun Mrunch event!



Community Service

On November 18th, Mrunchers got together to make tie blankets for animals of the Humane Society of Huron Valley. Blankets are a requested item on the humane society's "wish list," so we were able to make around 20 fleece tie blankets.

WENDY'S 4 FOR 4 4x4

On November 13th, some of the bravest Mrunchers competed in a relay race of eating the components of a Wendy's 4 for \$4 meal deal, and running 400 meters. Congratulations to everyone who competed in this amazing tradition!



GIVING TUESDAY IS THIS TUESDAY!

This Tuesday is Giving Tuesday! If you are thinking of giving, think of Mrun! Your donation keeps dues for members low, helps us affordably travel to meets, helps us host social and community service events, and MORE!

Donate at our giving link this Tuesday! Link and more information to come tomorrow!



Thanks for reading! See you next month!

STAY IN TOUCH!

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<http://mrunchclubrunning.org>

