

## **MSU Grand Classic**

On Sunday October 14<sup>th</sup>, MRun traveled to Grand Woods Park in East Lansing for the MSU grand classic 5k race! Both the men's and women's teams took home first place! Teams in attendance included: MRun, Michigan State, Purdue, Ohio State, Grand Valley State, Central, Ball State, Eastern, U of M Dearborn, Indiana, Bowling Green State and University of Toledo. It was a cool cloudy day and the trees lining the course were in the middle of changing colors. There was one hill towards the end of the course. Great job MRun!

### **Athletes of the Meet:**

**Annabelle Schuelke!** Annabelle PR'd on Sunday and she was one of very few people to do so that day! Way to go Annabelle!

**David Burkland!** David completed his first race with MRun and also came close to his high school PR! Go David!

After awards, the teams gathered for a dance party! Psy's "Gangnam Style" was followed by V.I.C's "Wobble" and other MRun favorites! What a great way to hang out with the other teams!

A huge thank you to the State running club for hosting this meet! We had a lot of fun and we always enjoy seeing our Sparty friends!

## **EMU Grand Classic**

MRun brought 10 girls and 7 guys to the EMU fall classic and had outstanding performances all around. The girls started things off at 4:30, and 19 minutes later Caci beat her high school time at the same course by going 19:43 and Annabelle set an all time personal best breaking 20 minutes in the 5k for the first time by going 19:50. The entire team did well, even though there was no team scoring. The gun for the guys race went off at 5:00, and all seven of the guys were done in less than 17:10. A lot of runners got out fast, but the MRun guys started off at the back of the pack, and Justin passed nearly everybody throughout the race to get a top 10 finish. Mac and Garrett also managed to place in the top 21. Harrison Clark also did really well! The results online were incorrect, but everyone ran very well!

## **Detroit Half and Full Marathon**

Congratulations to all of the MRunners that completed the Detroit half marathon and full marathon on October 21! The race started in downtown Detroit and racers were led across the border to Canada and back. Full marathoners continued on and did a loop in Belle Isle before finishing.

Runners completing the half marathon included: Mara Rubin, Elizabeth Swindle, Katie Grassa, Ari Brown, Emily Southern, Mark Kennedy, David Penner, Thomas Noel, Will Kane, Jimmy Adams, Patrick Hayes, Julia Kehoe, Claire Kintner, Joe Porcari, Warren Buzzard, Matt Neumann, Yasmine White, Lindsay Doherty and Colleen Wagner.

Runners completing the full marathon included: Donald Matthews, Michael McGahren-Clemens, Clint Piper, Sean Gray, and Sam Brish.

Special congratulations to Donald, Michael and Clint for qualifying for the Boston Marathon!!

GO BLUE!