



Newsletter

Aug.-Sept., 2014



Recent BSRA news:

Run club has kicked off a busy semester! In early September, the BSRA went on the annual camping trip to Mound State Park and even though it rained most of the night; that didn't keep everyone from bonding and having a great time!

BSRA has also had a very successful start to the NIRCA cross-country season with two races already under their belts. On September 20th, the club traveled to the Illinois State University Invite (5k). For the women, Amanda Weaver led Ball State with an individual 3rd place finish in 20:11. On the men's side, they placed 3rd overall with Jake Crosley leading the team with another individual 3rd place finish in 16:54.

One week later, on September 27th, Ball State hosted the MC5 Invite at Mounds State Park. Plenty of competition showed up totaling ten women's teams and nine men's teams. The women had a very successful race, placing 3rd overall, with Laura Kompara taking the first BSU spot in 9th place in a time of 24:41 (6k). The men placed 8th overall and Jake Crosley was the top male runner for BSU in 23rd place with a time of 28:43 (8k). It was a tough race with a lot of competition and all of the BSRA runners are proud of their accomplishments and are ready to keep improving and showing NIRCA what they've got.



The BSRA team at the MC5 Invitational



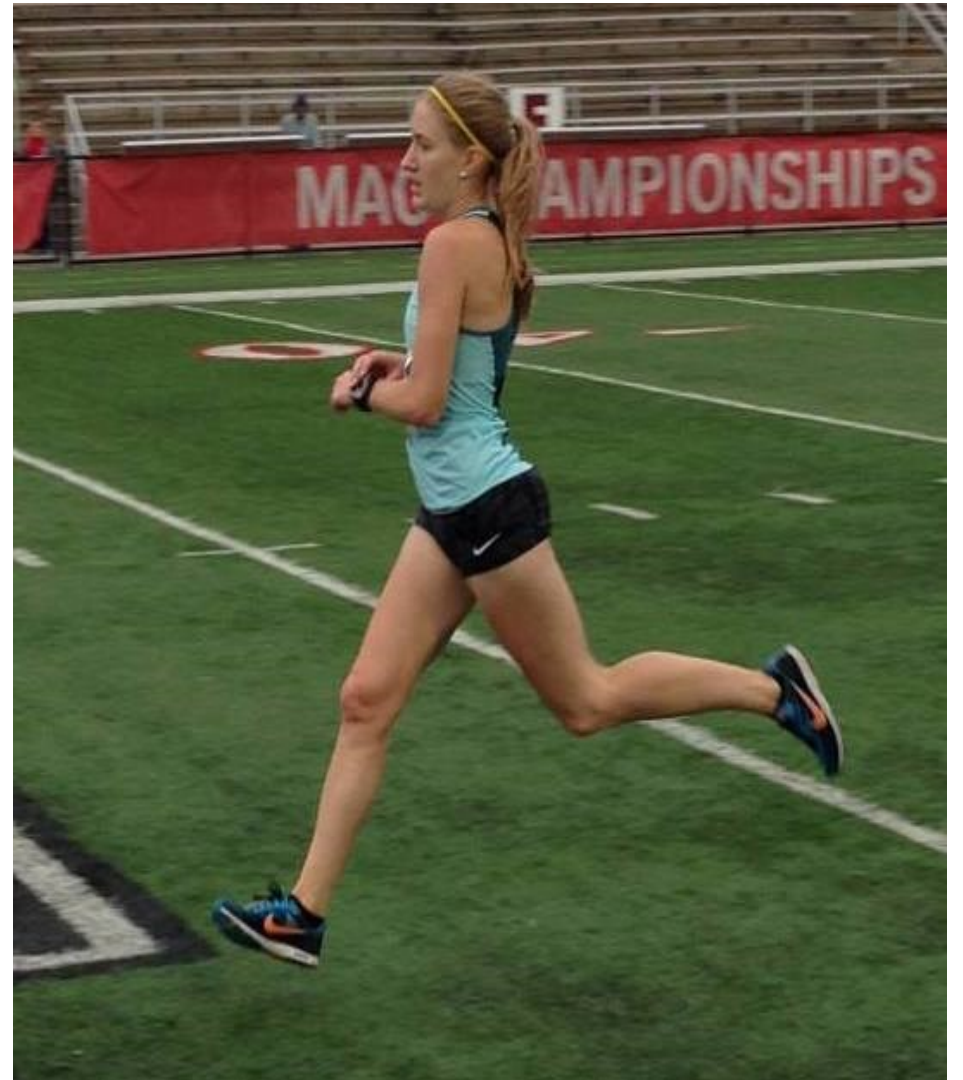
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Athlete Spotlight: Amanda Weaver

Amanda is a second year graduate student studying Clinical Exercise Physiology. This is her first season competing with the BSRA and she has been killing it so far. She placed 1st for the women's team at the Illinois State Invitational and 2nd at the MC5. She has been using her experience with running cross country and track at Albion College to bring a competitive edge to the Ball State Runners' Association. In addition to training for the NIRCA XC season, she also plans to compete in a half marathon this fall. Everyone in the club appreciates Amanda's competitive spirit and we couldn't be happier to have her on the team!



Amanda snags 2nd place at the Chase Charlie 5k this fall.

Upcoming Events:

The BSRA still has plenty to do this semester! For the first time ever, the club is competing in the dancing/lip syncing contest known as Air Jam. With a dance choreographed by members Nick Nordmann, Sarah Garner and Mandy Bode, the team plans on bringing home the win! Air Jam takes place during Homecoming week on Thursday, October 9th.

There are also still a few social events that are completely free to members! These include the pasta party on Friday, October 10th, the annual ice skating trip on Friday, November 21st and Christ-giving on Saturday, December 6th. All members are encouraged to come to these events and have a good time strengthening that Run Club family!

The racing season isn't over yet. On Saturday, October 11th, members of the running club will compete in the BSU Homecoming 5k. The next weekend, Saturday the 18th, the BSRA will travel to Michigan for the Little Tens Invite. (Because who needs Fall Break?) After that, the NIRCA postseason begins with the Great Lakes Regionals in Lexington, KY on November 1st and ends with Cross Country Nationals in East Lansing, MI on November 15th.

Thanks for reading!