

Ball State Runners' Association

Fall 2017 Newsletter



The Ball State Runners' Association had another successful fall highlighted by some competitive and fun races, a phenomenal MC5, and great times with teammates. Check below to see what we've been up to this fall.

Boiler Up Invitational

On September 16th, the BSRA took its talents to Purdue for the first annual Boiler Up Invitational. We took eighteen runners to a beautiful race on a beautiful day at the Tippecanoe County Amphitheater. Ball State represented well on that Saturday as both the men's and women's teams took third place. In the men's race, Nicholas Nordmann would finish first for Ball State in a time of 29:57. But our largest highlight of the day came in the first race of the day where the gun went off for the women at 10:30 am. Just a fast 6k later and the first overall runner, our very own Anna Farelo, came in in 22:01; over one minute ahead of second place. The BSRA left Purdue full of warm smiles and gathered at the home of our president, Kendra Storz, for a grill out to celebrate the day.



Anna Farelo led the race from start to finish and took 1st at the Boiler Up Invite.

MC5

One week after our opening meet of the season, we hosted MC5 at Mounds State Park for the tenth time in history. The 2017 running of the MC5 did not disappoint as it was the third largest field since its existence. Leading the men's field of 170 was Wash U's Bram Osterhout in a time of 27:21, and leading the women's field of 102 was MRun's Anna Piccione in a time of 23:50. In the team scoring, Michigan would dominate again as they would take first in both the men's and women's races. However, we were incredibly proud of how Ball State was represented as we brought eighteen runners and even more volunteers. In first for our men was Nick Ensinger in a time of 31:03, and in first for our women was Katie Federonko in 28:15. Not to be outdone w our volunteers as former Vice President Jake Crosley, who happened to get married later that evening, cleaned up the most course flags in MC5 history. In addition, former Social Media

Coordinator Alex Smith stopped by to hand out a record amount of Dilly bars to all finishers. The BSRA carried on the tradition and directed yet another great MC5.

Little Tens Invitational

For the third weekend in a row, the BSRA found some great competition in the Great Lakes region. Michigan hosted their annual race, the Little Tens Invitational, on September 30th at Willow Metropark. On an absolute gorgeous day and a fast course, the BSRA runners came out with many PRs. After blazing through the course we came away with 4th place and 6th place finishes for the women's team and the men's team, respectively. In front for the women was Storz in 24:58 while Nordmann paved the way for the men's team in a lifetime 8K PR of 28:03.



Nicholas Nordmann led the men's team at the Little Tens Invite.



Spartan Grand Classic

After a weekend off, the BSRA traveled to Grand Woods Park where Michigan State hosted their Spartan Grand Classic. As our runners fought through the sideways rain, we had plenty of great performances and tons of fun. On the men's side, Nick Ensinger ran a 29:32 and took 52nd place followed closely by our number two Chris Meyer in 55th with a time of 29:48. The men's team

performance was good for 6th place. But on the women's side we had another individual top ten finish, and this time it was Storz in 10th place with a finishing time of 25:14. This performance set the women up for a 4th place team finish and a great showing in front of some stiff competition.

Great Lakes Regional

It was a chilly day in Shelbyville on October 28th at the Blue River Cross Country Course, but it would be a fast day for the BSRA at the Great Lakes Regional. The Regional brought great competition, and NIRCA would be awarding the top seven teams with a spot in the Nationals Championship Race. Nordmann and Storz were again the number ones for Ball State with times of 28:30 and 24:50 (PR), respectively. After their strong performances, they had many teammates clock PRs that day. The men's team would finish 9th on a strong day and would be content to move on to the NIRCA Nationals Class Races, but the women's team missed qualifying for the Championship Race by just



one spot, taking 8th place. Overall, our runners were in high spirits after a great performance and some quality time together in the brisk temperatures.

NIRCA Nationals

Due to some complications and regulations, the running friends were not able to compete in their respective Nationals Class Races, so we all ran the open 5k individually. This led to the largest participation in NIRCA's open 5k history (109 runners). Either way, we headed to Michigan for the third time in the fall semester, and we stayed the night at Jacob Powell's grandfather's house for some prerace pasta and team bonding. Early the next morning, we all got off the floor, folded our sheets, and put our game faces on. The 5k started at 9 am, and the wind chill was nineteen degrees at the gun. Fighting through the blistering winds and taking some of the top spots from our group were Nordmann placing 11th in 17:33 and Farello placing 23rd (4th female) in 18:18. Alongside us were some BSRA alumni Jeffrey Zenger and Laura Zenger (formerly known as Laura Kompara), and they showed us that they were still in great shape as Jeff finished in 10th in 17:29 and Laura took 46th in 20:06. It was great to have a reunion with some former Ball State studs, and we all had fun battling the cold and windy day that NIRCA Nationals always provides.



Socials

The Runners' Association had plenty of fun this semester even when they weren't running. Some of the social events included our pasta dinner the night before Regionals, pumpkin carving in mid-October, and ice skating shortly after the cross-country season had come to a close. These events only scratch the surface of the time spent building friendships from the new freshman to the loyal upperclassmen.

What's Next?

To finish off our year, the weekend before finals was the time to host Christgiving. After a delicious meal served by the runners themselves, we sat down to vote for our executive board for the 2018 calendar year. With tight races all around and some compelling speeches, the BSRA came to a final decision on their future leaders:

President – Nick Ensinger

Vice President – John Paul Thomas

Treasurer – Maria Lill

Secretary – Chris Meyer

Social Media Coordinator – Mary Momper



The 2018 Executive Board (from left)
John Paul, Maria, Nick, Mary, Chris

The 2018 Executive Board will be getting right to work as they travel to Indianapolis for NIRCA's Winter Conference January 12-14. Following Winter Conference in the spring, the Runners' Association will be testing their endurance with marathons and half marathons, and maybe a few runners will be competing in Track Nationals.

While we have been allocated some funds for Winter Conference and Nationals next semester, they are only partially covered. We recently raised our semester and yearly dues to accommodate for our growing participation, but to keep them where they are, we could use just a little support. We understand how much you have all given to the club, and we greatly appreciate it. If you would like to donate, please be in contact with Drew Happe at djhappe@bsu.edu as he is working to gain access to our Foundation account which gives you the ability to donate tax free.

Season PRs

Women's 6K		Men's 8K	
Anna Farello	22:01	Austin Arce	36:05
Katie Federonko	28:15	John Brown	31:38
Sarah Garner	28:20	Nick Ensinger	29:12
Julia Kane	29:03	Christian Freitag	32:31
Maria Lill	38:31	Donovan Geiger	35:54
Kenzi McCormick	25:58	Joseph Hall	36:20
Olivia Mikkelson	26:31	Donovan Hankins	30:48
Katelyn Miller	27:27	Drew Happe	29:37
Mary Momper	26:18	Ryon Herin	35:51
Hope Peterlin	27:46	Kevin Hook	35:00
Lily Sabinske	33:35	Gus Johnson	35:29
Kaylan Simpson	31:08	Christopher Konicki	33:01
Deanna Snyder	32:30	Chris Meyer	29:28
Christina Spech	28:21	Nicholas Nordmann	28:03
Kendra Storz	24:50	Jacob Powell	30:28
		Nate Richard	36:19
		Seth Stegall	38:22
		John Paul Thomas	31:26
		Brent Trauner	34:40



Your 2017 Exec Board (from left) Drew Happe – VP, Jacob Powell – Social, Kendra Storz – President, Nick Ensinger – Treasurer, JP Thomas – Secretary and Charlie Cardinal wish the BSRA luck next year!