

MRun Overpopulates Regional Race

First, we want to thank Thomas Yeh (our community service chair), who worked effortlessly in coordinating with NIRCA, preparing the course and facilities, and doing everything to host the NIRCA Great Lakes Regionals race. Thank you, Thomas!

Saturday, October 2, a perfect day for some great racing. MRun brought 95 runners (along with several spectators and a couple volunteers) to the meet! This is the largest representation the running club has ever had at a single race! Congratulations guys!

Athletes of the meet:

Craig Van Alsten: Craig, a sophomore here, finished his first race with MRun (running a great 31:52) wearing a cast received from playing soccer on the MRun intramural team! Way to show your dedication and MRun pride Craig!

Nikole Helmboldt: Nikki, a freshman at UM, finished her first race with MRun taking 18th place in the women's 6k with a 25:14! Way to go Nikki!

The women dominated the meet, winning by scoring only 30 points (the minimum number you can get is 15)—2nd place had 98! It was a great performance by all of our women: Christina Capriccioso led the entire race to a win by over 30 seconds in a time of 22:53. Mollie Pozolo finished second for MRun and also 2nd in the race with a time of 23:25. Third for MRun and taking 4th place overall was Natasha Boruszok, with a time of 23:43. Rounding out the top 7 were Caci Dishman (9th, 24:01), Michelle Lapin (14th, 24:49), Annabelle Schuelke (17th, 25:09) and Nikki Helmboldt (18th, 25:14).

There were great improvements on the girls' team from previous race performances. At the very top of this was freshman Alic Song, improving by 1 minute 22 second per mile from her race at MFC. Next was Colleen Wagner, beating her race pace at MFC by 35 seconds each mile. Finally Lindsay Miller improved her previous race pace by 20 seconds/mile. Taking into account that this regionals race was a 6k, 1 kilometer longer than the race at MFC, these girls performed phenomenally!

The men fought a tough battle as well. The men's team came in 2nd place to Indiana University by just 1 point, 49 for Indiana and 50 for Michigan! It was a close match and these two teams will definitely be close competitors at the nationals meet in North Carolina. The men's top 7 were Charlie Mouch (7th, 26:55), Garrett Cullen (8th, 27:05), Justin Waraniak (10th, 27:11), Jimmy Adams (12th, 27:16), Josh Partridge (13th, 27:20), Robert Glew (15th, 27:25), and Corey Melnick (17th, 27:28). The men's team had 6 finishers receive medals, 3 more than any other team. This depth is going to be a great strength come the national meet!

A couple of the guys had great improvements as well. Matthew Wallace improved his season best by 1 minute 11 seconds (14 seconds per mile)! Corey Melnick improved his best by 1 minute 5 seconds (13 seconds per mile)! Mark Kennedy also had a great season best, improving his time by 53 seconds, 11 seconds per mile.

Great job Blue! Let's get 'em all at Nationals!