

## MRUN GOES TO NIRCA NATIONALS NOVEMBER 10, 2012

MRun ladies brought home 3<sup>rd</sup> place while MRun men brought home 10<sup>th</sup> at NIRCA Nationals in Hershey PA this past Saturday! MRun also won the dance off!

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

**Katie Samuelson!** Even though Katie fell twice and her shoe came untied she still came 5s away from being an All-American and had a great race! Go Katie!!

**Lydia Lyons!** Lydia had a great race and beat her goal time by breaking 28:00!!! Way to go Lydia!!!

**Ian Prochaska!** Ian had a great race alongside his brother! They have trained hard for four years on MRun and they will be missed greatly next year!

**Zach Prochaska!** Zach also had a great race and all of his training has paid off. The Prochaska's teamwork has led them to many a great finish! Way to go Prochaska twins!!!

There were really great attitudes, great races, and great team spirit all around on Saturday. Way to go MRun! We look forward to a great track season this spring!

(More about Nationals to come in the next newsletter)

Official Nationals results can be found here: <http://www.clubrunning.org/championships/>

**If you need gas reimbursements from Nationals please visit Mac at his office hours:**

Tuesday 4:30-6:00 in the Union Tap Room

Wednesday 12:00-1:30 in the SLC in the Chem Building

Friday 3:00-4:30 in the CCRB lobby

**LOST AND FOUND:** if you lost something at Nationals contact Will at [mrnunpresident@umich.edu](mailto:mrnunpresident@umich.edu)