

CHARLOTTE, NORTH CAROLINA NOV.12.2011—Nationals. But not just any nationals, Running Club Nationals.

It was a great day with 60 degree weather, a flat course and a slight wind—perfect for the runners who left this state while snow was falling!

The girls' team took 6th place in the race of 26 teams and 299 runners. The guys finished 9th of 40 teams and 525 runners. Way to go to both of our teams. Great job representing Michigan! MRun had the largest club there, bringing 71 competitors (Illinois was second with 56), and also brought home the shoe award for donating the most pairs of old running shoes for the 3rd year in a row! Way to represent, MRun!

ATHLETES OF THE MEET:

- 1) Rob Glew—Rob improved his Regionals race time by 1 minute 17 seconds, finishing the 8k in 26:08, and placed 3rd for MRun. Great job Rob!
- 2) Aron Corin—Aron has shown improvement every race this year. Starting off with the 5k at MFC in 18:41 (5:58 pace), he kept that same pace at the Loyola race for 3k more (29:53), improved by 36 seconds at regionals, and another 1 minute, 14 seconds at nationals, for a time of 28:03 (5:36 pace/mile)! Great work Aron!
- 3) Colleen Wagner—Colleen, a graduating senior this winter, finished off the season with a stellar performance. She set a huge personal best, crossing the finish line at 30:22, a 1 minute, 37 second PR. And to top it off, she had an amazing kick at the end to finish the race. Awesome work Colleen!
- 4) Kaylee VanDommelen—Kaylee ran a great race, finishing 4th for the MRun girls in 24:20. Kaylee set a 1 minute 9 second personal best. Keep up the awesome running, Kaylee!

Placing on the women's team were: Mollie Pozolo (3rd, 22:22), Lindsay Doherty (52th, 23:57), Michelle Lapin (54th, 23:57), Kaylee VanDommelen (76th, 24:20), Caci Dishman (78th, 24:22), Katie Grassa (94th, 24:42), and Yasmine White (97th, 24:46).

Placing on the men's team were: Garrett Cullen (38th, 25:43), Justin Waraniak (50th, 26:00), Rob Glew (57th, 26:08), Corey Melnick (66th, 26:13), Jimmy Adams (80th, 26:27), Charlie Mouch (93rd, 26:36), and Josh Partridge (95th, 26:39).

There were phenomenal races all around. Nearly every MRrunner competing in the race set a personal best. Some of these highlights:

On the girls' team: Nicole Pentis had a phenomenal personal best, finishing in 26:22, a whole 2 minutes better than her Regionals performance! Alaina Vouaux also had a strong race, finishing in 27:46 and 1 minute 36 seconds better than her Regionals race, and with a phenomenal last 1000 meter race, getting to that extra gear and passing several athletes in that stretch. Finally, Lindsay Doherty ran great too, improving by 1 minute 26 seconds, a phenomenal improvement, especially to break the 24:00 mark on her final cross country race with MRun!

On the guys' team: Josh Lumley ran a seasonal best, improving by 2 minutes 42 seconds (32 seconds/mile), finishing in 30:40. Cook improved by 2 minutes 22 seconds, finishing in 27:10, Clint Piper improved by 2:05 for a 29:51 finish, Ha Nul Jun improved by 2:13 for a 30:42 finish,

and John Fonte improved by 2:09 for a 32:55 finish. Great job and keep up the improvements, guys!