



Scholarship Winner Update

An Update on Nate KraH, 2004 BRC Scholarship Winner

Compiled by Rae Ann Darling Reed - Thank you Ken & Carol KraH for submitting results

For those of you who might not know, Nate KraH graduated from Lakewood Ranch High School and received a Bradenton Runners Club scholarship in 2004. He now runs Cross Country and Track at Bowdoin in Maine.

Here's what Nate has been up to lately ...

1/14/06...at Colby College, 3,000 meters in 8:53 for 4th place.

1/21/06...Brandies Invitational, 5,000 meters in 15:26 for 1st place.

1/28/06...at Tufts Quad meet, 3,000 meters in 8:54 for 1st place.

2/4/06...Maine State Indoor Championships, 5,000 meters in 15:22 for 1st place.

2/18/06...Open New England Championships, 5,000 meters in 15:21 for 6th place.

4/8/06...at Tufts, 10,000 meters in 31:22 for 6th place.

4/22/06...Maine State Championships, 5,000 meters in 15:13 for 1st place.

5/06/06...SPRINGFIELD, Mass. - Led by 5,000-meter champion Nathan KraH, the Bowdoin College track teams competed well at the New England Division III Championships at Springfield College. Both Polar Bear squads



grabbed ninth-place finishes overall. KraH finished first in the 5,000-meter competition with a time of 15:05.30, collecting Bowdoin's lone victory of the day.

5/12/06...Nate finished second in the 10,000 meters in a driving rain storm in Boston. He ran a 30:52, the best college division time in New England this year and the 16th best nationally. He's on the bubble to be selected for the NCAA Nationals in Chicago. Last year the top 18 made it.

There is one more week remaining to qualify so all we can do now is wait and see what happens. Nate won the New England Division III Championship 5,000 meter race last week in 15:05 edging Neal Holschute from Williams College (National Cross Country Champ last fall) by 0.9 seconds.

5/13/06...The Bowdoin College track teams dodged raindrops to compete at the Open New England Championship this weekend at MIT. The men's squad placed 16th, while the women earned 25th overall in fields containing several Division I squads. Nathan KraH placed second in the 10,000-meter run with Tyler Lonsdale taking 20th in the event.

5/25/06...Nate ran at the NCAA Div-III nationals in Lisle, IL. He finished 13th with a time of 31:40 in the 10,000 meters. What began as a slow tactical race finished as a long sprint.

Congratulations Nate, on a great year! We are so proud of you.

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