

UPDATE ON KAROLINA JARZYNSKA NADOLSKA: THE ELITE POLISH RUNNER



As an update to the February/March 2019 issue of our newsletter, Tomasz Gnabel, agent for Karolina Jarzynska Nadolska, reports on her recent activities. Karolina posted a fantastic time at the Hannover Marathon (Germany) in late March where she finished third. Interestingly, many Ethiopians and Kenyan women these days run marathons because the financial rewards make it worthwhile for them. \$1,500 can feed a whole village for months and two women can combine their winnings and fund a school. These women travel and run together in the same races, often pacing each other so that one of them can win first place. Karolina being from Poland and training at altitude (8,000') has a clear advantage and trains wisely, but she was aiming for a time of 2:27:43, which she accomplished and which gave her third place. She was very pleased with results and is now an official member of the Olympic team representing Poland in Japan in 2020. Yet to be named are an additional two other female runners and an alternate. Following the Hannover race, Karolina ran the Warsaw 10 kilometer race in 32:32 taking first place. Her winnings were \$1,500, which is more generous than what female runners earn in the U.S. for a 10K. She feels fortunate to be able to travel to the European circuit and then back to Colorado for altitude training.

After Warsaw and Easter, Karolina returned to Alamosa, Colorado with her husband and 4-year-old daughter for one week and then travelled to the Lilac 8 Mile Race in Spokane, Washington. She was pleased with her performance there, especially since she had already made the Polish 2020 Olympic team and the pressure to compete was lightened. She is now in Colorado training 120 miles per week with two long runs each day except for Sunday, her one day off. Karolina will be in the U.S. until July when she will leave to run in Spain and Portugal. She will acclimatize herself for the August 2020 Olympics in Japan by once again getting a sense of running in warmer conditions.

I hope she will be invited to the Manchester Road Race in CT again in November on Thanksgiving Day. She likes the short course (4.78 miles) and the downhill finish. More to follow in the coming months!!

GENO AURIEMMA SELECTS A YOUNG POLISH ATHLETE FOR THE 2019/2020 SEASON



Geno Auriemma, Coach of the UCONN Women's Basketball Team, has announced that Anna (Ania) Makurat will be joining the team as a new member this fall. The 6-foot-1, 19-year-old from Poland plans to enroll in summer classes and will be eligible to play immediately. Makurat played the last two years professionally in Poland for Arka Gdynia. She was the youngest player on her team, averaging 8.2 points and 3-4 rebounds per game. She also represented Poland in the 2017 U-20 Womens' European Championship. Ania says that it has always been her dream one day to play for UConn and also in the WNBA. We know that she will have a large following and a successful career.

Submitted by PCCGH Member and Runner, Janit Romayko