

Martin Mudry, Macalester

Week of: 2008-10-20



Macalester College senior **Martin Mudry** (University Heights, Ohio/University School) was the top MIAC finisher at the Jim Drews Invitational in West Salem, Wis. Mudry finished 11th overall and third among Division III runners in the field of 395 with a time of 25:24 for the eight-kilometer course. Mudry, a 2007 All-MIAC runner, recorded the third fastest time in school history.

Tom Sederquist, Concordia

Week of: 2008-10-06



Concordia College sophomore **Tom Sederquist** (Moorhead, Minn.) won the Jimmie Invitational in Jamestown, N.D. on Friday, October 3 as he led his team to a second place finish in the team standings. Sederquist completed the tough eight-kilometer course in a time of 26:08, winning by 15 seconds. This was the second individual victory for Sederquist in as many weeks.

Dan Greeno, Bethel

Week of: 2008-09-29



Bethel University junior **Dan Greeno** (St. Michael, Minn./St. Michael-Albertville) won the prestigious Roy Griak Invitational on Saturday as he out-ran 306 other competitors. Greeno covered the difficult 8-kilometer course in an outstanding time of 25:22 while running in the lead pack from start to finish. He led the Royals to a eight place finish in a field of 31 teams. Greeno was a 2007 Cross Country All-American and is off to a great start in his 2008 campaign.

Doboul Ruon, St. Olaf

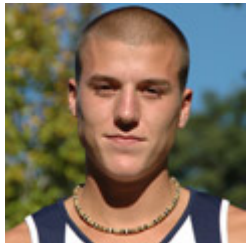
Week of: 2008-09-22



St. Olaf College sophomore **Doboul Ruon** (Northfield, Minn.) finished first at the St. Olaf Invitational in Northfield, Minn. on Saturday, September 20. Ruon won the 8-kilometer race on his home course ahead of 149 other runners with a time of 25:34 in leading his team to a third place finish behind two Division II teams. This is Ruon's first collegiate cross country season after playing soccer last year.

Dan Greeno, Bethel

Week of: 2008-09-15



Bethel University junior **Dan Greeno** (St. Michael, Minn./St. Michael-Albertville) was third out of 361 runners and was the top MIAC finisher at the Les Duke Invitational in Grinnell, Iowa on Saturday, September 13. Greeno clocked an impressive time of 25:43 over the rained soaked 8k course. The meet was hosted by Grinnell College and the course will serve as the site for the NCAA Central Regional Championships on November 15.

Brent Haglund, Augsburg

Week of: 2008-09-15



Augsburg College junior **Brent Haglund** (Fridley, Minn.) finished first ahead of 84 runners at the Tufts Invitational on the wet, hilly fields of the Tufts Veterinary School on a hot, humid day in Grafton, Mass. on Saturday, September 13. Haglund's time of 26:42.76 established a course record on the new 8-kilometer course as he beat out the second place runner by 28 seconds.