

## **Dan Greeno, Bethel**

St. Michael, Minn. / St. Michael-Albertville

Week of: 2009-11-02



Bethel University senior **Dan Greeno** (St. Michael, Minn./St. Michael-Albertville) captured his first MIAC men's cross country championship victory on a cold, very windy afternoon at the Como Park Golf Course on Saturday. Greeno overcame traffic in the first quarter mile before taking the reigns of the 8,000-meter course and the competition before the mile mark and never looked back, winning in a time of 25:21. Greeno took the victory a full 34 seconds ahead of Hamline's Ian Bauer, who finished in second in 25:55. The win completes four straight years that Greeno has finished as an all-conference competitor. The Bethel men finished seventh as a team in the extremely competitive conference, with an average finishing time of 27:16.

## **Dan Greeno, Bethel**

St. Michael, Minn. / St. Michael-Albertville

Week of: 2009-10-19



Bethel University senior **Dan Greeno** (St. Michael, Minn./St. Michael-Albertville) finished first out of 551 runners at the UW-Oshkosh Brooks Invitational on Saturday. Greeno's time of 24:15 on the eight-kilometer course (4:53 per mile pace) was nearly nine seconds ahead of his closest competitor from North Central College, the #1 ranked team in the nation. Greeno ran nearly seven seconds better than his time in the same race a year ago.

## **Brent Haglund, Augsburg**

Fridley, Minn. / Fridley

Week of: 2009-10-12



Augsburg College senior **Brent Haglund** (Fridley, Minn.) placed third out of 192 runners with a time of 25:33 at the Lucian Rosa Invitational at UW-Parkside in Kenosha, Wis. on Saturday. Haglund led the Auggies to a second place team finish as he was the second collegiate runner to cross the finish line.

## **Wade Ekstrom, Macalester**

La Crescent, Minn. / La Crescent  
Week of: 2009-10-05



Macalester College senior **Wade Ekstrom** (La Crescent, Minn.) ran his best race as a collegian, winning the 18-team, 270-runner Wisconsin-Eau Claire Blugold Invitational in Colfax, Wis. on Friday. Ekstrom pulled away late from Ben Sathre of St. Thomas late to win by two seconds, finishing the 8000-meter course at Whitetail Golf Course in 25:26.56. He ran to a personal-best 8K clocking. Only two runners in Macalester men's cross country history have run faster times.

### **Dan Greeno, Bethel**

St. Michael, Minn. / St. Michael-Albertville  
Week of: 2009-09-28



Bethel University senior **Dan Greeno** (St. Michael, Minn./St. Michael-Albertville) finished the Roy Griak Invitational eight-kilometer course in 25:40 placing second, 13 seconds behind individual champion Zach Whilhelmy of UW-La Crosse. Greeno was looking for his second straight Griak title at Les Bolstad Golf Course on the St. Paul campus of the University of Minnesota. Bethel placed 14th out of 35 teams.

### **Dobuol Ruon, St. Olaf**

Northfield, Minn. / Northfield  
Week of: 2009-09-21



St. Olaf College junior **Dobuol Ruon** (Northfield, Minn.) was second in a 244-runner field to lead St. Olaf to a fifth place finish in the 17-team St. Olaf Invitational on Saturday morning. Ruon's time of 25:44 was the top time of any Division III runner as he finished behind James Krasja of MSU-Mankato in the eight-kilometer race.

### **Dan Greeno, Bethel**

St. Michael, Minn. / St. Michael-Albertville  
Week of: 2009-09-14



Bethel University senior **Dan Greeno** (St. Michael, Minn./St. Michael-Albertville) led from start to finish to win the eight-kilometer Les Duke Invitational in Grinnell, Iowa on Saturday. Greeno's time of 25:17 topped the field of 215 runners and helped Bethel place fifth out of 19 teams.