

Ben Sathre, St. Thomas

Chaska, Minn. / Chaska
Week of: 2011-10-17



St. Thomas senior **Ben Sathre** (Chaska, Minn.) has picked his spots thus far in 2011, but he has chosen very wisely. Saturday, Sathre ran just his second race of the fall, but ran to his second victory, finishing first at the 2011 Princeton (N.J.) Invitational against a field of talented runners, including 11 Division I teams. As a result, Sathre also won his second MIAC Men's Cross Country Athlete-of-the-Week honor of 2011 in just a three-week span in 2011, and the fifth of his career.

Sathre's latest first-place finish came courtesy of a winning time of 24:29 in the 8K race. He beat runner-up Kevin McDonnell of St. Joseph's (Pa.) by 25 seconds, and he also finished ahead of a pair of Division III All-Americans from defending national champion Haverford by more than 40 seconds each. Sathre's second win of the season is also his seventh win in his last nine races dating back to 2010. In his last four, he won last year's regional meet (180 runners), finished second at nationals (279 runners) and won both races this season with fields of 279 and 139 runners, respectively. Sathre's victory helped St. Thomas finish 13th as a team at the Princeton Invite.

The next chance Sathre will have to continue his streak will be in two weeks with a conference title on the line. The 2011 MIAC Cross Country Championships will be held Saturday, Oct. 29, at Como Park Golf Course in St. Paul. The women will run at 2:15 p.m. with the men to follow at 3:15 p.m. Sathre finished seventh at last year's MIAC Championships to earn All-Conference honors.

Tom Sederquist, Concordia

Moorhead, Minn. / Moorhead
Week of: 2011-10-10



Concordia senior **Tom Sederquist** (Moorhead, Minn.) has been one of the MIAC's top cross country runners throughout his career, but he proved even more than that Saturday with his performance at the Pine Hill Cross Country Invite hosted by the University of Minnesota-Duluth. Sederquist was sensational, showing that he's one of the top distance runners in Minnesota regardless of division as he finished first in a field loaded with Division II and III talent. In the process, he helped Concordia finish second as a team and, as a result, he has been named the MIAC Men's Cross Country Athlete-of-the-Week for the first time this season and the fifth time in his career.

Sederquist completed the 8K course in just 25:30 Saturday for his first-place finish. He enjoyed an 18-second win over the runner-up, teammate Tanner Sakrismo, and outran the rest of the field by more than 1:20. Sederquist's mile pace was 5:07 and he helped Concordia finish with a team score of 45, just two points behind first-place Winona State and three points ahead of the host school, UMD.

Next weekend, Concordia will send runners to the Jimmie Invitational on Friday and the UW-Oshkosh Brooks Invite on Saturday, as their final tune-ups before the 2011 MIAC Cross Country Championships. The conference meet will be held Saturday, Oct. 29, at Como Park Golf Course in St. Paul.

Ben Sathre, St. Thomas

Chaska, Minn. / Chaska
Week of: 2011-10-03



It certainly didn't take St. Thomas cross country star **Ben Sathre** (Chaska, Minn.) long to get into midseason form. In just his first 8K race of the season, Sathre scored a first-place finish over the weekend at the Loyola (Ill.) Lakefront Cross Country Invitational in Chicago against an extremely talented field that featured runners from Divisions I, II and III. For his performance, Sathre has been named the MIAC Men's Cross Country Athlete-of-the-Week.

Sathre finished the 8,000-meter course in just 24:30, which was 19 seconds better than the runner-up, Nick Thomas of Division I Toledo. Sathre led the Tommies to a 14th-place finish with a team score of 357 out of 48 teams in the field. The individual field included 539 runners from the Midwest and around the country. This is Sathre's fourth Cross Country Athlete-of-the-Week award of his career after winning three in 2010.

The Tommies have three more meets on the schedule between now and the 2011 MIAC Cross Country Championships, which will be held Saturday, Oct. 29, at Como Park Golf Course in St. Paul. St. Thomas is scheduled to run at the St. Kate's Invitational Saturday, and will send runners to both the Princeton Invitational and the Crown College Storm Invitational on Oct. 15.

Devin Monson, Hamline

Thompson, N.D. / Thompson
Week of: 2011-09-26



In his Hamline cross country career, **Devin Monson** (Thompson, N.D.) has shown a flair for the big moment. For example, he captured the 2010 MIAC Cross Country individual championship while leading Hamline to the team title. He was at his best on the big stage again Saturday, winning the Division III race at the 2011 Roy Griak Invitational, which was hosted by the University of Minnesota in St. Paul. Monson's first-place performance in the 331-runner field helped the Pipers place fourth as a team and, as a result, Monson has been named the MIAC Men's Cross Country Athlete-of-the-Week.

Monson was a man on a mission Saturday, winning by nearly 14 full seconds over the other 330 runners and finishing the 8K course with a time of 25:33.9. He cut almost a full minute off his time from the 2010 Griak, when he also finished in the Top 10 with a ninth-place showing. Hamline's fourth-place team finish was tops among the MIAC teams in attendance and the only three teams to top the Pipers were from Wisconsin. This marked the second-straight year a MIAC runner has won the Division III race at the Griak after Concordia's Tom Sederquist finished first in 2010, and it's just the fourth time a MIAC runner won the prestigious event in recent years.

Monson and the Pipers have two more events on their schedule to gear up for their title defense as the 2011 MIAC Cross Country Championships. They'll take this weekend off, then travel across town for the St. Kate's Invite, a 4K race on Oct. 8. Then Hamline will run at the Jim Drews Invite at UW-La Crosse on Oct. 15 and take another week off before the MIAC meet, which will be held Oct. 29 at Como Park Golf Course in St. Paul.

Brian Saksa, St. Olaf

Dassel, Minn. / Dassel Cokato
Week of: 2011-09-19



The St. Olaf men's cross country team got a great performance from its entire squad and a terrific individual effort from sophomore runner **Brian Saksa** (Dassel, Minn./Dassel Cokato) on its home course Saturday. The Oles' men's team finished in second place in the 14-team field, which featured a number of good Division II and III competition, and individually, Saksa finished second overall to pace St. Olaf. For his performance, Saksa has been named the MIAC Men's Cross Country Athlete-of-the-Week.

Saksa completed the course in 25:52 to earn his runner-up finish. He was just eight seconds behind the winner, from Central College, and paced the Oles, which also had runners finish third, 12th, 19th and 20th. As a team, Saksa led St. Olaf to their second-place finish with a total of 56 points, beating the entire field except for Division II Minnesota State-Mankato, which won the race with 36 points. Other MIAC teams in the field included Carleton, Saint Mary's, Gustavus, Augsburg and Macalester.

The Oles and Saksas will take this week off before returning to action on Sept. 30, when they'll travel to Eau Claire, Wis., to compete in the Blugold Invite. St. Olaf has just two races left to prepare for the MIAC Cross Country Championships, which will be held on Oct. 29 at Como Park Golf Course in St. Paul, Minn.

Jack Deichert, Hamline

Golden Valley, Minn. / Hopkins

Week of: 2011-09-12



Hamline returns a number of talented runners from last year's Minnesota Intercollegiate Athletic Conference (MIAC) men's cross country championship team, and they were on display in the Pipers first race of the season and led by senior **Jack Deichert** (Golden Valley, Minn./Hopkins). Deichert and his Hamline teammates were in mid-season form as he took the top spot individually in an extremely talented field at the Luther All-American Invitational while leading the Pipers to a third-place finish. For his strong season debut, Deichert has been named the first MIAC Men's Cross Country Athlete-of-the-Week of the 2011 season.

Deichert recorded a time of 20:34 at the four-mile race, beating the runner-up from Augustana by a single second to take home the top individual spot. Deichert led the way for three Hamline runners in the individual Top 10 and an overall third-place performance. The only teams to narrowly beat the Pipers' team score of 73 Saturday were UW-La Crosse (66) and Augustana (67), which are both ranked in the Top 20. Deichert earned All-MIAC honors in 2010 after finishing fourth at the conference championships to help Hamline capture the team title.

Hamline and its star senior will take this weekend off and return to action on Saturday, Sept. 24, with an appearance at the prestigious Roy Griak Invitational, hosted by the University of Minnesota. Deichert and his teammates are prepping to defend their MIAC title at the 2011 MIAC Cross Country Championships, which will be held Saturday, Oct. 29, at Como Park Golf Course in St. Paul.