

2007 MIAC Men's Cross Country Awards

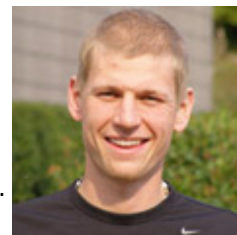
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St, Paul, Minn. -- The 2007 Minnesota Intercollegiate Athletic Conference (MIAC) Men's Cross Country Championship was run this past Saturday with Saint John's winning the team championship and Johnnie senior Chris Erichsen claiming individual honors. The 2007 MIAC Men's Cross Country award winners are as follows:



2007 MIAC Athlete of the Year

Saint John's University senior **Chris Erichsen** (Spring Valley, Minn./Kingsland) cruised to a victory in winning the MIAC Championships on Saturday at Como Park. Erichsen ran one of the most dominating races in MIAC history with his 53-second victory over teammate Kelly Fermoyale. He also established a course record on the modified Como Park course while touring the 8,000-meter race in 24:45. Erichsen, a three-time Track & Field All-American, will be one of the favorites in the up-coming NCAA Division III Central Region Championships to be held Saturday, November 10 at St Olaf.



2007 MIAC Coach of the Year

Saint John's University head coach **Tim Miles** led his Johnnies to the program's 15th overall MIAC title and second championship in a row. Led by four All-MIAC runners, Saint John's 49 points was good enough to beat out second place Carleton by 14. Those four All-Conference performers included individual champion Chris Erichsen, Kelly Fermoyale (2nd), Zach Hunter (14th), and Darren Nelson (15th). Saint John's is currently ranked first in the Central Region and eighth in the nation.



2007 MIAC All-Conference

Place	Time	Name	School	Year	Hometown/High School
1	24:44	Chris Erichsen	Saint John's	Sr.	Spring Valley, Minn./Kingsland
2	25:37	Kelly Fermoyale	Saint John's	Sr.	Mendota Heights, Minn./Sibley
3	25:45	Dan Greeno	Bethel	So.	St. Michael, Minn.
4	25:46	Chris Delaubenfels	Gustavus	Sr.	Mount Vernon, Iowa
5	25:50	David Swanson	St. Olaf	Sr.	Eden Prairie, Minn.
6	25:55	Quentin Kennedy	Carleton	Sr.	Chariton, Iowa
7	25:58	Carl Gladitsch	Bethel	Jr.	Bloomer, Wis.
8	25:59	Joe Sepe	Carleton	Sr.	Fargo, N.D./South
9	26:03	Ian Bauer	Hamline	So.	Roseville, Minn.
10	26:04	Dan Steinbrecher	Hamline	Sr.	Hinckley, Minn.
11	26:06	Neil Atzinger	St. Thomas	Sr.	Saline, Minn.
12	26:08	Martin Mudry	Macalester	Jr.	University Heights, Ohio
13	26:09	John Nowinski	Carleton	Sr.	Black River Falls, Wis.
14	26:10	Zach Hunter	Saint John's	Jr.	Billings, Mont.
15	26:15	Darren Larsen	Saint John's	Sr.	Alexandria, Minn.

2007 All-MIAC Sportsmanship Team

As part of a conference-wide sportsmanship initiative, the Minnesota Intercollegiate Athletic Conference (MIAC) announces the second annual All-MIAC Sportsmanship team for Men's Cross Country. Members of the All-MIAC Sportsmanship team are selected by their coaches and teammates as individuals who demonstrate ideals of positive sportsmanship both on and off the field of competition. The award winners are:

Augsburg - Jason Chrudimsky (Fr., Antigo, Wis.)
Bethel - Carl Gladitsch (Jr., Bloomer, Wis.)
Carleton - Eamon Monaghan (Sr., Wilmette, Ill.)
Concordia - Steve Astrup (Sr., Dilworth, Minn.)
Gustavus - Chris deLaubenfels (Sr., Mount Vernon, Iowa)
Hamline - Dan Peterson (Sr., Edina, Minn.)
Macalester - Kyle Braam (Sr., Burnsville, Minn.)
Saint John's - Brady King (Sr., Omaha, Neb.)
Saint Mary's - John Vallez (So., Eagan, Minn.)
St. Olaf - Mark Forsberg (Sr., Maple Grove, Minn.)
St. Thomas - Neil Atzinger (Sr., Saline, Minn.)