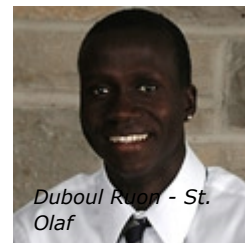


2008 MIAC Men's Cross Country Awards

11/5/2008 2:07:36 PM

St. Paul, Minn. -- The 2008 Minnesota Intercollegiate Athletic Conference (MIAC) Men's Cross Country Championship was run this past Saturday with the St. Olaf men winning the team championship and Ole sophomore Duboul Ruon claiming the individual title. Today, the 2008 MIAC Men's Cross Country Awards were announced.

As part of a conference-wide sportsmanship initiative, the MIAC announced the third 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.



2008 MIAC Most Valuable Athlete

St. Olaf College sophomore Duboul Ruon (Northfield, Minn.) won the 2008 MIAC Men's Cross Country individual championship last Saturday at St. Paul's Como Golf Course. Ruon held off Macalester's Martin Mudry by four seconds to claim the title in his first season of collegiate cross country. He played for the St. Olaf men's soccer team last fall. Led by Ruon's efforts, the Oles won their third overall MIAC team title.

2008 MIAC Coach of the Year

In his first season as head coach at St. Olaf, Phil Lundin coached the Oles to the 2008 MIAC Men's Cross Country Championship. Individual champion Duboul Ruon and All-Conference runners David Green and Cullen O'Neill helped the Oles claim their third overall MIAC title. Lundin, who left Division I Minnesota to take the St. Olaf job, has the Oles ranked first in the region and 19th nationally heading into the Central Region Championships.

2008 MIAC All-Conference

Place	Time	Name	School	Year	Hometown/High School
1	25:01	Duboul Ruon	St. Olaf	So.	Northfield, Minn.
2	25:05	Martin Mudry	Macalester	Sr.	University Heights, Ohio/University School
3	25:26	Brandon Gleason	Hamline	Sr.	Mantorville, Minn./Kasson-Mantorville
4	25:30	Dan Greeno	Bethel	Jr.	St. Michael, Minn./St. Michael-Albertsville
5	25:34	Dan Foley	Gustavus	Sr.	Minneapolis, Minn./South
6	25:36	Carl Gladitsch	Bethel	Sr.	Bloomer, Wis.
7	25:41	Brent Haglund	Augsburg	Jr.	Fridley, Minn.
8	25:43	Ian Bauer	Hamline	Jr.	Roseville, Minn.
9	25:44	Charlie Gamble	Carleton	Jr.	San Diego, Calif./La Jolla
10	25:49	Wade Ekstrom	Macalester	Jr.	La Crescent, Minn.
11	25:54	Matt Boumeester	St. Thomas	Sr.	Oakdale, Minn./Tartan
12	26:01	David Green	St. Olaf	Sr.	Winetka, Minn./New Trier Township
13	26:05	Cullen O'Neill	St. Olaf	Sr.	Northfield, Minn.
14	26:09	Ben Sathre	St. Thomas	Fy.	Chaska, Minn.
15	26:13	Tyler Hinrichs	Bethel	Sr.	Clara City, Minn./Maccray

2008 All-MIAC Men's Cross Country Sportsmanship Team

Augsburg - Brent Haglund (Jr., Fridley, Minn.)

Bethel - Carl Gladitsch (Sr., Bloomer, Wis.)

Carleton - Pete Samuels (Sr., Concord, N.H.)

Concordia - Mike Reponen (Jr., Baxter, Minn.)

Gustavus - John Leaf (Sr., Center City, Minn.)

Hamline - Brandon Gleason (Sr., Mantorville, Minn.)

Macalester - Franz Meyer (Sr., Kirkwood, Mo.)

Saint John's - Alex Kurt (Sr., Eagan, Minn.)

Saint Mary's - John Vallez (Jr., Eagan, Minn.)

St. Olaf - Mike Krahulec (Sr., Waconia, Minn.)

St. Thomas - Rorak Hooten (Sr., Sioux Falls, S.D.)