

# 2009 MIAC Men's Cross Country Awards

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St, Paul, Minn. -- The 2009 Minnesota Intercollegiate Athletic Conference (MIAC) Men's Cross Country Championship was run this past Saturday at Como Park Golf Course. Hamline University captured the team title with 61 points and Bethel University senior Dan Greeno won the individual title. Today, the 2009 MIAC Men's Cross Country Awards were announced.



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

## 2009 MIAC Most Valuable Athlete

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.

## 2009 MIAC Coach of the Year

Hamline University head coach **Paul Schmaedeke** guided the Pipers to the MIAC Men's Cross Country Championship with a team total of 61 points. In his 22nd season, Schmaedeke's Pipers won their first MIAC title since 2005. Five Hamline runners finished in the top twenty, and all seven scorers were in the top thirty. Hamline is currently ranked second in the Central Region.

## 2009 MIAC All-Conference

Place	Time	Name	School	Year	Hometown/High School
1	25:21	Dan Greeno	Bethel	Sr.	St. Michael, Minn./St. Michael-Albertville
2	25:55	Ian Bauer	Hamline	Sr.	Roseville, Minn.
3	25:55	Ben Sathre	St. Thomas	So.	Chaska, Minn.
4	25:56	Jacob Marotz	St. Olaf	Sr.	Appleton, Wis./East
5	26:01	Wade Ekstrom	Macalester	Sr.	La Crescent, Minn.
6	26:11	Devin Monson	Hamline	So.	Thompson, N.D.
7	26:12	Brian Sames	St. Thomas	Sr.	Shakopee, Minn.
8	26:15	Dobuol Ruon	St. Olaf	Jr.	Northfield, Minn.
9	26:16	Brent Haglund	Augsburg	Sr.	Fridley, Minn.
10	26:25	Dustin Franta	Saint John's	Jr.	La Crescent, Minn.
11	26:26	Ben Rodriguez	Augsburg	So.	Buffalo, Minn.
12	26:33	Ben Wilson	St. Olaf	Jr.	Alexandria, Minn./Jefferson
13	26:36	Mike Connell	St. Thomas	Sr.	Eau Claire, Wis./Regis
14	26:39	Patrick Lowder	Saint John's	Sr.	Chanhassen, Minn./Chaska
15	26:48	Jamison Hull	Hamline	Sr.	Forest Lake, Minn.

## 2009 All-MIAC Men's Cross Country Sportsmanship Team

**Augsburg** - Brent Haglund (Sr., Fridley, Minn.)

**Bethel** - Matt McKeever (So., Hutchinson, Minn.)

**Carleton** - Charlie Gamble (Sr., San Diego, Calif./La Jolla)

**Concordia** - Ben Fraase (So., Bismarck, N.D./Century)

**Gustavus** - John Kennedy (Sr., Coon Rapids, Minn.)

**Hamline** - Andrew Johnson (Jr., Andover, Minn.)

**Macalester** - Nick Mangigian (Sr., Ann Arbor, Mich./Greenhill)

**Saint John's** - Ryan Noack (Sr., St. Cloud, Minn./Cathedral)

**Saint Mary's** - John Vallez (Sr., Eagan, Minn./Ramsey)

**St. Olaf** - Eric Klein (So., Wells, Minn./United South Central)

**St. Thomas** - Tony Gerten (Sr., Mendota Heights, Minn./St. Thomas Academy)