

Champion St. Olaf headlines 2012 MIAC Men's Cross Country Awards

Posted: Nov 01, 2012

ST. PAUL, Minn. -- St. Olaf put on a stirring performance at Saturday's 2012 MIAC Men's Cross Country Championship, claiming the team title behind the individual winner of the race. Thursday, the Oles were honored further for their great weekend, sweeping the top two honors as the league announced the 2012 MIAC Men's Cross Country Awards.

Sophomore **Grant Wintheiser** - who finished first to win the MIAC's individual title in Saturday's 8K race at Como Park Golf Course in St. Paul, Minn. - was named the 2012 MIAC Men's Cross Country Most Valuable Athlete for his outstanding performance. Likewise, Ole Head Coach **Phil Lundin** was voted the 2012 MIAC Men's Cross Country Coach-of-the-Year in recognition of the job he did leading his team to victory. Thursday's awards release also included the All-Conference team, All-Conference Honorable Mention squad and the All-MIAC Sportsmanship Team.



Wintheiser ran to victory - and to the league's top individual honor in 2012 - Saturday by finishing the 8K course in 25:08.1. The Oles' second-year star finished more than 20 seconds ahead of the runner-up to finish first in the 235-runner field. In the process, Wintheiser earned his second-straight All-MIAC honor after finishing sixth in the 2011 race. The MIAC championship is the latest success for Wintheiser this fall, as he was named MIAC Athlete-of-the-Week twice on Sept. 17 and Oct. 1. The Oles last won the title behind a first-place finisher in 2008.

The MIAC coaching honor is the second of Lundin's St. Olaf career, after also winning the award as the Oles' first-year coach in 2008. This season, Lundin's squad was certainly impressive en route to the conference title, scoring 54 points and winning by a convincing margin of 43 points over the rest of the field. The Oles not only had the individual champ, but four of the top 14, six of the top 25 and seven of the 30. All seven St. Olaf runners finished in less than 26:40. This was St. Olaf's fifth MIAC title, and third since 2004 after winning just twice from 1934 to 2003. In addition to his two MIAC Coach-of-the-Year awards, Lundin was also named Big Ten Coach-of-the-Year four times during his tenure as head coach at the University of Minnesota.

The top 15 runners in Saturday's race were automatically named All-Conference for their performance, while the next 10 finishers (16-25) were named All-MIAC Honorable Mention. The Oles had four First-Team runners and two more Honorable Mention selections to lead the way. Bethel, Hamline, St. Thomas and Saint John's each had two All-MIAC runners, while Augsburg, Saint Mary's and Carleton each placed one in the Top 15. Saint Mary's and Carleton joined St. Olaf with two runners each on the Honorable Mention squad, while St. Thomas, Saint John's, Concordia and Bethel all one runner earn All-MIAC Honorable Mention honors.

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

2012 MIAC Men's Cross Country Awards

2012 MIAC Men's Cross Country Most Valuable Athlete -Grant Wintheiser, St. Olaf (So., Sartell, Minn./ Cathedral)

2012 MIAC Men's Cross Country Coach of the Year - Phil Lundin, St. Olaf

2012 MIAC Men's Cross Country All-Conference Team

Place	Time	Name	School	Year	Hometown/High School
1	25:08	Grant Wintheiser	St. Olaf	So.	Sartell, Minn./Cathedral
2	25:29	Micheale Tesema	Augsburg	Jr.	Burnsville, Minn.
3	25:32	Matt Berens	Bethel	So.	Oakdale, Minn./North St. Paul
4	25:37	Zach Haskins	Bethel	Sr.	Maple Grove, Minn./Heritage Christian Academy
5	25:38	Brendan Ruter	Hamline	Sr.	New London, Minn./New London- Spicer
6	25:40	Nate Dobbins	Hamline	Sr.	Rochester, Minn./John Marshall
7	25:49	Keaton Wendroth	St. Thomas	So.	Rochester, Minn./Mayo
8	25:50	Brian Saksa	St. Olaf	Jr.	Dassel, Minn./Dassel Cokato
9	25:51	Matt Scherber	Saint John's	Sr.	Royalton, Minn./Sartell-St. Stephen

10	25:58	John Subialka	Saint John's	Jr.	Plymouth, Minn./Wayzata
11	25:02	Ethan Armbruster	St. Thomas	Jr	Delano, Minn.
12	26:02	Jake Campbell	St. Olaf	Fr.	Edina, Minn.
13	26:03	Aaron Haley	Saint Mary's	So.	Plainview, Minn./Plainview-Elgin-Millville
14	26:10	Tim Lillehaugen	St. Olaf	Sr.	Moorhead, Minn.
15	26:11	Marcus Huderle	Carleton	Jr.	Eden Prairie, Minn.

2012 MIAC Men's Cross Country Honorable Mention All-Conference Team

Place	Time	Name	School	Year	Hometown/High School
16	26:12	Bobby Davis	Carleton	Sr.	Eden Prairie, Minn.
17	26:18	Jake Traxler	Saint Mary's	Sr.	Le Center, Minn.
18	26:21	Peter Borash	Saint Mary's	Sr.	Bowlus, Minn./Royalton
19	26:21	Calvin Lehn	St. Olaf	Fr.	Rosemount, Minn.
20	26:22	CJ Seifert	St. Thomas	Jr.	Willmar, Minn.
21	26:23	Guthrie Cunningham	Carleton	Jr.	Finland, Minn./Duluth East
22	26:24	Matt Schafer	Bethel	Sr.	New Brighton, Minn./Irondale
23	26:24	Brad McConn	Concordia	Jr.	Fargo, N.D./ Fargo North
24	26:25	Thomas Feichtinger	Saint John's	Fr.	Omaha, Neb./Mount Michael Benedictine
25	26:28	Chris Massey	St. Olaf	Sr.	Rosemount, Minn.

2012 All-MIAC Men's Cross Country Sportsmanship Team

Augsburg - Ahmed Nur (So., Edina, Minn.)
 Bethel - Luke Rustad (Sr., St. Paul, Minn./Como)
 Carleton - Aaron Hirsh (Sr., Shaker Heights, Ohio)
 Concordia - Luke Lagergren (Sr., Spicer, Minn./New London-Spicer)
 Gustavus - Joe Renier (Jr., Cambridge, Minn./Cambridge-Isanti)
 Hamline - Brendan Ruter (Sr., New London, Minn./New London-Spicer)
 Macalester - Joe Macula (Sr., Geneses, N.Y./Central)
 Saint John's - Mike Kuhlman (Sr., Maple Grove, Minn./Osseo)
 Saint Mary's - Peter Borash (Sr., Bowlus, Minn./Royalton)
 St. Olaf - Colton Rod (So., Vadnais Heights, Minn./White Bear Lake)
 St. Thomas - Nick Johnson (Sr., Chippewa Falls, Wis./McDonnell)
