

Champion St. Olaf sweeps MIAC Men's Cross Country Awards

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ST. PAUL, Minn. -- The St. Olaf College men's cross country were dominant Saturday en route to their second-straight Minnesota Intercollegiate Athletic Conference (MIAC) championship. Thursday, the Oles experienced another round of déjà vu by claiming the conference's top individual honors as the MIAC announced its 2013 Men's Cross Country Awards.

St. Olaf junior Grant Wintheiser - who won his second-straight individual MIAC title Saturday - was named the MIAC Men's Cross Country Athlete-of-the-Year and Ole Head Coach Phil Lundin was voted the MIAC Men's Cross Country Coach-of-the-Year by his peers. This marks the second-straight year Wintheiser and Lundin have won their respective awards.

Both Winthesier and his team were incredibly impressive at Saturday's championship race at Como Park Golf Course in St. Paul, Minn. The St. Olaf junior completed the 8k course in 24:48.9, defeating teammate Jake Brown by 16 seconds and earning his second-straight MIAC individual title. Wintheiser became just the ninth MIAC men's runner to win back-to-back titles and 11th to win the race more than once. Next season, he'll have a chance to become just the second runner ever to win the MIAC individual title in three-straight seasons, and the third to claim three titles during his career.

Wintheiser's 2013 time was almost exactly 20 seconds faster than his winning time in 2012 (25:08.1). Now, the Ole junior has finished in the top six and earned All-MIAC honors in each of his three collegiate seasons. Wintheiser adds his 2013 MIAC Athlete-of-the-Year award to another outstanding fall, which included the MIAC Men's Cross Country Athlete-of-the-Week honor on Sept. 24.

Lundin - now in his sixth season at St. Olaf - guided the Oles to their second MIAC Championship in a row, and their sixth men's cross country title overall. This is Lundin's second-straight MIAC Men's Cross Country Coach-of-the-Year honor, and his third overall after also winning in 2008. He was also named the MIAC Men's Indoor Track and Field Coach-of-the-Year in March, in addition to four Big Ten Coach-of-the-Year awards during his tenure at the University of Minnesota.

Lundin's squad was downright dominant in its title defense Saturday. The Oles won with a score of 20, defeating runner-up Carleton by 61 points. St. Olaf had the first three individual finishers as well as No. 6, No. 8 and No. 10 to take up six spots in the top 10. Oles also finished 16th and 21st to give Lundin six All-MIAC selections and two All-MIAC Honorable Mention picks.

In addition to the top individual honors, the MIAC Men's Cross Country All-Conference and All-Conference Honorable mention squads were also recognized. The top 15 finishers in Saturday's MIAC Championship race received All-Conference honors, while finishers 16-25 received Honorable Mention.

St. Olaf led the way with six All-MIAC runners. Carleton and Saint John's had two apiece and Bethel, Gustavus, Augsburg, Saint Mary's and Hamline each placed one in the top 15. St. Thomas dominated the Honorable Mention squad with five out of the 10 honorees, while St. Olaf had two and Carleton, Concordia and Saint John's had one apiece.

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



2013 MIAC Men's Cross Country Awards

Athlete-of-the-Year: Grant Wintheiser, St. Olaf (Jr., Sartell, Minn. / Cathedral)

Coach-of-the-Year: Phil Lundin (Sixth season)

2013 MIAC Men's Cross Country All-Conference Team

<u>Place</u>	<u>Time</u>	<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Hometown/Previous School</u>
1.	24:48.9	Grant Wintheiser	St. Olaf	Jr.	Sartell, Minn. / Cathedral
2.	24:54.4	Jake Brown	St. Olaf	Jr.	St. Paul, Minn. / St. Paul Academy
3.	25:11.8	Brian Saksa	St. Olaf	Sr.	Dassel, Minn. / Cokato
4.	25:26.6	Matt Berens	Bethel	Jr.	Oakdale, Minn. / North St. Paul
5.	25:40.7	Marcus Huderle	Carleton	Sr.	Eden Prairie, Minn.
6.	25:41.5	Jake Campbell	St. Olaf	So.	Edina, Minn.
7.	25:42.6	Jonah Barry	Carleton	So.	Madison, Wis. / West

8.	25:45.5	Phillip Meyer	St. Olaf	Jr.	Woodstock, Ill.
9.	24:48.9	John Subialka	Saint John's	Sr.	Plymouth, Minn. / Wayzata
10.	25:53.5	Dillon Davis	St. Olaf	Sr.	St. Louis Park, Minn.
11.	25:58.1	Joseph Renier	Gustavus	Sr.	Cambridge, Minn. / Isanti
12.	25:58.8	Mohamed Mohamed	Augsburg	Jr.	Eden Prairie, Minn.
13.	25:59.7	Aaron Haley	Saint Mary's	Jr.	Plainview, Minn. / Plainview/Elgin-Millville
14.	26:00.5	Colin Rogers	Hamline	Sr.	River Falls, Wis.
15.	26:01.7	Matt Scherber	Saint John's	Sr.	Royalton, Minn. / Sartell-St. Stephen

2013 MIAC Men's Cross Country All-Conference Honorable Mention

Place	Time	Name	School	Year	Hometown/Previous School
16.	26:02.0	Paul Escher	St. Olaf	So.	La Crosse, Wis. / Logan
17.	26:02.4	Keaton Wendroth	St. Thomas	Jr.	Rochester, Minn. / Mayo
18.	26:12.0	Jacob Hoerger	Carleton	Sr.	Chapel Hill, N.C.
19.	26:14.8	Jacob Gehartz	St. Thomas	Fr.	Sauk Centre, Minn.
20.	26:19.6	Ryan Sederquist	Concordia	Sr.	Moorhead, Minn.
21.	26:23.2	Stefan Lemke	St. Olaf	Sr.	Morris, Minn.
22.	26:27.0	Ben Rascher	St. Thomas	Jr.	Mendota Heights, Minn. / St. Thomas Academy
23.	26:27.1	Preston Zimny	Saint John's	So.	Royalton, Minn. / Little Falls
24.	26:30.3	Dylan Baumann	St. Thomas	So.	Wells, Minn. / United South Central
25.	26:32.6	Robby Williams	St. Thomas	Jr.	Minnetonka, Minn.

2013 Men's Cross Country All-MIAC Sportsmanship Team

Augsburg - Mohamed Mohamed (Jr., Eden Prairie, Minn.)
 Bethel - Luke Rustad (Sr., St. Paul, Minn. / Como Park)
 Carleton - Jacob Hoerger (Sr., Chapel Hill, N.C.)
 Concordia - Andy Rothfusz (Sr., Fargo, ND / Oak Grove)
 Gustavus - Matt Carlson (Jr., Roseville, Minn.)
 Hamline - Colin Rogers (Sr., River Falls, Wis.)
 Macalester - Mark Riegel (Sr., Batavia, N.Y. / Pembroke)
 Saint John's - Mike Kuhlman (Sr., Maple Grove, Minn. / Osseo)
 Saint Mary's - Alex Davis (Sr., Champaign, Ill. / Belleville East)
 St. Olaf - Alex Phearman (Jr., Watertown, Minn. / Watertown-Mayer)
 St. Thomas - Scott Fusco (Sr., Eagan, Minn. / Eastview)

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