

Cook-Gallardo, Knights lead the way in Men’s Cross Country Awards

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BLOOMINGTON, Minn. – After winning the program's first Minnesota Intercollegiate Athletic Conference (MIAC) Championship since 2002 last Saturday, the Carleton Knights were well-represented in the 2017 MIAC Men's Cross Country Awards, released on Thursday afternoon.

Donson Cook-Gallardo (Sr. | Moscow, Idaho) became the first Knight since Matt Hooley in 2003 to win MIAC Men's Cross Country Athlete of the Year honors, thanks to his incredible performance at the 2017 MIAC Championships. The senior runner finished the 8k course at St. Olaf College in 25:22.4 – good for first-place at the meet by a full 19 seconds.

With all five Carleton runners placing among the top-nine finishers at the Conference Championships, Knights coach **Dave Ricks** was a shoe-in for MIAC Coach of the Year. The Knights totaled 26 points at Saturday's meet, tied for the third-lowest score by a MIAC men's cross country team over the last three decades.

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. Both Carleton and second-place St. Olaf landed all five of their scoring runners on the All-Conference team while placing a sixth in the Honorable Mention category. The 15 All-MIAC runners were made up of five seniors, four juniors, three sophomores and three freshmen.

As part of a Conference-wide sportsmanship initiative, the MIAC also announced the 12th 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.

2017 MIAC Men's Cross Country Awards

Athlete of the Year: Donson Cook-Gallardo, Carleton (Sr. | Moscow, Idaho)

Coach of the Year: Dave Ricks, Carleton (11th season)



2017 MIAC Men's Cross Country All-Conference Team

Place	Time	Name	Institution	Class	Hometown High School
1.	25:22.4	Donson Cook-Gallardo	Carleton	Sr.	Moscow, Idaho
2.	25:41.4	Thomas Lerdall	St. Olaf	Jr.	Plymouth, Minn. Wayzata
3.	25:46.8	Lucas Mueller	Carleton	Fy.	St. Paul, Minn. Nova Classical Academy
4.	25:51.4	Keith Ketola	St. Olaf	Sr.	Maple Plain, Minn. Orono
5.	25:52.4	Andrew Stumbo	Gustavus	Fy.	Boone, Iowa Ogden
6.	26:00.6	Matthew Wilkinson	Carleton	Fy.	Minnetonka, Minn.
7.	26:03.5	Tris Dodge	Carleton	Jr.	Oakland, Calif. The College Preparatory School
8.	26:05.3	Matthew Burgstahler	Saint John's	Sr.	Sandpoint, Idaho
9.	26:06.7	Cameron Meikle	Carleton	So.	Hamilton, Mont.
10.	26:13.2	Frank Gustafson	Hamline	So.	Spicer, Minn. New London-Spicer
11.	26:15.3	Alec Kirtley	St. Olaf	Jr.	Milwaukee, Wis. Wauwatosa West

12.	26:22.3	Austin O'Hare	Saint Mary's	Sr.	Rushford, Minn. Rushford-Peterson
13.	26:25.0	Karl Wachter	St. Thomas	So.	Shakopee, Minn.
14.	26:30.4	Paul Timm	St. Olaf	Sr.	Oconomowoc, Wis.
15.	26:33.1	William Anderson	St. Olaf	Jr.	Deerfield, Ill.

2017 MIAC Men's Cross Country Honorable Mention

Place	Time	Name	Institution	Class	Hometown High School
16.	26:35.9	Fernando Benitez	Hamline	So.	White Bear Lake, Minn.
17.	26:37.0	Chris Boranian	Macalester	Jr.	Oakland, Calif. Head-Royce School
18.	26:37.7	Tyler Bethke	Bethel	Jr.	Rogers, Minn.
19.	26:38.6	Eric Wicklund	Concordia	So.	Moorhead, Minn.
20.	26:42.9	James Doherty	Macalester	Jr.	Madison, Wis. Madison East
21.	26:44.3	Justin Furcich	St. Olaf	Jr.	Monticello, Ill.
22.	26:45.8	Keegan Conrad	Saint John's	Sr.	Chandler, Ariz. Hamilton
23.	26:46.4	Andrew Plumb	St. Olaf	Jr.	Verona, Wis. Middleton
24.	26:46.8	Tremayne Collins	Saint John's	Jr.	Plentywood, Mont. Royalton
25.	26:47.4	Hiroshi Nakajima	Carleton	Sr.	Minato, Japan Tabor Academy

2017 MIAC Men's Cross Country Sportsmanship Team

Name	Institution	Class	Hometown High School
Isaac Tade	Augsburg	Fy	Windom, Minn.
Carter Woetzel	Bethel	Fy.	Ham Lake, Minn. Blake
David McKinley	Carleton	Sr.	Okemos, Mich.
Brendan Johnson	Concordia	Sr.	Mora, Minn.
Justin Friedrich	Gustavus	Sr.	Chatfield, Minn. Chosen Valley
Sam Jewson	Hamline	Sr.	Wabasha, Minn. Wabasha-Kellogg
Alex Gordon	Macalester	Sr.	Chicago, Ill. Northside College Prep
Kevin Dudley	Saint John's	Sr.	New Prague, Minn.
Tanner Moris	Saint Mary's	Fy.	Crandon, Wis.
Daniel Buchmeier	St. Olaf	Sr.	Woodbury, Minn.
Adam Berkowitz	St. Thomas	Sr.	Osseo, Minn.