

Mueller, Knights lead the way in MIAC Men’s Cross Country Awards

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BLOOMINGTON, Minn. – After securing back-to-back Minnesota Intercollegiate Athletic Conference (MIAC) men's cross country championships for the first time since 1994-95, the Carleton Knights were once again well-represented in the 2018 MIAC Men's Cross Country Awards, released on Thursday afternoon.

Lucas Mueller (So. | St. Paul, Minn. | Nova Classical Academy) continued his outstanding 2018 by earning MIAC Men's Cross Country Athlete of the Year honors. The sophomore runner clocked in at 25:10.4 to become the second straight Knight to take individual honors at the MIAC Championships, and the third Carleton runner in the last 16 seasons to win Athlete of the Year accolades. A two-time MIAC Athlete of the Week this season, Mueller has quickly established himself as one of the premier student-athletes in the Conference, having placed third overall at last year's Cross Country Championships before earning the MIAC's Outstanding Indoor Track Athlete award at the 2018 Indoor Track and Field Championships this past February.

Mueller's head coach, **Dave Ricks**, is on quite a roll as well, having now claimed Coach of the Year honors four times in the last year. Ricks has been voted the Men's Cross Country Coach of the Year each of the last two seasons in addition to winning the award for both the Indoor and Outdoor Track and Field seasons earlier in 2018. His latest honor is well-deserved, as Ricks' team placed four runners in the top-six and five in the top-21 at the 2018 Cross Country Championships.



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 landed all five of its scoring runners on the All-Conference team, followed by Carleton and St. Thomas each with four. The 15 All-MIAC runners were made up of five seniors, three juniors, six sophomores, and one freshman.

As part of a Conference-wide sportsmanship initiative, the MIAC also announced the 13th 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.

2018 MIAC Men's Cross Country Awards

Athlete of the Year: Lucas Mueller (So. | St. Paul, Minn. | Nova Classical Academy)

Coach of the Year: Dave Ricks, Carleton (12th season)

2018 MIAC Men's Cross Country All-Conference Team

Place	Time	Name	Institution	Class	Hometown High School
1.	25:10.4	Lucas Mueller	Carleton	So.	St. Paul, Minn. Nova Classical Academy
2.	25:23.9	Tris Dodge	Carleton	Sr.	Oakland, Calif. The College Preparatory School
3.	25:33.8	Cameron Meikle	Carleton	Jr.	Hamlinton, Mon.
4.	25:39.2	Karl Wachter	St. Thomas	Jr.	Shakopee, Minn.
5.	25:49.6	William Anderson	St. Olaf	Sr.	Deerfield, Ill.
6.	25:50.9	Matthew Wilkinson	Carleton	So.	Minnetonka, Minn.
7.	25:51.1	Thomas Lerdall	St. Olaf	Sr.	Plymouth, Minn. Wayzata
8.	26:04.0	Ezekiel Lelinga	Bethel	So.	New Brighton, Minn. Mounds View
9.	26:07.8	Elliot Kadrofske	St. Olaf	Jr.	Okemos, Mich.

10.	26:09.3	Andrew Plumb	St. Olaf	Sr.	Verona, Wis. Middleton
11.	26:11.2	Parker Rosenau	St. Thomas	Sr.	West Fargo, N.D.
12.	26:15.3	Sam Primozych	St. Olaf	So.	Boulder, Colo.
13.	26:15.4	Macallister Karrick	St. Thomas	Fr.	Minnetonka, Minn.
14.	26:20.4	Carl Kozlowski	St. Thomas	So.	Lake City, Minn.
15.	26:21.2	Andrew Stumbo	Gustavus	So.	Boone, Iowa Ogden

2018 MIAC Men's Cross Country Honorable Mention

Place	Time	Name	Institution	Class	Hometown High School
16.	26:25.4	Christopher Brenk	St. Olaf	Jr.	Clarendon Hills, Ill. Hinsdale Township
17.	26:27.5	Munir Isahak	Concordia	So.	Fargo, N.D. Fargo South
18.	26:27.5	Kevin Lamb	Saint John's	Sr.	Avon, Minn. Albany
19.	26:30.0	James Mathison	Saint John's	Sr.	Stewartville, Minn.
20.	26:30.4	Jonah Herzog	St. Olaf	So.	Champaign, Ill. University Lab School
21.	26:32.8	Adam Nakasaka	Carleton	Fy.	Chevy Chase, Md. Bethesda-Chevy Chase
22.	26:33.2	Noah Webb	Saint John's	So.	St. Cloud, Minn. Tech
23.	26:38.0	Frank Gustafson	Hamline	So.	Spicer, Minn. New London-Spicer
24.	26:43.0	Biel Wiel	St. Thomas	Fr.	St. Cloud, Minn. Apollo
25.	26:47.6	Evan Hatton	Bethel	Sr.	Stevens Point, Wis.

2018 MIAC Men's Cross Country Sportsmanship Team

Name	Institution	Class	Hometown High School
Ryan Moore	Augsburg	Sr.	St. Michael, Minn. St. Michael-Albertville
Tim Huss	Bethel	Sr.	Jordan, Minn.
Tris Dodge	Carleton	Sr.	Oakland, Calif. The College Preparatory School
Tom Froland	Concordia	Jr.	Sacred Heart, Minn. Renville County West
Alex Wischnack	Gustavus	Sr.	Norwood, Minn. Central
Kyle Mehrhof	Hamline	Sr.	Coon Rapids, Minn.
Mac Doherty	Macalester	Sr.	Madison, Wis. East
John Miles	Saint John's	Sr.	Grand Haven, Mich.
Jordan Malikowski	Saint Mary's	So.	Royalton, Minn.
Jackson Simon	St. Olaf	Jr.	Oswego, Ill.
Chase Graff	St. Thomas	Sr.	Prairie Wind, Wis. Arrowhead