

2006 MIAC Women's Cross Country Awards

MIAC Women's Cross Country Coach of the Year
University of St. Thomas head coach Joe Sweeney helped the Tommies end a nine-year team title drought at the MIAC Championships. The No. 21-ranked Tommie women scored 73 points to beat two-time defending champion Carleton (92) and claim the school's first championship since 1997. Three St. Thomas runners (Katie Theisen, Jenny Olin, and Kelly Russ) were named to the All-Conference team. For Sweeney, it was the 55th team championship won out of a possible 73 all-time in cross country, indoor track and outdoor track.

MIAC Women's Athlete of the Year
Gustavus Adolphus College senior Hailey Harren (Cold Springs/Rocori) took the lead in the first half-mile and ran away from the pack on her way to claiming her second consecutive MIAC Cross Country title in a time of 21:51.57. She broke the 6,000 meter course record that she set last year by two seconds (21:53.8) and became the first cross country runner from Gustavus to ever win two MIAC individual titles.

2006 All-Conference (Top 15)

1	Hailey Harren	GAC	21:51.57
2	Nikki Umhoefer	BU	23:23.97
3	Katie Theisen	UST	23:24.57
4	Callie PaStarr	MAC	23:27.27
5	Lacee Shrupp	HU	23:33.92
6	Erin Lowrey	MAC	23:39.57
7	Sarah Bernhardson	GAC	23:43.97
8	Karen Campbell	CAR	23:44.22
9	Jenny Olin	UST	23:46.82
10	Melissa Francis	HU	23:47.27
11	Bergen Holzworth	CON	23:51.02
12	Erin Weier	STO	23:51.77
13	Rachel Charpentier	CON	23:52.12
14	Stephanie Block	STO	23:53.87
15	Kelly Russ	UST	23:58.12