

2007 MIAC Women's Cross Country Awards

Posted: Nov 02, 2007

St, Paul, Minn. -- The 2007 Minnesota Intercollegiate Athletic Conference (MIAC) Women's Cross Country Championship was run Saturday with the St. Thomas women winning the team championship and Bethel sophomore Marie Borner claiming individual honors. The 2007 MIAC Women's Cross Country award winners are as follows:

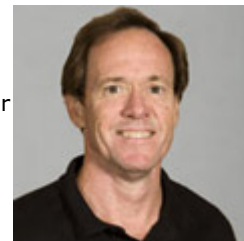
2007 MIAC Athlete of the Year

Bethel University sophomore **Marie Borner** (Cottage Grove, Minn.) won the individual title at the 2007 MIAC Women's Cross Country Championships this past Saturday at Como Golf Course. Borner's time of 21:56 over the 6,000 meter course beat out second-place finisher Katie Theisen of St. Thomas by seven seconds. Bethel finished fourth as a team led by Borner's finish and third-place runner Nikki Umhoefer.



2007 MIAC Coach of the Year

University of St. Thomas head coach **Joe Sweeney's** 21st-ranked Tommies pulled out a tense two-point win over runner-up Carleton, 74-76, to repeat as champion at the MIAC Championships. It was the 15th cross-country team crown for Tommies and 58th all-time conference team title in 76 chances for Sweeney's teams in cross country, indoor track and outdoor track. The Tommies were led by three All-Conference performers (Katie Theisen-2nd, Kelly Russ-11th, and Julie Anderson-13th).



2007 MIAC All-Conference

Place	Time	Name	School	Year	Hometown/High School
1	21:56	Marie Borner	Bethel	So.	Cottage Grove, Minn.
2	22:03	Katie Theisen	St. Thomas	Jr.	Elko, Minn./New Prague
3	22:09	Nikki Umhoefer	Bethel	Sr.	Sauk Centre, Minn.
4	22:47	Jenna Carlson	St. Olaf	Jr.	Edina, Minn.
5	22:48	Sarah Forzley	Carleton	So.	South Windsor, Conn.
6	22:56	Laura Edlund	Gustavus	Sr.	Forest Lake, Minn.
7	22:57	Erin Lowrey	Macalester	So.	Whitefish Bay, Wis.
8	23:01	Hailey Brenden	Concordia	Fy.	Rothsay, Minn.
9	23:01	Laura Roach	Carleton	So.	Lakeville, Minn./North
10	23:06	Margot Branigan	Saint Benedict	So.	Roseville, Minn.
11	23:08	Kelly Russ	St. Thomas	So.	Wayzata, Minn.
12	23:11	Jackie Kelly	St. Olaf	Sr.	St. Paul, Minn./Visitation
13	23:13	Julie Anderson	St. Thomas	Sr.	Ely, Minn.
14	23:15	Sarah Bernhardson	Gustavus	Sr.	Eden Prairie, Minn.
15	23:17	Heather Hoecker	Carleton	Sr.	Rochester, Minn./Century

2007 All-MIAC Sportsmanship Team

As part of a conference-wide sportsmanship initiative, the Minnesota Intercollegiate Athletic Conference (MIAC) announces the second annual All-MIAC Sportsmanship team for Women'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. The award winners are:

Augsburg - Sarah Peloquin (Sr., Prescott, Wis.)
Bethel - Nikki Umhoefer (Sr., Sauk Centre, Minn.)
Carleton - Caroline Church (Sr., West Hartford, Conn.)
Concordia - Meagan Hansen (Sr., Minot, N.D.)
Gustavus - Sarah Willis (Sr., Willmar, Minn.)
Hamline - Freya Fitzner (Jr., North Oaks, Minn.)
Macalester - Emilie Schur (So., Pagosa Springs, Colo.)
Saint Benedict - Marit Swartout (Sr., Eden Prairie, Minn.)
St. Catherine - Diana Tastad (Fy., Perham, Minn.)
Saint Mary's - Tina Koecheler (Sr., St. Paul, Minn.)
St. Olaf - Lisa Skildum (Sr., Arden Hills, Minn.)
St. Thomas - Julie Anderson (Sr., Ely, Minn.)