

2009 MIAC Women's Cross Country Awards

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St. Paul, Minn. -- The 2009 Minnesota Intercollegiate Athletic Conference (MIAC) Women's Cross Country Championship was run on Saturday at Como Park Golf Course in St. Paul. Carleton College claimed the team championship and Bethel University senior Marie Borner won the individual race. Today, the 2009 MIAC Women's Cross Country Awards were announced.



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

2009 MIAC Most Valuable Athlete

Bethel University senior **Marie Borner** (Cottage Grove, Minn./Park) collected her third consecutive MIAC championship victory, covering the six-kilometer course in 21:43 on Saturday at Como Park Golf Course. Borner beat Carleton's Simone Childs-Walker by thirty-two seconds in chilly temperature on a soft, muddy course. As a team, Bethel finished in second place out of 12 teams for the second year in a row. Borner surged to the front of the race immediately, building a ten to twelve second lead within the first two miles.

2009 MIAC Coach of the Year

Carleton College head coach **Donna Ricks**, in her 17th season, guided the Knights to their fourth MIAC team title on Saturday at Como Park. Ricks had three runners finish in the top eight and earn All-Conference honors. The Knights scored 65 points, well ahead of second place Bethel (91), St. Thomas (94), and St. Olaf (98). Only 13 of Carleton's 19 runners competed in the event as the team was riddled with illness throughout the week. Carleton is currently ranked second in the Central Region.

2009 MIAC All-Conference

Place	Time	Name	School	Year	Hometown/High School
1	21:43	Marie Borner	Bethel	Sr.	Cottage Grove, Minn./Park
2	22:15	Simone Childs-Walker	Carleton	So.	Seattle, Wash./Lakeside
3	22:37	Margot Branigan	Hamline	Sr.	Roseville, Minn.
4	22:54	Greta Sieve	St. Catherine	Sr.	New Ulm, Minn./Cathedral
5	22:56	Taylor Ffitch	Carleton	So.	Portland, Ore./Saint Mary's Academy
6	22:58	Maren Westby	St. Olaf	So.	Salem, Ore./West Salem
7	23:04	Erin Lowrey	Macalester	Sr.	Whitefish Bay, Wis.
8	23:12	Laura Roach	Carleton	Sr.	Lakeville, Minn./North
9	23:12	Emma Lee	St. Olaf	Fy.	St. Paul, Minn./Como Park
10	23:23	Allie Metzler	St. Thomas	Jr.	Esko, Minn.
11	23:25	Kristin Mork	Bethel	Jr.	Cambridge, Minn./Cambridge-Isanti
12	23:30	Heather Jelen	Bethel	Sr.	Sioux Falls, S.D./Lincoln
13	23:35	Alyx Chapman	Saint Benedict	Sr.	Stillwater, Minn.
14	23:40	Abby Smith	St. Olaf	Sr.	Belle Plaine, Minn.
15	23:41	Kelly Russ	St. Thomas	Sr.	Wayzata, Minn.

2009 All-MIAC Women's Cross Country Sportsmanship Team

- Augsburg** - Jennifer Pulscher (So., Colorado Springs, Colo./Liberty)
Bethel - Michelle Benson (Jr., Traverse City, Mich./Christian)
Carleton - Nicole Reich (Sr., Appleton, Wis./North)
Concordia - Caroline McLaughlin (So., Rosemount, Minn.)
Gustavus - Nicole Soiseth (Sr., Anchorage, Alaska/Service)
Hamline - Margot Branigan (Sr., Roseville, Minn.)
Macalester - Kira Spencer (Jr., Iowa City, Iowa/West)
Saint Benedict - Molly Noel (Jr., Eagan, Minn./Cretin-Derham Hall)
St. Catherine - Heidi Sande (So., Grand Marais, Minn.)
Saint Mary's - Lauren Baier (So., Mount Horeb, Wis.)
St. Olaf - Michaela McLaughlin (Sr., Rosemount, Minn.)
St. Thomas - Alexandria Johnson (Jr., Omaha, Neb./Millard West)