

Carleton's Steinke, Ricks headline MIAC Women's Cross Country Awards

Posted: Nov 06, 2014

ST. PAUL, Minn. -- The Carleton women's cross country team had plenty to celebrate Saturday, as the team claimed both individual and team victories at the 2014 Minnesota Intercollegiate Athletic Conference (MIAC) Championships. Thursday, the celebration in Northfield continued as the 2014 MIAC Women's Cross Country Awards were announced, and the Knights swept the top individual honors.

Carleton's Ruth Steinke claimed the MIAC women's individual championship on Saturday, and was further honored Thursday with the MIAC Women's Cross Country Athlete-of-the-Year award. Her coach - Donna Ricks - was also honored for the Knights' success, as she was voted the MIAC Women's Cross Country Coach-of-the-Year for the second year in a row, and seventh time in her career.

Steinke capped a tremendous fall with her first-place performance at the MIAC Championships to earn her Athlete-of-the-Year award. She won an entertaining duel with Macalester's Kimber Meyer by seven seconds, as Steinke completed the 6K course in 21:28.4. Steinke's time is the second-best MIAC championship time since the race switched to a 6K event in 2005, with only Bethel's Marie Borner running faster (21:11.47) in 2008.

It was Steinke's third-straight top 10 finish as the MIAC championships, as the junior finished ninth in 2012 and seventh in 2013. Steinke led her team to its second-straight MIAC title and capped a brilliant finish to the season, as she was named MIAC Women's Cross Country Athlete-of-the-Week twice in the final three weeks of the regular season.

Ricks guided her team to its second-straight title Saturday, and the championship was also the Knights third in the last four years and sixth since 2004. Overall, it was the Knights' seventh MIAC championship, which is the third-best total in conference history. This is Ricks' seventh MIAC Cross Country Coach-of-the-Year honor, having also won it in 1995, 2004, 2005, 2009, 2011 and 2013, and she was also the MIAC Indoor Track and Field Coach-of-the-Year in 2012.

The latest coaching honor for Ricks came courtesy of a all-out team effort to capture the conference title in a tight race with rival St. Olaf. All five Carleton runners that scored finished in the top 15, including three in the top nine, to give the Knights 42 points and a 16-point win over the Oles. Ricks' runners finished first, fourth, ninth, 13th and 15th to secure the team's latest MIAC title. Those same five runners all earned All-Conference honors.

In addition to the top individual honors, the MIAC Women'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.

The champion Knights led the All-Conference honorees with five, while the runner-up Oles had four. Macalester had two All-MIAC runners, including individual runner-up Kimber Meyer. St. Thomas, Bethel, Saint Benedict and Gustavus all had one All-Conference honoree. The Honorable Mention squad was led by four St. Olaf runners. Also earning Honorable Mention were three St. Thomas runners, two from Saint Benedict and one from Hamline.

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

2014 MIAC Women's Cross Country Awards

Athlete-of-the-Year: Ruth Steinke, Carleton (Jr, Lima, N.Y. / Honeoye Falls-Lima)

Coach-of-the-Year: Donna Ricks, Carleton (22nd season)

2014 MIAC Women's Cross Country All-Conference Team

Place	Time	Name	School	Year	Hometown/Previous School
1.	21:28.4	Ruth Steinke	Carleton	Jr.	Lima, N.Y. / Honeoye Falls-Lima
2.	21:35.6	Kimber Meyer	Macalester	So.	Naperville, Ill. / North
3.	22:12.2	Erin Statz	St. Thomas	Sr.	Lincoln, Neb. / Pius X
4.	22:15.0	Colette Celichowski	Carleton	Sr.	Shorewood, Minn. / Minnetonka



5.	22.19.1	Annika Halverson	Bethel	Fr.	Wayzata, Minn.
6.	22.26.8	Manon Gammon-Deering	Saint Benedict	Sr.	Little Falls, Minn.
7.	22.30.8	Caitlin Fermoye	Gustavus	Sr.	Mendota Heights, Minn. / Henry Sibley
8.	22.40.4	Jamie Hoornaert	St. Olaf	So.	Merced, Cali.
9.	22.41.6	Dorrian Jaffe	Carleton	Fr.	Columbus, Ohio
10	22.41.8	Jorden Johnson	St. Olaf	Sr.	Blaine, Minn.
11.	22.46.5	Piper Bain	St. Olaf	Jr.	Edina, Minn.
12.	22.46.6	Amy Waananen	St. Olaf	Sr.	Maple Grove, Minn.
13.	22.56.2	Nicole Nipper	Carleton	So.	Minnetonka, Minn. / Minnehaha Academy
14.	22.58.9	Mira Ensley-Field	Macalester	So.	Appleton, Wis. / East
15.	22.59.0	Sally Donovan	Carleton	Jr.	Minneapolis, Minn. / South

2014 MIAC Women's Cross Country All-Conference Honorable Mention

Place	Time	Name	School	Year	Hometown/Previous School
16.	23.01.3	Andrea Haus	Hamline	Sr.	Earlham, Iowa
17.	23.01.5	Jordan Lutz	St. Olaf	Fr.	St. Paul, Minn. / Mahtomedi
18.	23.03.1	Alex Fossum	St. Thomas	So.	Chanhassen, Minn.
19.	23.07.7	Michaela Banz	St. Olaf	Sr.	Eagan, Minn.
20.	23.09.4	Brooke Rasmussen	Saint Benedict	Fr.	Big Lake, Minn. / Monticello
21.	23.10.3	Kelsey Coulter	St. Olaf	Sr.	White Bear Lake, Minn.
22.	23.11.7	Jenna O'Donnell	Saint Benedict	Sr.	Maple Grove, Minn.
23.	23.14.7	Morghen Philippi	St. Olaf	Jr.	Dubuque, Iowa / Hempstead
24.	23.15.6	Kate Mares	St. Thomas	Jr.	De Pere, Wis. / Notre Dame
25.	23.17.0	Emily Gapinski	St. Thomas	Jr.	Sheboygan, Wis. / North

2014 Women's Cross Country All-MIAC Sportsmanship Team

Augsburg - Blair Stewig (Fr., Maple Lake, Minn.)
 Bethel - Halle Marr (Jr., Plymouth, Minn. / Wayzata)
 Carleton - Ruth Steinke (Jr., Lima, N.Y. / Honeoye Falls-Lima)
 Concordia - Michaela Read (Sr., Excelsior, Minn. / Minnetonka)
 Gustavus - Marit Sonnesyn (Sr., Viroqua, Wis. / Luther)
 Hamline - Andrea Haus (Sr., Earlham, Iowa)
 Macalester - Caitlin Toner (Sr., New Providence, N.J.)
 Saint Benedict - Bailey Drewes (Sr., Bemidji, Minn.)
 St. Catherine - Jenna McElroy (Sr., Champlin, Minn. / Champlin Park)
 Saint Mary's - Paige Scherneck (So., Manawa, Wis. / Little Wolf)
 St. Olaf - Michaela Banz (Sr., Eagan, Minn.)
 St. Thomas - Melissa Engstrom (Sr., Coon Rapids, Minn.)

[MIAC Women's Cross Country Home Page](#)