

Macalester's Meyer, Carleton's Ricks headline MIAC Women's Cross Country Awards

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ST. PAUL, Minn. -- The 2015 Minnesota Intercollegiate Athletic Conference (MIAC) Women's Cross Country Championships were held on Saturday, Oct. 31, with the Carleton team and Macalester junior Kimber Meyer stealing the show. Thursday, Meyer and Knights' Head Coach Donna Ricks were honored for their performances with the announcement of the 2015 MIAC Women's Cross Country Awards.

Meyer, the 2015 MIAC Women's Cross Country Championships individual winner, added the 2015 MIAC Women's Cross Country Athlete-of-the-Year award to her stellar junior campaign and decorated career. Ricks was also recognized by her peers with her third-straight MIAC Women's Cross Country Coach-of-the-Year award after guiding Carleton to its third-straight conference title.



Meyer's individual championship and Athlete-of-the-Year honor culminate a tremendous junior season for the Scots' star. A two-time All-American, Meyer won her first MIAC individual cross country title with a time of 22:14.2, and a margin of victory of more than 20 seconds. Though she has starred in each of her three MIAC Championship races, she has shown improvement each time out. Meyer debuted with a fourth-place finish (22:53.0) in 2013, and was the runner-up a year ago (21:35.6) before completing her ascension to the top of the leader board.

In addition to the Athlete-of-the-Year honor, Meyer also received her third-straight All-Conference award. She also earned the MIAC Women's Cross Country Athlete-of-the-Week award twice this fall, on Sept. 22 and Sept. 29. She won the prestigious Roy Griak Invitational in September and will head to the NCAA region meet hoping for a third-straight trip to the NCAA National Championships.

Ricks guided her team to its third-straight title Saturday, and the championship was also the Knights fourth in the last five years and seventh since 2004. Overall, it was the Knights' eighth MIAC championship, which is the third-best total in conference history. This is Ricks' eighth MIAC Cross Country Coach-of-the-Year honor, having also won it in 1995, 2004, 2005, 2009, 2011, 2013 and 2014, and she was also the MIAC Indoor Track and Field Coach-of-the-Year in 2012.

Ricks' latest coaching honor came in recognition of her team's third-straight MIAC title. The Knights were tested in 2015, but prevailed with a team total of 61 and an 11-point margin of victory over second-place St. Thomas. Carleton placed two runners in the top eight, four in the top 14 and seven in the top 26, with four runners earning All-MIAC honors and two more receiving All-MIAC Honorable Mention accolades. Ricks' team is the first MIAC squad to win three-straight women's cross country championships since St. Thomas accomplished the same feat from 2006 to 2008.

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 team with four runners in the top 15. St. Olaf had three All-MIAC performers, St. Thomas had two and a very even top 15 also included one runner apiece from Macalester, Bethel, Augsburg, Saint Benedict, Gustavus and Concordia. The Tommies led the way with three All-MIAC Honorable Mention runners, while the Knight and Blazers each had two, and the Gusties, Cobbers and Scots each had one.

As part of a conference-wide sportsmanship initiative, the MIAC announced the 10th 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.

2015 MIAC Women's Cross Country Awards

Athlete-of-the-Year: Kimber Meyer (Jr., Naperville, Ill. / North)

Coach-of-the-Year: Donna Ricks, Carleton (23rd season)

2015 MIAC Women's Cross Country All-Conference Team

Place	Time	Name	School	Year	Hometown/Previous School
1.	22:14.2	Kimber Meyer	Macalester	Jr.	Naperville, Ill. / North
2.	22:34.8	Annika Halverson	Bethel	So.	Wayzata, Minn.

3.	22:43.7	Piper Bain	St. Olaf	Sr.	Edina, Minn.
4.	22:49.1	Ruth Steinke	Carleton	Sr.	Lima, N.Y. / Honeoye Falls-Lima
5.	22:54.7	Emily Gapinski	St. Thomas	Sr.	Sheboygan, Wis. / North
6.	22:55.7	Morghen Philippi	St. Olaf	Sr.	Dubuque, Iowa / Hempstead
7.	23:02.9	Taybri Irving	Augsburg	Jr.	Rosemount, Minn.
8.	23:04.0	Emily Kaegi	Carleton	So.	Williamstown, Mass. / Mount Greylock
9.	23:06.2	Jamie Hoornaert	St. Olaf	Jr.	Merced, Cali.
10	23:10.6	Brooke Rasmussen	Saint Benedict	So.	Big Lake, Minn. / Monticello
11.	23:16.1	Bridget McGivern	St. Thomas	Jr.	Eagan, Minn.
12.	23:16.4	Samantha Schnirring	Carleton	Fr.	Eden Prairie, Minn.
13.	23:18.8	Marit Sonnesyn	Gustavus	Sr.	Plymouth, Minn. / Wayzata
14.	23:19.9	Dorrian Jaffe	Carleton	Jr.	Columbus, Ohio / Upper Arlington
15.	23:22.7	Kaya Baker	Concordia	Jr.	Grand Rapids, Minn.

2015 MIAC Women's Cross Country All-Conference Honorable Mention

<u>Place</u>	<u>Time</u>	<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Hometown/Previous School</u>
16.	23:25.9	Lauren Shurson	Gustavus	Sr.	Chanhassen, Minn.
17.	23:26.1	Alex Fossum	St. Thomas	So.	Chanhassen, Minn.
18.	23:33.6	Kiley Green	Saint Benedict	Sr.	Draper, Utah / Juan Diego Catholic
19.	23:35.4	Megan Terukina	St. Thomas	Sr.	Cedar Rapids, Iowa/ Kennedy
20.	23:39.0	Kayla Janto	St. Thomas	Jr.	West Bend, Wis. / West
21.	23:39.1	Sarah Johnathan	Macalester	Sr.	Guilford, Conn.
22.	23:49.1	Mattia Hendrickson	Saint Benedict	Jr.	Little Falls, Minn.
23.	23:51.5	Pombie Silverman	Carleton	Jr.	Iowa City, Iowa / Iowa City West
24.	23:55.4	Lindsey Chavez	Carleton	So.	Westminster, Colo. / Holy Family
25.	23:57.9	Brianna Gruenberg	Concordia	Fr.	Moorehead, Minn.

2015 Women's Cross Country All-MIAC Sportsmanship Team

Augsburg - Rachel Frantz (Jr., Mounds View, Minn. / Irondale)

Bethel - Lexi Friesen (Sr., Osage, Iowa)

Carleton - Laura Nakasaka (Jr., Chevy Chase, Md. / Bethesda-Chevy Chase)

Concordia - Cecelia Holten (Sr., Fargo, N.D. / Fargo Davies)

Gustavus - Mata Agre (Sr., Medina, Minn. / Wayzata)

Hamline - Abby Cyr (Sr., Hilman, Minn. / Pierz)

Macalester - Megan Davitt (Jr., Slingerlands, N.Y. / Bethlehem Central)

Saint Benedict - Cathleen Gross (Sr., Brooklyn Park, Minn. / Robbinsdale Armstrong)

St. Catherine - Bryana Waage (So., Valencia, Calif. / Hart)

Saint Mary's - Josie Moreno (Sr., Cicero, Ill. / Nazareth Academy)

St. Olaf - Piper Bain (Sr., Edina, Minn.)

St. Thomas - Summer Ellefson (Sr., Park Rapids, Minn.)

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