

2013 MIAC Men's Cross Country Regional and National Awards

ATHLETIC HONORS

USTFCCCA Men's National Cross Country Coach-of-the-Year

| Phil Lundin | St. Olaf |

USTFCCCA Men's Cross Country All-Americans

| Matt Berens | Jr. | Bethel |

| Brian Saksa | Sr. | St. Olaf |

| Grant Wintheiser | Jr. | St. Olaf |

| Jake Brown | Jr. | St. Olaf |

| Jake Campbell | So. | St. Olaf |

USTFCCCA Men's Central Region Cross Country Coach-of-the-Year

| Phil Lundin | St. Olaf |

USTFCCCA Men's Cross Country All-Central Region Honorees

| Matt Berens | Jr. | Bethel |

| Hart Hornor | So. | Carleton |

| Jonah Barry | So. | Carleton |

| Marcus Huderle | Sr. | Carleton |

| Jacob Hoerger | Sr. | Carleton |

| Colin Rogers | Sr. | Hamline |

| Matt Scherber | Sr. | Saint John's |

| John Subialka | Sr. | Saint John's |

| Aaron Haley | Jr. | Saint Mary's |

| Grant Wintheiser | Jr. | St. Olaf |

| Jake Brown | Jr. | St. Olaf |

| Brian Saksa | Sr. | St. Olaf |

| Jake Campbell | So. | St. Olaf |

| Calvin Lehn | So. | St. Olaf |

| Dillon Davis | Sr. | St. Olaf |

| Phillip Meyer | Jr. | St. Olaf |

| Keaton Wendroth | Jr. | St. Thomas |

| Jacob Gehartz | Fr. | St. Thomas |

ACADEMIC AWARDS

2013-14 Capital One Academic All-American Division III Men's Track & Field/Cross Country Team

| Second Team | Cameron Clause | Sr. | Gustavus |

| Second Team | Mark Volker | Jr. | Hamline |

2013-14 Capital One Academic All-District 6 Division III Men's Track & Field/Cross Country Team

| First Team | Cameron Clause | Sr. | Gustavus |

| First Team | Thomas Feichtinger | So. | Saint John's |

| First Team | Mark Volker | Jr. | Hamline |

| First Team | Joe Wistrill | Sr. | St. Thomas |

MIAC AWARDS

| [2013 MIAC Men's Cross Country Awards](#) | [Athletes-of-the-Week](#) | [Elite 22 Award](#) | [Academic All-Conference](#) |