

2003 MIAC Women's Cross Country Athletes of the Week

October 28, 2003

Gustavus Adolphus junior **Nicole Petersen** (Arco, Minn.) is this week's MIAC Women's Cross Country Athlete of the Week. Petersen's 1st place finish (14:53/4K) led the Gusties at the St. Olaf vs. Gustavus Dual Meet . Petersen, a national qualifier from a year ago is a two-time all-conference and one-time all-region selection student-athlete. This is the second time Nicole has earned MIAC athlete of the week honors this year.

October 21, 2003

University of St. Thomas junior **Brigid Power** (Eden Prairie, Minn.) raced to a 6th place finish with a time of 19:02 for the 5K distance at the Tori Neubauer Invitational hosted by UW-LaCrosse. Power paced the Tommies to an 8th place team finish.

October 14, 2003

St. Olaf College senior **Marit Grorud** (Fremont, Neb.) raced to a 9th place finish at the NCAA Pre-National meet in Hanover, Indiana pacing the Oles to a 3rd place team finish behind nationally ranked Ithaca College and Emory University. Grorud ran a 23:58 over the national 6K course.

October 7, 2003

College of Saint Benedict sophomore **Leah Wurm** (Monticello, Minn.), was selected as this week's women's cross country athlete of the week. Wurm placed 2nd at the Midwest Long Course meet in an excellent time of 22:36 for the 6K race. This was particularly impressive considering the lack of warm up time due to bus problems enroute to the meet.

September 30, 2003

Macalester College sophomore **Koby Hagen** (Minneapolis Southwest) is this week's MIAC Women's Cross Country Athlete of the Week. Hagen's 4th place finish was the top MIAC performance at the Roy Griak Cross Country Invitational on Saturday, September 27. Her 5K time was 19:01. Koby led the Scotts to 5th place in the meet.

September 23, 2003

Bethel College first-year cross country student-athlete **Amy Lyons** (Mounds View, Minn.) led wire to wire at the St. Olaf Invitational on September 20th. Lyons took the title in a field of 19 teams with a time of 23:15 and helped the Royals to a 9th place team finish.

September 16, 2003

College of Saint Benedict sophomore **Leah Wurm** (Monticello, Minn.), was selected as this week's women's cross country athlete of the week. Wurm, winning her second individual title of the year, cruised to victory at the Carleton Opener. Her time of 22:38 established a course record and outdistanced the next runner by almost a minute.

September 9, 2003

Gustavus Adolphus junior **Nicole Petersen** (Arco, Minn.) led the Gusties at the Hanover Invitational in Hanover, Indiana. Gustavus tied for second place with 93 points at the 5K race, site of this year's NCAA National Championships. UW-Stevens Point placed first with 75 points. Nichole Petersen was the top Gustie finisher, coming in sixth place with a time of 18:47. Petersen, a national qualifier from a year ago is a two-time all-conference and one-time all-region selection athlete.