

Maren Westby, St. Olaf

Salem, Ore. / West Salem
Week of: 2010-11-01



Coming down the stretch, a pair of St. Olaf runners led the pack at Saturday's 2010 MIAC Women's Cross Country Championships, which were held at Como Park Golf Course in St. Paul. However, it was junior **Maren Westby** (Salem, Ore./West Salem) pulling ahead and cross the finish line first to claim the individual championship, while also leading the Oles to a convincing win in the team competition. For her individual title and her role in St. Olaf's team championship, Westby has been named the MIAC Women's Cross Country Athlete-of-the-Week for the second week in a row and the third time this fall.

Westby and teammate Emma Lee were running shoulder-to-shoulder as hundreds of fans cheered during the final meters, but Westby kicked it and pulled ahead to beat her teammate by a single second, 22:00.7 to 22:01.7. Thanks to the 1-2 finish, St. Olaf easily won the title, with three runners in the top 15 and all seven scorers in the top 27. The Oles finished with 53 points and at least a 36-point lead over the entire field.

St. Olaf and its star will try to continue its outstanding season on Nov. 13 when it travels to Waverly, Iowa, for the NCAA Division III Central Region Meet. The Oles will be trying to advance to the NCAA Division III National Meet, which will also be hosted in Waverly on Nov. 20.

Maren Westby, St. Olaf

Salem, Ore. / West Salem
Week of: 2010-10-18



St. Olaf's **Maren Westby** (Salem, Ore./West Salem) is having an outstanding 2010 season, and she appears to be peaking at the right time. Saturday, the junior ran her lifetime best 6K at the Torie Neubauer Invitational in La Crosse, Wis., to finish second and lead the 14 th-ranked Oles to a fourth-place team finish. For her performance, Westby has been named the MIAC Women's Cross Country Athlete-of-the-Week for the second time this fall.

Saturday, Westby finished the 6K course in La Crosse in just 21:34, which is the fastest 6K time ever recorded by a St. Olaf women's runner, according to the Oles' athletic Web site. She just missed finishing first, as North Dakota State's Amy Jo Thorne held on for a victory by 0.9 seconds. NDSU, the University of Minnesota 'B' team and Luther College were the only teams to finish ahead of St. Olaf. In all, 450 individuals and 30 teams participated in the race. In her four races this fall, Westby has cracked the top 10 three times and the top five twice. She also finished 23 rd against a loaded field in Chicago earlier this month.

Up next for St. Olaf and its star runner are the 2010 MIAC Championships, where the Oles will be one of the favorites. The meet will be held at Como Park Golf Course in St. Paul on Saturday, Oct. 30, and the women's race will begin at 3:15 p.m.

Taylor Berg, St. Thomas

Eagan, Minn. / Eagan
Week of: 2010-10-11



Though sophomore **Taylor Berg** (Eagan, Minn.) attends the University of St. Thomas, she certainly feels right at home on the cross country course of cross-town rival St. Catherine University. Saturday, Berg won her second race of the season at St. Catherine, leading the Tommies to a second-place finish. For her performance, Berg has been named the MIAC Women's Cross Country Athlete-of-the-Week.

Saturday, Berg finished the St. Catherine Quad race with a season-best time of 14:50, good for first place out of 116 runners and her second win of the season. Berg led the Tommies to a second-place finish. St. Thomas was the top MIAC team in the field, finishing only behind Luther College. Berg also won the St. Catherine 4K race on Sept. 11 and added a 13th-place finish at the prestigious University of Minnesota Roy Griak Invitational on Sept. 25. UST is currently ranked No. 6 in the Central Region.

Berg and the Tommies will take quite the road trip in their final preparation for the MIAC Championships. On Oct. 16, St. Thomas will run in the Gettysburg Invitational in Gettysburg, Pa. The race is scheduled to start at 11 a.m. The MIAC meet will be held Oct. 30 at Como Park Golf Course with the women's race scheduled for 3:15 p.m.

Rachel Dean, St. Olaf

Fort Collins, Colo. / Poudre
Week of: 2010-10-04



The 17th-ranked St. Olaf women's cross country team had a strong showing over the weekend against a talent-laden field at the Loyola University Lakefront Invitational Saturday in Chicago. The Oles were third out of 42 schools and the top Division III squad in a meet won by NCAA Division I school Northwestern. Leading St. Olaf's effort was sophomore **Rachel Dean** (Fort Collins, Colo./Poudre), and for her performance she was named the MIAC Women's Cross Country Athlete-of-the-Week.

Dean finished 24th overall against a field that featured some of the midwest's top programs with a time of 18:33. She was part of the Oles' trio of leaders that finished 23rd, 24th and 25th to lead the team to its great score. This was Dean's third official race of the 2010 season, and in the other two she finished seventh and sixth to lead St. Olaf to a pair of second-place finishes. She is the second Oles' runner to earn Athlete-of-the-Week honors, joining teammate Maren Westby.

This weekend Dean and the Oles will travel to Iowa to compete at the Dan Huston Invite in Waverly. The women's race is scheduled to start at 10 a.m.

Simone Childs-Walker, Carleton

Seattle, Wash. / Lakeside
Week of: 2010-09-27



Carleton College junior **Simone Childs-Walker** (Seattle, Wash./Lakeside) got off to a great start in 2010, and things just keep getting better for the Knights' star with each performance. Saturday, she was the top MIAC finisher and second overall in the Division III race at the Roy Griak Invitational, hosted by the University of Minnesota. Her outstanding finish earned Childs-Walker the MIAC Women's Cross Country Athlete-of-the-Week honor for the second time in 2010.

Childs-Walker finished the course at Les Bolstad Golf Course in 22:15, which was faster than everyone except first-place winner Alyssa Sybilrud (22:04) from UW-Eau Claire. There were 32 teams and more than 450 runners in the prestigious race. Childs-Walker led Carleton to an eight-place finish overall, the best team score in the MIAC and the second-best in the region behind Wartburg College. This season, Childs-Walker has run in three races and has two first-place finishes and now one second.

Carleton and its star junior will be back in action Friday to run in the UW-Eau Claire Blugold Open. The race will be held at Whitetail Golf Course in Colfax, Wis., and it is scheduled to start at 4 p.m.

Maren Westby, St. Olaf

West Salem, Ore. / West Salem
Week of: 2010-09-20



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Simone Childs-Walker, Carleton

Seattle, Wash. / Lakeside
Week of: 2010-09-13



With the graduation of three-time MIAC Women's Cross Country champion Marie Borner, Carleton College All-American **Simone Childs-Walker** (Seattle, Wash., Lakeside) didn't waste any time establishing herself as the new runner to beat in the conference with a first-place performance to kick off the 2010 season. Childs-Walker, a junior, pulled away from a good field at the very end to earn the victory, and as a result, she was named the first MIAC Women's Cross Country Athlete-of-the-Week for the 2010 season.

Childs-Walker spent most of the race running stride-for-stride with a trio of talented runners from Wartburg College, but she held off her competition to earn her second victory in as many meets. She completed the 6,000-meter course in 22:23, and with just a partial squad competing, the Knights finished seventh in the team standings. A year ago, Childs-Walker finished second in the MIAC behind Borner, but led Carleton to the 2009 Women's Cross Country team championship. This year, the Knights are ranked 13th in Division III and second in the region.

Carleton will be back in action this weekend when it travels to Northfield to run in the St. Olaf Invitational. The Knights' chance to defend their MIAC title will come on Oct. 30 at the MIAC Championships at Como Park Golf Course in St. Paul, Minn.