

2013 MIAC Women's Cross Country Preview

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Jump to: | [Championship](#) | [Links](#) | [Team Previews](#) |

2013 MIAC WOMEN'S CROSS COUNTRY CONFERENCE PREVIEW

ST. PAUL, Minn. -- It seems almost impossible that the Minnesota Intercollegiate Athletic Conference (MIAC) women's cross country standings could be as close at the top as they were in 2012, but with a lot of talent back for the conference's top contenders, anything is possible. The talent level continues to be very even across the league's favorites, creating tons of optimism for the 2013 MIAC season.

A year ago, Gustavus claimed the conference championship by edging runner-up St. Olaf and third-place Carleton in one of the closest team finishes in conference history, with just 11 points separating the top three places. The Gusties won the title with 57 points, the Oles were three points back at 60, and Carleton finished with 68 points to conclude a thrilling MIAC Championship race.

St. Thomas - led by graduated individual champ Taylor Berg - was solidly in fourth with 102 points. Saint Benedict scored 170 to barely edge Concordia (177) for the final spot in the top five. Hamline cracked 200 points, finishing seventh with 199. Macalester was eighth with 215 and St. Catherine was five points behind the Scots with 220. Augsburg (261), Bethel (287) and Saint Mary's (324) rounded out the final three places in the standings.

The 2013 season and MIAC Championship begin with equal promise of a season ago. Only six of the MIAC's 15 All-Conference runners graduated, along with just four of the 10 All-MIAC Honorable Mention runners. In addition, the league's top teams were recognized and adorned with expectation in the preseason national and regional rankings.

Three MIAC teams all received national rankings, with Carleton ranked 14th, St. Olaf four spots back at No. 18, and Saint Benedict also in the top 30 at No. 29. Defending MIAC champ Gustavus nearly made it four teams, as the Gusties received votes and were the first team outside the top 35 rankings.

Regionally, the MIAC women have six of the Central Region's top-10 teams, starting with Carleton at No. 2. St. Olaf is ranked fourth, Saint Benedict fifth and Gustavus sixth. The St. Thomas women are also regionally ranked at No. 7, and Concordia rounds out the MIAC teams in the poll at No. 8. The MIAC's six ranked teams were the most in the region, as the IAC had two and the Midwest and UMAC had one apiece.

The season officially started on Friday, Aug. 30, with many of the MIAC teams in action, and the rest are ready to start in early September. Throughout the two months leading up to the conference meet in St. Paul, many returning stars will aim to re-establish themselves and lower their times from a season ago, while no doubt many new faces and potential stars will emerge on the trails and courses throughout the conference. The season-long drama and culmination at the MIAC meet is here, and the fun can really begin.

WHAT'S NEW?

After just one coaching change a year ago - Shannon Houlihan taking over at St. Catherine - it was all quiet on the MIAC women's cross country coaching front in 2013, other than the addition of a co-head coach at Hamline. Paul Schmaedeke, entering his 25th season with the Pipers, welcomed Adam Frye this summer as a co-head coach of the Hamline cross country teams.

A pair of coaches have both been at their current post for 30-plus seasons - St. Thomas' Joe Sweeney (34th season) and St. Olaf's Chris Daymont (33rd season) to lead all conference coaches. Carleton's Donna Ricks (21st season) and Augsburg's Dennis Barker (20th) also have served as a head coach in the conference at their current institution for at least 20 seasons.

WHO'S BACK?

If Gustavus hopes to defend its thrilling 2012 MIAC championship, Head Coach Dale Bahr certainly has a pair of returning leaders to carry the torch this fall. Rebecca Hare, a junior, was the team's top runner at the MIAC meet with her fourth-place finish. Caitlin Fermoye, another junior, also returns after finishing a spot behind Hare in fifth last season. Both returning juniors were All-MIAC selections as sophomores.

St. Olaf's success will likely start with star Jorden Johnson. The Ole junior was second at the MIAC meet, seventh at the Central Region championship race, and ninth at the NCAA Division III Championships, and returns as one of the MIAC's individual favorites. Seniors Meggie Exner and Moriah Novacinski are also back, and first-year runner Noelle Olson is off to a great start after winning the first MIAC Athlete-of-the-Week award of the 2013 season.



Carleton's No. 14 national ranking is bolstered by a talented sophomore trio. Ruth Steinke, Shira Kaufman and Sally Donovan all earned All-MIAC honors last season and each finished in the top 22 at the Central Region championships. With another year of experience, the Knights could be in for bigger things in 2013 behind this threesome.

Saint Benedict earned its national ranking on the strength of its three returning All-Region runners. Senior Kelsie Larson, junior Manon Gammon-Deering and sophomore Cathleen Gross are all back for a talented Blazer squad. Meanwhile, Concordia returns a strong veteran team up in Moorhead. Seniors Hannah Knickerbocker and Morgan Christian were the Cobbers top two runners a year ago, and classmate Kathryn Stalnaker is also back to bolster the Concordia lineup.

Hamline also has a senior-laden team, with three of its top runners back. All-MIAC runner Maria Theisen leads the Pipers, while Cassie Ernst and Hannah Toedter also return for Hamline in 2013. Macalester will have to replace top runner Rachel Gunsalus, but also has a pair of talented seniors back to lead this season. Lucy Andrews and Becky Kane were both solid last season and head the Scots returners in 2013. St. Catherine welcomes back two of its top runners as All-MIAC Honorable Mention junior Aliee Larson and senior Kristina Poss return to lead the Wildcats this season, along with returning junior Jenna McElroy.

Augsburg will again be led by junior Kayla Roberge and sophomore Mary Klecker who were both among the Auggies top three runners at the MIAC meet a year ago. Bethel had to say goodbye to NCAA qualifier Mollie Gillberg, but will count on senior Tera Herold and juniors Melody Walton and Michelle Tellez to lead the way in 2013. Saint Mary's welcomes back top runner Katie Stolz, and the junior will team with seniors Kristen Thelen and Katherine Mockler as the Cardinals look to improve this fall.

CIRCLE THESE DATES

Clearly the first date any MIAC women's cross country fan will want to circle on the 2013 calendar is Saturday, Nov. 2. That's the date the conference's 12 teams will come together to compete for the title at the 2013 MIAC Cross Country Championships. The race will again be held at St. Paul's Como Park Golf Course, with the women's 6K race scheduled to start at 2:15 p.m. Spectators are welcome, and the MIAC web site will be a great resource for previews, details, results, recaps, photos and more.

There are a handful of events during the 2013 fall season that will showcase most of the MIAC in one race, the first of which is a staple in the state of Minnesota. The University of Minnesota's Roy Griak Invitational will be held on Saturday, Sept. 28, at 9 a.m. Augsburg, Bethel, Carleton, Concordia, Hamline, Macalester, St. Catherine, St. Olaf and St. Thomas will all run in the Division III race.

Five MIAC teams will meet head-to-head at the St. Catherine Invitational on Oct. 12 in St. Paul. Hamline, Macalester, Saint Benedict, St. Catherine and St. Thomas will all be in the field. A week later - on Oct. 19 - Augsburg, Carleton, Concordia, Gustavus, Hamline, Macalester, Saint Benedict, Saint Mary's, St. Olaf and St. Thomas will all compete at the UW-La Crosse Tori Neubauer Invitational in West Salem, Wis. That will be the final major tune-up before the MIAC Championships.

A CLOSER LOOK

The rest of the 2013 MIAC Women's Cross Country Preview contains MIAC Championship details, helpful links and a preview for each team submitted by their sports information director. The new MIAC web site - www.miacathletics.com - will be an outstanding source for MIAC women's cross country news, schedules, results, stats and more throughout the 2013-14 season.

This year, the [MIAC scoreboard](#) will include women's cross country events, with links to results to see how MIAC teams fared in each race throughout the season. Also, download the [MIAC mobile app](#) to have all the information with you anywhere you travel. Also, connect to the conference on its [Facebook](#), [Twitter](#) and [YouTube](#) pages for updates and interaction all season long.

2013 MIAC CROSS COUNTRY CHAMPIONSHIPS

The 2013 MIAC Cross Country Championships will be held Saturday, Nov. 2, at Como Park Golf Course in St. Paul, Minn. This year's host school is Bethel University. The MIAC has a championship home page for the event, which will feature complete details and race previews as well as results, recaps, photos and more. The women's 6K race, which begins at 2:15 p.m., will crown the MIAC team champion, and the top 15 individuals will be honored with All-Conference honors. Finishers 16-25 will receive All-MIAC Honorable Mention. Admission is free and spectators are encouraged to attend.

| [2013 MIAC Cross Country Championships Page](#) |

MIAC WOMEN'S CROSS COUNTRY LINKS

| [MIAC Women's Cross Country Page](#) | [Schedule](#) | [Recordbook](#) | [Archives](#) |

TEAM-BY-TEAM PREVIEWS

Jump to: | [AUG](#) | [BU](#) | [CAR](#) | [CON](#) | [GAC](#) | [HU](#) | [MAC](#) | [CSB](#) | [SCU](#) | [SMU](#) | [STO](#) | [UST](#) |

AUGSBURG | [Auggies' women's cross country home page](#) |

Head Coach

- Dennis Barker (20th season)

**A Year Ago**

- 10th place | 261 points

Augsburg full preview coming soon.

**BETHEL** | [Royals' women's cross country home page](#) |**Head coach**

- Jim Timp (Ninth season)

A Year Ago

- 11th place | 287 points

In the 2013 NCAA Championships

- Mollie Gillberg (175th place at NCAA Championships)

Top Returners

- Tera Hereid (Sr.)
- Melody Walton (Jr.)
- Michelle Tellez (Jr.)

Key Losses

- Mollie Gillberg
- Carissa Bodette
- Jenna Diercks

By the Numbers

- 18: Both the Royals, as a team, and Mollie Gillberg as an individual placed 18th at the NCAA Central Region Championships in 2012. The 18th place individual finish ended up earning Gillberg a spot at the NCAA Championships.
- 5: Bethel had five runners on their 2012 team, and three returners in 2013, in the Top 30 on Bethel's all-time top performances list.
- 3: Three Royals were awarded MIAC Academic All-Conference status in 2012. Seniors Carissa Bodette and Jenna Diercks, along with Michelle Tellez, all qualified by having a minimum cumulative GPA of 3.5 on a 4.0 scale.

Did You Know?

- Bethel's top runner for the past two seasons, Mollie Gillberg, will not be with the Royals in 2013 as she is studying with Discipleship Training School (DTS) in Belfast, Ireland from October through February. Gillberg will look to return to the Royals lineup in 2014.

Off the Course

- As a team the Royals were named to the 2012 Division III All-Academic Team by the U.S. Track & Field and Cross Country Coaches Association. The Royals team GPA was 3.315. Mollie Gillberg was named an All-Academic Individual by the USTFCCA.

**CARLETON** | [Knights' women's cross country home page](#) |**Head coach**

- Donna Ricks (21st season)

A Year Ago

- Third place | 68 points

In the 2012 NCAA Championships

- 17th (407 points)

Top Returners

- Ruth Steinke (So. | 2012 All-MIAC (9th), 2012 All-Region (12th), finished 47th at 2012 NCAA Championships)
- Shira Kaufman (So. | 2012 All-MIAC (11th), 2012 All-Region (17th), finished 82nd at 2012 NCAA Championships)
- Sally Donovan (So. | 2012 All-MIAC (15th), 2012 All-Region (22nd), finished 110th at 2012 NCAA Championships)

Key Losses

- Haley Johnson (Placed 21st at 2012 MIAC Championships, finished 218th at 2012 National Championships)
- Rachel Klehm (All-MIAC in 2011, finished 19th at 2012 MIAC Championships)

By the Numbers

- 4: The Knights have won the MIAC title four times in the last nine years
- 3: The dynamic trio of Ruth Steinke, Shira Kaufman, and Sally Donovan earned both All-MIAC and All-Region distinction in their first seasons as Knights

Did You Know?

- Last season was the second consecutive year that the Knights qualified for the national meet as one of the 32-team entries and the eighth time in the last decade

Off the Course

- The Carleton women's cross country team posted a 3.56 cumulative grade-point average for the 2012 fall term, earning the squad the USTFCCCA All-Academic Team award for the 20th consecutive season.



CONCORDIA | [Cobbers' women's cross country home page](#) |

Head coach

- Marv Roeske (15th season)

A Year Ago

- Sixth place | 177 points

Top Returners

- Hannah Knickerbocker (Sr. | Led Concordia in all seven meets in 2012; narrowly missed All-Region honors in 2012)
- Morgan Christian (Sr. | The team's No.2 runner at both the MIAC and NCAA Central Region meets in 2012)
- Kathryn Stalnaker (Sr. | Finished in the team's top 5 in all seven meets last season)

Key Losses

- None

By the Numbers

- 3: The Cobbers opened the 2013 season by winning the Valley City Invite for the third straight year
- 4: Concordia returns all four of their top runners from last year's MIAC Championship Meet
- 39: Concordia has 39 athletes on the 2013 roster – third highest in the MIAC

Did You Know?

- Concordia junior Becca Asheim grew up singing and performing music with her family

Off the Course

- For the past 12 years Concordia has volunteered with the Itasca State Park and the Park Service doing various conservation projects. This year the Cobbers helped the Department of Natural Resources at the new LaSalle State Recreational Area just north of Itasca State Park between Park Rapids and Bemidji make a brand new trail around LaSalle Lake.



GUSTAVUS | [Gusties' women's cross country home page](#) |

Head coach

- Dale Bahr (Fifth Season)

A Year Ago

- First Place | 57 Points

In the 2012 NCAA Championships

- The Gustavus women's cross country team finished 21st out of 32 teams with a team score of 465 at the 2012 NCAA Championships.

Top Returners

- Rebecca Hare (Jr., Albany, Minn.) | 2012 All-Conference honoree...Led team at 2012 MIAC Championships with fourth place finish in 22:29.4...2012 All-Region honoree...Led team at 2012 NCAA Regional Championships with 13th place finish in 22:53.5.
- Caitlin Fermoye (Jr., Mendota Heights, Minn.) | 2012 All-Conference honoree...Finished second on team and fifth overall at 2012 MIAC Championships with a time of 22:33.0...2012 All-Region honoree...Finished 20th overall at 2012 NCAA Regional Championships with a time of 23:12.6...Top returning finisher from 2012 NCAA Championships where she 116th with a time of 22:52.1.

Key Losses

- Beth Hauer (Little Falls, Minn.) | NCAA Postgraduate Scholarship recipient...CoSIDA Academic All-American...Placed 12th in 23:01.9 at 2012 MIAC Championships and 16th in 22:24.5 at 2012 NCAA Regional Championships...Led team in 56th overall (22:24.5) at NCAA Championships.
- Kate Eggers (Montevideo, Minn.) | Three-time All-Conference runner, finishing seventh in 2010, ninth in 2011, and tenth in 2012...Three-time All-Region, placing 24th in 2010, 26th in 2011, and 21st in 2012.

By the Numbers

- 9: The number of years between Gustavus's two MIAC Championships. The Gusties took home the MIAC crown for just the second time in the program's history last year. The 2013 season marks the 10th anniversary of the Black and Gold's first title in 2003.
- 3: The number of Gustavus returners who competed in every race last season. Caitlin Fermoye, Rebecca Hare, and Lauren Shurson ran in all eight competitions a year ago.

Did You Know?

- Gustavus assistant coach Brenden Huber won the men's 10k race at the Ninth Annual Fargo Marathon this past May. Huber turned in a

winning time of 33:41. Also at the 2013 Fargo Marathon, 2005 Gustavus graduate, Nicole Porath, won the women's marathon with a time of 2:50.49.

Off the Course

- The Gustavus men's and women's cross country teams have committed to improving their favorite training venue. The Gusties will take part in a community service project that will make upgrades and improvements to Seven Mile Creek County Park, a 628 acre park with 10 miles of multi-use trails located off highway 169 between St. Peter and Mankato. The student-athletes will help clear and widen trails, split firewood, and fill sandbags to aid washout areas.



Hamline | [Pipers' women's cross country home page](#) |

Co-Head coaches

- Paul Schmaedeke (25th season)
- Adam Frye (First season)

A Year Ago

- Seventh place | 199 points

Top Returners

- Maria Theisen (Sr., 7th in last year's race)
- Cassie Ernst (Sr., 42nd last year)
- Hannah Toedter (Sr., 58th last year)

Key Losses

- Emily Smith (32nd last year)

By the Numbers

- 6: number of runners who finished in Hamline's top 7 at last year meet on this team
- 11: numbers of native Minnesotans (out of 13 total) on this year's team

Did You Know?

- New co-head coach Adam Frye goes home again for the first meet of the year. The Sept. 14 meet is at Luther, where Frye ran and later coached.

MACALESTER | [Scots' women's cross country home page](#) |



Head coach

- Betsy Emerson (Fourth season)

A Year Ago

- Eighth place | 215 points

Top Returners

- Lucy Andrews (Sr., team's third runner at MIAC meet)
- Becky Kane (Sr., team's No. 4 runner at last year's MIAC race, No. 2 at regionals)

Key Losses

- Rachel Gunsalus (17th at MIAC championships, 15th at regionals)

By the Numbers

- 19: Macalester's roster is made up of runners from 19 stats
- 48: Macalester's ranked 48th nationally last fall in team GPA.
- 5: Five Scots gained Academic All-MIAC status last season.

Did You Know?

- Macalester sophomore Sarah Jonathon (Guilford, Conn.) is the great-great granddaughter of former U.S. President (1909-13) and Supreme Court Chief Justice William Howard Taft.

Off the Course

- Macalester received the United States Track & Field/Cross Country Coaches Association (USTFCCCA) 2012 NCAA Division III Women's Cross Country All-Academic award. The Macalester women combined to register a 3.51 grade point average during the Fall 2012 semester.

SAINT BENEDICT | [Blazers women's cross country home page](#) |

Head coach

- Robin Balder-Lanoue (17th season)

A Year Ago

- Fifth place | 170 points



In the 2013 NCAA Championships

- 6th at the NCAA Central Regional, 192 points

Top Returners

- Kelsie Larson (Sr. | All-Region in 2012)
- Cathleen Gross (So. | All-Region in 2012)

- Manon Gammon-Deering (Jr. | All-Region in 2011)

Key Losses

- Megan Smith (Had team's best 6K time in 2012 with a 23:06)

By the Numbers

- 3: Meet wins to open the season last year, winning the CSB Tri, the SJU Invite and the Colorado College Invite.
- 4: Runners who led the Blazers across the finish line last season who return in 2013.
- 6: Runners who were part of the Blazers' top five at either the MIAC or Regional Championships who return in 2013.

Did You Know?

- At the NCAA Regional last season, all seven Blazer runners crossed the finish line within 60 seconds of each other, with all five scorers within 30 seconds of each other.

ST. CATHERINE | [Wildcats' women's cross country home page](#) |



Head coach

- Shannon Houlihan (Second season)

A Year Ago

- Ninth place | 220 points

Top Returners

- Ailee Larson (Jr. | All-MIAC Honorable Mention (25th-place) – No. 3 all-time performance at St. Kate's, 3rd place at Crown Invite (Sept. 8))
- Kristina Poss (Sr. | No. 5 all-time performance at St. Kate's (MIAC Championships, 33rd place), 2nd place at Crown Invite (Sept. 8))
- Jenna McElroy (Jr. | No. 19 all-time performance at St. Kate's (MIAC Championships, 6th Wildcat finisher), 8th place at Crown Invite (Sept. 8))

Key Losses

- Jessica Rogers (No. 11 all-time at St. Kate's, 4th Wildcat finisher at MIAC Championships, 7th place at Crown Invite (Sept. 8))
- Ariel Johnson (No. 7 all-time performance at St. Kate's (Eau Claire, Sept. 21), 5th Wildcat finisher at MIAC Championships, 6th place at Crown Invite (Sept. 8))

By the Numbers

- 6: Six Wildcat runners placed in the Top 25 all-time 6k performance at St. Kate's last season including three in the top-5.
- 25: Ailee Larson's 25th-place finish at the MIAC Championships was the first All-MIAC honor for a Wildcat individual since All-American Greta Sieve was fourth in 2009.
- 75: The Wildcats dropped 75 points from their team total in 2011 at the NCAA regional when they raced to a 16th-place finish – a program-best performance since 1998.

Did You Know?

- The Wildcats turned in a program-best finish since 1998 with a ninth-place performance at the 2012 MIAC Championships. The squad dropped 43 points from its 2011 total and finished just five points out of eighth.

Off the Course

- Six Wildcats earned Academic All-MIAC honors for Fall 2012 which was the second highest number among all MIAC women's cross country teams.

SAINT MARY'S | [Cardinals' women's cross country home page](#) |



Head coach

- Ward Berndt (Ninth season)

A Year Ago

- 12th place | 324 points

Top Returners

- Katie Stolz (5-5, Jr. | Ran team's two-fastest 6K times at the 2012 Tori Neubauer Invitational (23:52) and the 2012 MIAC Championships (23:57); Collegiate-best individual finish at 2012 SMU No-Limit Invitational, placing second; School record-holder in 3,000 steeplechase

- Kristen Thelen (5-8, Sr. | Ran season-best 24:40 6K at 2012 Tori Neubauer Invitational)
- Katherine Mockler (5-7, Sr. | Ran season-best 24:50 6K at 2012 MIAC Championships)

Key Losses

- Beth Scott (Recorded season-best 6K time of 25:38 at NCAA Central Regional)

By the Numbers

- 2: The Cardinals — led by a second-place time by Katie Stolz — earned a second-place team finish at the 2012 SMU No-Limit Invitational
- 23:52: Katie Stolz recorded her two fastest collegiate 6K times in a two-week span, clocking a career-best 23:52 at the Tori Neubauer Invitational on Oct. 19, then adding a 23:57 at the MIAC Championships on Nov. 2.
- 24:50: Katherine Mockler (Dubuque, Iowa) posted a collegiate-best time of 24:50 at the MIAC Championships

Did You Know?

- Katie Stolz (Forest Lake, Minn.) recorded the team's fastest time in all six meets in 2012 — including her three fastest collegiate times in her final three meets of the season

Off the Course

- The SMU women's cross country team, who boasted four athletes on the Academic All-MIAC Team — Beth Scott (Rochester, Minn.), Amy Spitzmueller (New Brighton, Minn.), Kristen Thelen (Rochester, Minn.) and Katie Stolz (Forest Lake, Minn.) — also earned USTFCCCA All-Academic status.



ST. OLAF | [Oles' women's cross country home page](#) |

Head coach

- Chris Daymont (33rd season)

A Year Ago

- Second place | 60 points

In the 2013 NCAA Championships

- 2nd at NCAA Central Region Championships; 90 points | 8th at NCAA Championships; 309 points

Top Returners

- Jorden Johnson (Junior | 9th at 2012 NCAA Championships; 7th at 2012 NCAA Central Region Championships; 2nd at 2012 MIAC Championships; All-american; All-conference)
- Meggie Exner (Senior | 125th at 2012 NCAA Championships; 27th at 2012 Central Region Championship; 20th at 2012 MIAC Championships)
- Moriah Novacinski (Senior | 199th at 2012 NCAA Championships; 70th at 2012 Central Championship)

Key Losses

- Emma Lee (3rd at 2012 MIAC Championships; All-America honors; 5th at 2012 Central Region Championships; 5th at 2012 NCAA Championships)
- Becca Bevans (13th at 2012 MIAC Championships; 14th at 2012 Central Region Championships; 103rd at 2012 NCAA Championships)
- Allison Brandt (3rd at 2012 MIAC Championships; 82nd at 2012 Central Region Championships; 214th at 2012 NCAA Championships)

By the Numbers

- 3: 2012 was the team's 3rd straight NCAA appearance
- 2: Two Oles, Emma Lee (fifth) and Jorden Johnson (ninth), were in the individual top 10 finishers at 2012 NCAA Championships earning All-America honors

Did You Know?

- Head coach Chris Daymont and her daughter Megan Daymont Thomas will each be inducted to the St. Olaf Athletic Hall of Fame on Oct. 6.

Off the Course

- All seven point scores at 2012 MIAC earned Academic All-Conference honors



ST. THOMAS | [Tommies' women's cross country home page](#) |

Head coach

- Joe Sweeney (34th season)

A Year Ago

- Fourth place | 102 points

In the 2012 NCAA Championships

- Team did not qualify ... Taylor Berg 8th out of 280, Erin Statz 22nd

Top Returners

- Gabrielle Pepin, SO; 2012: 29th MIAC, 41st regional; 3rd MIAC T&F 10,000

- Kate Mares, SO; 2012: 35th MIAC, 78th regional
- Melissa Engstrom, JR; 2012: 60th MIAC, 91st regional

Key Losses

- Taylor Berg, Grad, 6X cc/track All-America; 2012: 1st MIAC, 4th regional, 8th nationals
- Kayla Goeman, JR (on study abroad in fall 2013); T&F All-America 2012: 31st MIAC, 104th regional; T&F MIAC 800 champ
- Erin Statz, SR, 2012: 6th MIAC, 8th regional, 21st NCAA; T&F MIAC Indoor 3K champ; injured outdoor season and likely will seek medical hardship after injury rehab this fall

By the Numbers

- 19: Freshmen and sophomores on UST's 21-woman roster this fall
- 4: Number of UST returners who placed in top 100 at 2012 regional CC meet
- 71: MIAC team championships, out of 90 contested, in cross country (16 of 32), indoor track (26 of 29), and outdoor track (29 of 32), won by Coach Joe Sweeney's Tommie teams.

Did You Know?

- St. Thomas has nine Wisconsin natives on its 21-woman roster

Off the Course

- St. Thomas ranked in the top 50 of all Division III women's cross country teams in 2012 with its cumulative 3.512 grade-point average

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