

Judson University Athletics ... On the Rise!



Cross Country



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NEW PROGRAM - NEW COACH

The 2008 season marked a new program and a new coach for cross country. Rich Weinhandl was hired in December 2007 as the coach to restart cross country. In the coming months, he signed 17 new runners to start the program.

In the first year, both the men's and women's cross country teams competed well at all the meets they ran. The women finished the season fourth in the CCAC meet while the men were seventh. The best meet for both teams came at Illinois College where the women finished second and the men took fourth of 10 teams.

Rachael Dean led the women as she won two meets and had top 10 finishes in all the meets she ran except at the national meets. She was the medalist at Aurora University, the very first meet of the year, and at Indiana Wesleyan.

Matt DeBall, Dakota West, and Nick Sustersic helped the men in the first season. DeBall, before battling injuries, was the top runner for Judson at Aurora and Cedarville. West was the top runner for Judson at Illinois College while Sustersic led Judson in three different meets and was in the top 20 at Indiana Wesleyan.

NEW RUNNERS

With the new program came new runners. Combined, Judson had 14 freshmen and three juniors. The men had eight freshman and one junior while the women had six freshman and two juniors. With 17 runners, 11 were from Illinois with the other six spread out throughout the United States.

FIRST MEET

In Judson's first-ever cross country meet in over 12 years, both the men's and women's teams fared well. Rachael Dean won the women's race as the medalist and Matt DeBall finished in the top 30 on the men's side. Both teams finished seventh overall as there were 11 teams on the women's side and 14 on the men's side.

DEAN MAKES HER MARK

In her first year as a collegiate runner, Rachael Dean set the standard high for Judson cross country. In her very first meet, she was the medalist at Aurora University. She was also the medalist at Indiana Wesleyan. In the seven regular season meets she finished in the top 10.

She then also qualified for the NCCAA National Meet and the NAIA National Meet which was the first-time ever for both.

ALL-CCAC

By finishing ninth at the CCAC Championship Meet, Rachael Dean was awarded all-CCAC. She ran a 19:59.83 in the 5K and was the fourth freshman to place in the meet.

NAIA NATIONAL MEET

Competing as the first, ever, women's cross country runner at the NAIA National Meet, Rachael Dean finished 61st of 327 runners at the meet. She had a time of 18:42 in the 5K race.

NCCAA NATIONAL MEET

Running in the NCCAA National Meet as an individual, Rachael Dean showed that she can compete with the top Christian runners in the nation. She finished 30th of 139 runners with a time of 19:43.

NCCAA NATIONAL RUNNER OF THE WEEK

Rachael Dean was named the NCCAA National runner of the week twice in the 2008 season. She won the award on September 15th and October 6th.

SUSTERSIC GAINS AWARD

By finishing in the top 20 at the Indiana Wesleyan meet, Nick Sustersic earned a top 20 award. He finished 17th to receive an award.

TOP MEN'S PERFORMANCE

The men's top meet came at Illinois College where three runners finished in the top 20 and the team finished fourth overall. Dakota West was the top runner with a season best 13th place finish. Nick Sustersic was 17th followed by Robert Altenburger in 19th.



RACHAEL DEAN
All-CCAC
NAIA National Meet
NCCAA National Meet

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R O S T E R

SCHEDULE



Date	Meet	Time
Sept. 12	@ Aurora University	4:30 p.m.
Sept. 20	@ Cedarville (OH)	10:00 a.m.
Oct. 4	@ Indiana Wesleyan	10:00 a.m.
Oct. 10	@ Benedictine Univ.	3:30 p.m.
Oct. 18	@ Illinois College	11:00 a.m.
Oct. 25	@ Graceland (IA)	11:00 a.m.
Nov. 8	@ CCAC Championships	TBA
Nov. 15	@ NCCAA National Meet	TBA
Nov. 22	@ NAIA National Meet	TBA

Women's Roster

Player	Yr	Ht.	Hometown/High School
Dianna Clark	Fr.	5-3	Fairbury, IL
Rachael Dean	Fr.	5-5	Lindenhurst, IL
Abbie DuPont	Fr.	5-4	Springfield, IL
Salina Durston	Fr.	5-4	Vashon, WA
Sandra Hubbard	Jr.	5-4	Hickory Hills, IL
Sharon Hubbard	Jr.	5-4	Hickory Hills, IL
Kim Peek	Fr.	5-7	Springdale, AR
Lisa Reitz	Fr.	5-4	Oak Lawn, IL

Head Coach: Rich Weinhandl (1st season)

Men's Roster

Player	Yr	Ht.	Hometown/High School
Robert Altenburger	Fr.	6-0	West Salem, OH
Matt DeBall	Fr.	5-11	DeKalb, IL
Nate Faulkner	Fr.	6-0	Davis, IL
Ethan Hahn	Fr.	6-1	Lake Villa, IL
Thomas Jarrett	Fr.	5-11	St. Louis, MO
Bisrat Kidane	Fr.	5-11	Fishers, IN
Halston Portalez	Fr.	6-0	Weatherford, TX
Nick Sustersic	Fr.	6-0	Palos Hills, IL
Dakota West	Jr.	6-3	Lindenhurst, IL

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2008 RESULTS/STATS

Women's Results

Date	Meet	Place	Top Runner
Sept. 12	@ Aurora University	7th of 11 teams	R.Dean (1st)
Sept. 20	@ Cedarville (OH)	8th of 18 teams	R.Dean (3rd)
Oct. 4	@ Indiana Wesleyan	4th of 5 teams	R.Dean (1st)
Oct. 10	@ Benedictine Univ.	6th of 13 teams	R.Dean (9th)
Oct. 18	@ Illinois College	2nd of 10 teams	R.Dean (2nd)
Oct. 25	@ Graceland (IA)	11th of 17 teams	R.Dean (7th)
Nov. 8	@ CCAC Championships	4th of 7 teams	R.Dean (9th)
Nov. 15	@ NCCAA National Meet	no team score	R.Dean (30th)
Nov. 22	@ NAIA National Meet	no team score	R.Dean (61st)

Rachael Dean

Date	Time	Place	Meet
9/12/2008	23:05.00 6k	1	Aurora University (IL)
9/20/2008	19:01.60 5k	3	Cedarville University (OH)
10/4/2008	18:39 5k	1	Indiana Wesleyan
10/10/2008	25:18.28 6k	9	Benedictine University (IL)
10/18/2008	19:26.00 5k	2	Illinois College
10/25/2008	19:44.95 5k	7	Graceland University (IA)
11/1/2008	19:59.83 5k	9	CCAC Conference Championship
11/15/2008	19:43.96 5k	30	NCCAA National Championships
11/22/2008	18:42.9 5k	61	NAIA Championships

Sandra Hubbard

Date	Time	Place	Meet
9/12/2008	26:12.00 6k	39	Aurora University (IL)
9/20/2008	21:21.30 5k	47	Cedarville University (OH)
10/4/2008	21:50 5k	45	Indiana Wesleyan
10/10/2008	26:13.32 6k	20	Benedictine University (IL)
10/18/2008	21:07.00 5k	9	Illinois College
10/25/2008	22:14.65 5k	57	Graceland University (IA)
11/1/2008	21:43.36 5k	66	CCAC Conference Championship

Abbie Dupont

Date	Time	Place	Meet
9/12/2008	26:44.00 6k	53	Aurora University (IL)
9/20/2008	21:06.55 5k	40	Cedarville University (OH)
10/4/2008	21:18 5k	39	Indiana Wesleyan
10/10/2008	26:12.93 6k	19	Benedictine University (IL)
10/18/2008	20:48.00 5k	7	Illinois College
10/25/2008	21:43.63 5k	44	Graceland University (IA)
11/1/2008	21:14.12 5k	25	CCAC Conference Championship

Kim Peek

Date	Time	Place	Meet
10/25/2008	23:58.62 5k	108	Graceland University (IA)
11/1/2008	21:43.28 5k	45	CCAC Conference Championship

Sharon Hubbard

Date	Time	Place	Meet
9/12/2008	30:36.00 6k	113	Aurora University (IL)
9/20/2008	23:52.26 5k	108	Cedarville University (OH)
10/4/2008	24:16.00 5k	55	Indiana Wesleyan
10/10/2008	30:13.30 6k	80	Benedictine University (IL)
10/18/2008	24:23.00 5k	40	Illinois College
11/1/2008	26:29.45 5k	135	CCAC Conference Championship

Lisa Reitz

Date	Time	Place	Meet
9/12/2008	28:40.00 6k	85	Aurora University (IL)
9/20/2008	23:14.93 5k	87	Cedarville University (OH)
10/4/2008	23:05.00 5k	53	Indiana Wesleyan
10/10/2008	27:40.93 6k	39	Benedictine University (IL)
10/18/2008	22:11.00 5k	19	Illinois College
10/25/2008	23:15.45 5k	86	Graceland University (IA)
11/1/2008	22:48.29 5k	94	CCAC Conference Championship

Dianna Clark

Date	Time	Place	Meet
9/12/2008	32:27.00 6k	137	Aurora University (IL)
9/20/2008	25:35.78 5k	136	Cedarville University (OH)
10/10/2008	34:34.12 6k	101	Benedictine University (IL)
10/18/2008	25:49.00 5k	49	Illinois College
10/25/2008	26:45.40 5k	136	Graceland University (IA)
11/1/2008	27:41.05 5k	180	CCAC Conference Championship

Men's Results

Date	Meet	Time	Top Runner
Sept. 12	@ Aurora University	7th of 14 teams	M.DeBall (26th)
Sept. 20	@ Cedarville (OH)	12th of 20 teams	M.DeBall (48th)
Oct. 4	@ Indiana Wesleyan	No team score	N.Sustersic (17th)
Oct. 10	@ Benedictine Univ.	8th of 12 teams	N.Sustersic (35th)
Oct. 18	@ Illinois College	4th of 10 teams	D.West (13th)
Oct. 25	@ Graceland (IA)	13th of 17 teams	N.Sustersic (34th)
Nov. 8	@ CCAC Championships	6th of 7 teams	N.Susteric (22nd)

Robert Altenburger

Date	Time	Place	Meet
9/12/2008	29:36.00 8k	62	Aurora University (IL)
9/20/2008	29:55.66 8k	102	Cedarville University (OH)
10/4/2008	29:08.00 8k	34	Indiana Wesleyan
10/10/2008	29:10.32 8k	48	Benedictine University (IL)
10/18/2008	28:18.00 8k	19	Illinois College
10/25/2008	29:31.19 8k	65	Graceland University (IA)
11/1/2008	29:19.53 8k	87	CCAC Conference Championship

Matt DeBall

Date	Time	Place	Meet
9/12/2008	27:56.00 8k	26	Aurora University (IL)
9/20/2008	28:04.75 8k	48	Cedarville University (OH)
11/1/2008	31:37.93 8k	265	CCAC Conference Championship

Nate Faulkner

Date	Time	Place	Meet
9/12/2008	31:20.00 8k	91	Aurora University (IL)
9/20/2008	31:16.67 8k	133	Cedarville University (OH)
10/4/2008	29:44 8k	36	Indiana Wesleyan
10/10/2008	30:37.11 8k	71	Benedictine University (IL)
10/18/2008	29:38.00 8k	37	Illinois College
10/25/2008	30:10.81 8k	90	Graceland University (IA)
11/1/2008	29:57.28 8k	127	CCAC Conference Championship

Ethan Hahn

Date	Time	Place	Meet
9/12/2008	30:08.00 8k	72	Aurora University (IL)
9/20/2008	29:06.52 8k	83	Cedarville University (OH)
10/10/2008	30:54.15 8k	74	Benedictine University (IL)
10/18/2008	30:07.00 8k	41	Illinois College
10/25/2008	32:49.31 8k	146	Graceland University (IA)

Thomas Jarrett

Date	Time	Place	Meet
9/12/2008	31:14.00 8k	88	Aurora University (IL)
9/20/2008	29:48.07 8k	98	Cedarville University (OH)
10/10/2008	30:29.60 8k	67	Benedictine University (IL)
10/18/2008	29:07.00 8k	30	Illinois College
10/25/2008	30:29.43 8k	100	Graceland University (IA)
11/1/2008	30:42.01 8k	215	CCAC Conference Championship

Halston Portales

Date	Time	Place	Meet
9/12/2008	32:19.00 8k	106	Aurora University (IL)
9/20/2008	32:32.57 8k	150	Cedarville University (OH)

Nick Sustersic

Date	Time	Place	Meet
9/12/2008	28:34.00 8k	38	Aurora University (IL)
9/20/2008	28:59.65 8k	80	Cedarville University (OH)
10/4/2008	27:29.00 8k	17	Indiana Wesleyan
10/10/2008	28:51.84 8k	35	Benedictine University (IL)
10/18/2008	28:06.00 8k	17	Illinois College
10/25/2008	28:24.95 8k	34	Graceland University (IA)
11/1/2008	28:28.13 8k	22	CCAC Conference Championship

Dakota West

Date	Time	Place	Meet
9/12/2008	28:53.00 8k	46	Aurora University (IL)
9/20/2008	28:31.71 8k	64	Cedarville University (OH)
10/4/2008	29:00 8k	33	Indiana Wesleyan
10/10/2008	29:07.90 8k	46	Benedictine University (IL)
10/18/2008	27:58.00 8k	13	Illinois College
10/25/2008	30:05.07 8k	86	Graceland University (IA)
11/1/2008	29:15.79 8k	54	CCAC Conference Championship

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CCAC Recap | 2008



Men's Cross Country

all-conference honorees

Joshua Brent	Fr.	USF
Andrew Clausen	Jr.	ONU
Drew Collette	Jr.	ONU
Caleb Erway	Sr.	ONU
Alex Gerber	Sr.	ONU
Andy Jellema	Sr.	TCC
Evan Lowry	SO	SXU
Matt Lumnitzer	Fr.	IIT
Kenny MacDonough	SO	ONU
Michael McElyea	SO	USF
Ryan Scott	Fr.	USF
Randy Terrell	Sr.	ONU
David Ulrich	Fr.	ONU
Kyle Williamson	Sr.	ONU
Adam Yost	SO	USF

CCAC results

Olivet Nazarene	21
St. Francis	62
Illinois Tech	79
St. Xavier	107
Robert Morris	145
Trinity Christian	157
Judson	168
Calumet	208

Runner of the Year: Drew Collett, Olivet Nazarene
Freshman of the Year: Joshua Brent, St. Francis
Coach of the Year: Mike McDowell, Olivet Nazarene

Women's Cross Country

all-conference honorees

Meghan Bannatz	Jr.	USF
Jade Braden	So.	SXU
Rachael Dean	Fr.	JU
Lauren Dentzman	Jr.	SXU
Alyssa Driscoll	Fr.	SXU
Dana Eppley	So.	SXU
Jodi Hoekstra	Fr.	TCC
Amanda Janosz	Jr.	SXU
Madeline Jensen	Fr.	IIT
Stephanie Lucas	So.	IIT
Brittany McAllister	So.	USF
Lisa Nielsen	Jr.	ITT
Jackie Ott	Fr.	SXU
Amy Poull	So.	SXU
Kaitlynn Thorne	So.	ONU

CCAC results

St. Xavier	28
Illinois Tech	56
St. Francis	90
Judson	94
Trinity Christian	108
Cardinal Stritch	170
Robert Morris	187
Olivet Nazarene	NS

Runner of the Year: Stephanie Lucas, St. Xavier
Freshman of the Year: Jodi Hoekstra, Trinity Christian
Coach of the Year: Lisa Ebel, St. Xavier

Awards | 2008



Rachael Dean

All-CCAC Runner
 Two-Time
 NCCAA National
 Runner of the Week