

Judson University Athletics ... On the Rise!



Cross Country



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THE SECOND SEASON

The 2009 season marked the second season for cross country at Judson University and both teams improved. The biggest highlight of the year was both teams winning their first meet, together, at Wisconsin Lutheran. Both the men and women took the championships and shared them together.

An impressive highlight for the women's program was sending two runners to the NCCAA and NAIA National Meet. The women's program also had their first NCCAA All-American along with two All-CCAC runners. Both Rachel Dean and Kim Peek ran in the NCCAA and NAIA National Meets and were All-CCAC.

The men's team competed strongly at every meet with their highlight of winning the Wisconsin Lutheran meet. The men were led by senior Dakota West who provided the best finish of the year in 12th at Wisconsin Lutheran.

NEW WOMEN'S COACH FOR 2010

With the addition of track and field, Judson University split the head coaching positions into two positions - one for the men and one for the women. Joel Cotton was hired to take over the women's cross country team and start the women's track and field team. Rich Weinhandl will stay with the men's cross country team

and start the men's track and field team. Cotton has a background in running as he ran at NCAA Division I Indiana University. He was an All-Big Ten academic selection while he was there.

MEET CHAMPIONS

Judson claimed their first meet championship under Rich Weinhandl as both the men's and women's team won the Wisconsin Lutheran meet. The men finished first out of 14 teams while the women were first of 15 teams.

The men finished with 82 points and was six points ahead of NCAA Division III Milwaukee School of Engineering. Dakota West was the top runner in 12th place followed by Zach Adams in 13th, Nate Nevius in 16th, and Luke Kierys in 18th in the top 20.

The women took the championship scoring 45 points and winning by seven over Viterbo's 52. Rachel Dean was the top runner with a third place finish. Also finishing in the top 20 were Kim Peek at ninth, Ana Garcia in 10th, Morgan Kimball in 13th, and Kristal Pitts in 14th.

ALL-CCAC

Judson improved their All-CCAC status for the women as two runners were given the award. Rachel Dean led the way with a fourth place finish while Kim Peek was ninth. Dean was just five seconds off of finishing as the top runner.

NCCAA NATIONAL RUNNER OF THE WEEK

Judson had only one NCCAA National Runner of the Week in Nate Nevius. This was the first men's award given to the team for the 2009 season. This was also the first-ever NCCAA National Runner of the Week award for men's cross country.

NAIA NATIONAL MEET

Making their second appearance at the NAIA National Meet in Oregon, Judson placed two runners at the meet. Rachel Dean ran for the second time at the meet as she also qualified in the 2008 season. Dean finished 50th out of the 330 runners. Running at her first-ever NAIA National Meet was Kim Peek. Peek finished 227th in the 5K run.

NCCAA NATIONAL MEET

NCCAA ALL-AMERICAN

Once again, Judson had runners advance to the NCCAA National Meet as individuals. Both Rachel Dean and Kim Peek participated at the national meet.

Dean had her best run of the year as she became the first-ever NCCAA All-American. She crossed the finish line in third place out of 134 runners with a time of 18:39 in the 5k. Peek also did well finishing in 26th place.

ACADEMICS

Two runners earned academic awards for the men's and women's cross country teams. Dakota West made the CCAC All-Academic team.

Earning the NCCAA Scholar-Athlete award and also a member of the CCAC All-Academic team was Sharon Hubbard. It was the first award for both runners in their career at Judson.

KIM PEEK

All-CCAC

NAIA/NCCAA National Meet



RACHAEL DEAN

All-CCAC

NCCAA All-American

NAIA/NCCAA National Meet



2009 RESULTS/STATS

Women's Results

Date	Meet	Place	Top Runner
Sept. 4	Elmhurst College	5th of 13 teams	R. Dean (5)
Sept. 12	Northern Illinois	7th of 9 teams	R. Dean (4)
Sept. 18	Illinois State	11th of 24 teams	A. Garcia (71)
Oct. 3	Wisconsin Lutheran	1st of 15 teams	R. Dean (3)
Oct. 10	Wisconsin-Kenosha	12th of 21 teams	R. Dean (32)
Oct. 17	Wisconsin-Osh Kosh	23rd of 34 teams	R. Dean (85)
Oct. 24	NAIA Great Lakes	14th of 21 teams	R. Dean (24)
Nov. 7	CCAC Championships	4th of 8 teams	R. Dean (4)
Nov. 14	NCCAA Championships	no score	R. Dean (3)
Nov. 21	NAIA Championships	no score	R. Dean (50)

Stephanie Belokon

Date	Time	Place	Meet
9/4/2009	17:21 4k	57	Elmhurst University
9/12/2009	22:19.18 5k	60	Northern Illinois
10/3/2009	27:37.12 6k	37	Wisconsin Lutheran
10/10/2009	23:00.8 5k	151	Wisconsin-Parkside

Rachael Dean

Date	Time	Place	Meet
9/4/2009	15:36 4k	5	Elmhurst University
9/12/2009	19:19.25 5k	4	Northern Illinois
9/18/2009	19:58 5k	47	Illinois Intercollegiate
10/3/2009	24:09.05 6k	3	Wisconsin Lutheran
10/10/2009	19:23.9 5k	32	Wisconsin-Parkside
10/17/2009	23:08.28 6k	85	Wisconsin-Osh Kosh
10/24/2009	19:20.55 5k	24	NAIA Great Lakes Challenge
11/7/2009	19:40.34 5k	4	CCAC Championships
11/14/2009	18:39 5k	3	NCCAA National Championships
11/21/2009	19:20 5k	50	NAIA National Championships

Sara Dede

Date	Time	Place	Meet
9/4/2009	24:06 4k	156	Elmhurst University
10/3/2009	36:51.14 6k	109	Wisconsin Lutheran

Abbie Dupont

Date	Time	Place	Meet
9/4/2009	18:45 4k	104	Elmhurst University
9/12/2009	22:43.19 5k	71	Northern Illinois
9/18/2009	21:10 5k	104	Illinois Intercollegiate
10/3/2009	26:52.98 6k	33	Wisconsin Lutheran
10/10/2009	21:32.7 5k	122	Wisconsin-Parkside
10/24/2009	21:08.56 5k	359	NAIA Great Lakes Challenge
11/7/2009	21:54.71 5k	33	CCAC Championships

Ana Garcia

Date	Time	Place	Meet
9/4/2009	16:18 4k	20	Elmhurst University
9/18/2009	19:41 5k	35	Illinois Intercollegiate
10/3/2009	25:17.05 6k	10	Wisconsin Lutheran
10/10/2009	20:45.6 5k	95	Wisconsin-Parkside
10/10/2009	24:35.66 6k	217	Wisconsin-Osh Kosh
10/24/2009	20:02.80 5k	80	NAIA Great Lakes Challenge
11/7/2009	21:33.81 5k	28	CCAC Championships

Sandra Hubbard

Date	Time	Place	Meet
9/4/2009	17:18 4k	54	Elmhurst University
9/12/2009	21:40.81 5k	42	Northern Illinois
9/18/2009	20:32 5k	77	Illinois Intercollegiate
10/3/2009	26:10.90 6k	21	Wisconsin Lutheran
10/10/2009	21:41.9 5K	127	Wisconsin-Parkside
10/10/2009	26:14.66 6k	333	Wisconsin-Osh Kosh
11/7/2009	21:45.05 5K	31	CCAC Championships

Sharon Hubbard

Date	Time	Place	Meet
9/4/2009	20:28 4k	132	Elmhurst University
9/12/2009	27:32.22 5k	102	Northern Illinois
10/3/2009	36:38.42 6k	108	Wisconsin Lutheran

Morgan Kimball

Date	Time	Place	Meet
9/4/2009	17:12 4k	50	Elmhurst University
9/12/2009	21:25.21 5k	37	Northern Illinois
9/18/2009	20:39 5k	84	Illinois Intercollegiate
10/3/2009	25:29.04 6k	13	Wisconsin Lutheran
10/10/2009	20:58.2 5k	106	Wisconsin-Parkside
10/17/2009	25:29.66 6k	283	Wisconsin-Osh Kosh
10/24/2009	20:54.09 5k	258	NAIA Great Lakes Challenge
11/7/2009	22:51.93 5k	51	CCAC Championships

Murphy Kurth

Date	Time	Place	Meet
9/4/2009	21:39 4k	144	Elmhurst University
10/3/2009	33:26.31 6k	95	Wisconsin Lutheran

Shannon McNab

Date	Time	Place	Meet
9/4/2009	21:51 4K	146	Elmhurst University
10/3/2009	32:37.47 6k	92	Wisconsin Lutheran

Kim Peek

Date	Time	Place	Meet
9/4/2009	16:15 4k	17	Elmhurst University
9/12/2009	21:38.59 5k	40	Northern Illinois
9/18/2009	20:18 5k	62	Illinois Intercollegiate
10/3/2009	25:01.57 6k	9	Wisconsin Lutheran
10/10/2009	20:21.2 5k	80	Wisconsin-Parkside
10/17/2009	23:33.60 6k	115	Wisconsin-Osh Kosh
11/7/2009	20:16.59 5k	9	CCAC Championships
11/14/2009	19:36 5k	26	NCCAA National Championships
11/21/2009	20:54 5k	227	NAIA National Championships

Stine Pflaum

Date	Time	Place	Meet
9/4/2009	18:44 4k	103	Elmhurst University

Kristal Pitts

Date	Time	Place	Meet
9/4/2009	16:44 4k	35	Elmhurst University
9/12/2009	21:44.57 5k	44	Northern Illinois
9/18/2009	20:56 5k	92	Illinois Intercollegiate
10/3/2009	25:30.68 6k	14	Wisconsin Lutheran
10/10/2009	21:24.9 5k	117	Wisconsin-Parkside
10/10/2009	24:52.38 6k	238	Wisconsin-Osh Kosh
10/24/2009	20:39.87 5k	163	NAIA Great Lakes Challenge
11/7/2009	21:10.22 5k	22	CCAC Championships

Aubree Redmond

Date	Time	Place	Meet
9/4/2009	21:36 4k	143	Elmhurst University

Lisa Reitz

Date	Time	Place	Meet
9/4/2009	19:10 4k	110	Elmhurst University
9/12/2009	24:27.69 5k	90	Northern Illinois
10/3/2009	28:03.14 6k	48	Wisconsin Lutheran
10/10/2009	23:22.2 5k	155	Wisconsin-Parkside
10/24/2009	22:59.04 5k	493	NAIA Great Lakes Challenge
11/7/2009	23:17.34 5k	55	CCAC Championships

Katie Rose

Date	Time	Place	Meet
9/4/2009	21:56 4k	148	Elmhurst University
10/3/2009	32:51.39 6k	93	Wisconsin Lutheran

Lauren Strohmaier

Date	Time	Place	Meet
9/4/2009	21:30 4k	141	Elmhurst University
10/3/2009	32:08.02 6k	90	Wisconsin Lutheran