



## Women's Cross Country Record Book

All-Time Awards	2
All-Time Letterwinners	5

## **Women's Cross Country Awards**

(Updated March 28, 2007)

### **Most Valuable Runner**

2006: Christine Maddox  
2005: Erin Hedrick  
2004: Mary Beth Lintz  
2003: Becky Barnes  
2002: Abi Gerstle  
2001: Abi Gerstle  
2000: Abi Gerstle  
1999: Sarah Weide  
1998: Vanessa Crossgrove  
1997: Natacha Theytaz  
1996: Vanessa Crossgrove  
1995: Vanessa Crossgrove  
1994: Manoh Boateng  
1993: Jennifer Griffith  
1992: none named  
1991: Wendy Johnecheck  
1990: Mindy Adams  
1989: Laura Lentz  
1988: Jean Cleary  
1987: Jean Cleary  
1986: Leslie Gantz  
1985: Julie Rasmussen

### **Captains**

2005: none  
2004: Lindsay Veit, Melissa Moser  
2003: Becky Barnes, Jenny Brill, Nikki Norcia  
2002: Abi Gerstle  
2001: Abi Gerstle, Sarah Weide  
2000: Sarah Weide, Melanie Ziarko  
1999: Tanya Malackany, Melissa McClure  
1998: Vanessa Crossgrove, Rachel Iorio  
1997: Jen Fike, Manoh Doe  
1996: Jen Fike, Manoh Doe  
1995: Jen Fike, Shannon Ingram  
1994: Jen Fike, Shannon Ingram  
1993: Beth Case  
1992: none named

1991: Mindy Adams, Anne Johnson  
1990: Anne Kinney, Mindy Adams  
1989: Laura Lentz  
1988: Jean Cleary, Nancy Fethke  
1987: Jane Furry  
1986: Deanna Suci, Susan Hasler  
1985: Julie Buxton, Julie Rasmussen

**Most Improved Runner**

2006: Sarah Yehle  
2005: Christine Maddox  
2004: Meredith Deitsch  
2003: Sarah Woodford  
2002: Nikki Norcia  
2001: Vanessa Tilton  
2000: Sara Reid  
1999: Abi Gerstle  
1998: Tanya Malackany  
1997: Rachel Iorio  
1996: Wicki Hill  
1995: Kristen Marquard  
1994: Jen Sears  
1993: Traci Anderson  
1992: none named  
1991: Beth Case  
1990: Suzie Volkert  
1989: Anne Kinney  
1988: Melynda Adams  
1987: Nancy Fethke  
1986: Susan Hasler  
1985: Deanna Suci

**Most Inspirational Runner (started in 1997)**

2006: Jennifer Bostelman  
2005: Meredith Deitsch (Most Spirited award)  
2004: Lindsay Veit  
2003: Nikki Norcia  
2002: Becky Barnes  
2001: Sarah Weide  
2000: Cerescia Sandoval  
1999: Tanya Malackany  
1998: Rachel Iorio  
1997: Jen Fike

**Rookie of the Year (started in 2006)**

2006: Megan Poling

## **All-North Coast Athletic Conference**

### **First Team**

2002- Abi Gerstle

2001- Abi Gerstle, Sarah Weide

2000-Abi Gerstle

### **Second Team**

1992- Wendy Johnecheck

### **Third Team**

2003- Becky Barnes

1999- Sarah Weide

### **Honorable Mention**

1995- Manoh Doe

1994- Manoh Doe

## **NCAC Runner of the Year**

2002- Abi Gerstle

2001- Abi Gerstle

## **NCAC Outstanding Freshman**

1992: Wendy Johnecheck

## **NCAA Division III All-Great Lakes Region:**

### **First team**

2001- Abi Gerstle; Sarah Weide

2000- Abi Gerstle

1999- Sarah Weide

### **Honorable Mention**

2003- Becky Barnes

1998- Vanessa Crossgrove

## **Great Lakes Region Qualifier:**

1997- Manoh Doe (73rd of 193)

1995- Vanessa Crossgrove, Manoh Doe

1992- Wendy Johnecheck, Jennifer Shanholtzer

1991- Wendy Johnecheck, Mindy Adams

1990- Beth Haberstroh, Mindy Adams

1989- Beth Haberstroh, Amy McGee

1988- Jean Cleary

1987- Laura Lentz, Jane Furry

## **NCAA Div. III National Qualifier**

2002- Abi Gerstle

2001- Abi Gerstle

**NCAA Cross Country Association Academic Award winner:**

2003- Abi Gerstle

**NCAA Academic All-American**

2001- Abi Gerstle

[Return to Top](#)

## **All-Time Letter Winners**

(Updated March 28, 2007)

### A

Adams, Melynda (88,89,90)

Anderson, Traci (92,93,94)

### B

Barnes, Becky (00,01,02,03)

Barr, Amber (95)

Bengston, Kristen (96)

Beymer, Betsy (99)

Blazer, Marlo (90)

Boateng, Manoh (94,95)

Bostelman, Jennifer (06)

Brill, Jenny (01,02,03)

Broering, Julie (96)

Brown, Ali (06)

Brotzman, Hillary(04)

Butler, Tracy (02,03)

### C

Campbell, Jen (95,96)

Case, Beth (90,91,92,93)

Cha, Kyong (90)

Cleary, Jean (87,88)

Crossgrove, Vanessa (95,96,97,98)

### D

Davoll, Marissa (01,02)

Deitsch, Meredith (03,04,06)

Doe, Monoh (96,97)

Duerr, Beth (96)

### E

Ekberg, Pam (90)

Ennen, Michelle (93)

## F

Fethke, Nancy (87,88)  
Fike, Jennifer (94,95,96,97)  
Finkelstein, Anna (02,03, 04)  
Florelli, Maren (99)  
Fulakis, Elizabeth (87)  
Furry, Jane (86,87)

## G

Gearhart, Sarah (03,04)  
Gerstale, Abi (99,00,01,02)  
Goble, Alissa (04,05,06)  
Griffith, Jennifer (93)

## H

Haley, Sarah (01)  
Haberstroh, Beth (89,90)  
Hedrick, Erin (05)  
Hill, Vicki, (96)  
Hillard, Emily (97)  
Hoane, Jessica (90)

## I

Ingram, Shannon (94)  
Iorio, Rachel (96,97,98)

## J

Jeffers, Elizabeth (97)  
Johnecheck, Wendy (91,92)  
Johnson, Anne (89)

## K

Kinney, Anne (89,90)

## L

Laber, Heidi (86,87)  
Lentz, Laura (86,87,89)  
Lintz, Mary Beth (04,05)

## M

Maddox, Christine (05,06)  
Malackany, Tanya (96,98,99)  
McCutcheon, Abby (05,06)  
McClain, Katie (00)  
McClish, Jessica (04,05)  
McClure, Melissa (96,97)  
McGee, Amy (89)

McIlvain, Katie (06)  
McIntosh, Sharese (87)  
Miller, Monica (96,97,98)  
Morehouse, Christal (94,95)  
Morrow, Jodi (92)  
Moser, Melissa (04)

N

Norcia, Nikki (02,03)

O

O' Neil, Megan (04)

P

Pawling, Leigh (88)  
Poling, Megan (06)

Q

R

Reamsnyder, Dana (05,06)  
Reid, Sarah (00)  
Rizzo, Jessica (05,06)  
Rohr, Bethany (06)  
Rowe, Carolyn (04)

S

Sears, Jennifer (93,94)  
Severs, Ellen (96)  
Shanholtzer, Jen (92,94)  
Shoemaker, Katie (06)  
Smith, Alexandria (88)  
Smith, Allison (04)  
Sonnastine, Amy (99)  
Sponseller, Laura (92,93,94)  
Stechschulte, Katrina (97)  
Suitor, Rachel (06)

T

Tanner, Amanda (99)  
Taylor, Gillian (98)  
Theytaz, Natacha (97)  
Tilton, Vanessa (01)

U

V

Veit, Lindsay (01,02,04)

Volkert, Suzie (90)

W

Weaver, Libby (00,01)

Weide, Sarah (98,99,00,01)

Woodard, Lauren (06)

Woodford, Sarah (03,04)

X

Y

Yehle, Sarah (03,04,06)

Z

Ziarko, Melanie (98,99,00)

[Return to Top](#)