



Great Plains Athletic Conference

BRIAR CLIFF CONCORDIA DAKOTA WESLEYAN DANA DOANE DORDT HASTINGS MIDLAND LUTHERAN
MORNINGSIDE MOUNT MARTY NEBRASKA WESLEYAN NORTHWESTERN SIOUX FALLS

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TO: Select Nebraska, South Dakota & Iowa Media
FR: Corey Westra, GPAC Commissioner
RE: 2009 GPAC Cross Country All-Conference Team and Honors
RELEASE DATE: Wednesday, November 11, 2009

GPAC Cross Country Individual and Coaching Honors Announced

(Sioux City, Iowa) – Jackie Spelts from Nebraska Wesleyan has been named the 2009 Hauff Mid-America Sports/GPAC Cross Country Runner-of-the-Year, and headlines the 2009 GPAC Women's Cross Country All-Conference team. Spelts was the individual champion at the GPAC Championships on Saturday at the Fremont Valley View Golf Course with a time 17:53.85. She helped her Nebraska Wesleyan teammates win the women's title with 29 points.

Morningside head coach Dave Nash, who led the Mustangs to a third place conference finish and a NAIA National Championships berth, has been named the Hauff Mid-America Sports/GPAC Women's Cross Country Coach-of-the-Year.

On the men's side Zach Meineke from Concordia is the 2009 Hauff Mid-America Sports/GPAC Cross Country Runner-of-the-Year, and headlines this year's GPAC Men's Cross Country All-Conference team. Meineke placed first in Saturday's men's race with a time of 24:53.61. Concordia head coach Kregg Einspahr, who led his men's team to the conference title with 26 points, has been honored as the Hauff Mid-America Sports/GPAC Men's Cross Country Coach-of-the-Year.

The NAIA National Cross Country Championships are slated for Saturday, November 21, in Vancouver, Washington. The Concordia and Morningside women will represent the league, while on the men's side Concordia and Doane have advanced to the NAIA Championships. A complete list of individual qualifiers is available on the GPAC website at www.gpacsports.com

The Top 15 runners in each race on Saturday are GPAC All-Conference for 2009 (list below).

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2009 GPAC Women's Cross Country All-Conference Team:

| | | | |
|-------------------|-------------------|-----------|-------------------|
| *Jackie Spelts | Nebraska Wesleyan | Senior | Burwell, Neb. |
| Haley Sutter | Nebraska Wesleyan | Junior | Lincoln, Neb. |
| Jena Schwalenberg | Concordia | Freshman | Columbus, Neb. |
| Erin Lynn Keitges | Morningside | Senior | Allen, Neb. |
| Kara Nelson | Morningside | Junior | Cherokee, Iowa |
| Hannah Kinberg | Nebraska Wesleyan | Sophomore | Walton, Neb. |
| Viviana Arreola | Doane | Senior | El Paso, Tex. |
| Michelle Steiger | Dordt | Sophomore | Lynden, Wash. |
| Katie Nelson | Nebraska Wesleyan | Sophomore | Lincoln, Neb. |
| Charity Miles | Northwestern | Junior | Theford, Neb. |
| Amanda Costello | Nebraska Wesleyan | Freshman | Lincoln, Neb. |
| Alicia Marteney | Concordia | Junior | Pawnee City, Neb. |
| Ashley Unruh | Sioux Falls | Sophomore | Freeman, S.D. |
| Alyssa Farmer | Hastings | Junior | Hastings, Neb. |
| Emilie Bourret | Concordia | Junior | Potter, Neb. |

** Denotes GPAC/Hauff Mid-America Sports Runner-of-the-Year*

2009 GPAC Men's Cross Country All-Conference Team:

| | | | |
|-------------------|-------------------|-----------|---------------------|
| *Zach Meineke | Concordia | Senior | Denver, Colo. |
| David Goeglein | Concordia | Senior | Kansas City, Mo. |
| Edwin Ronoh | Doane | Sophomore | Kenya |
| Sufian Kimo | Doane | Senior | Norfolk, Neb. |
| Logan Watley | Nebraska Wesleyan | Senior | Lincoln, Neb. |
| Dana Schmidt | Concordia | Sophomore | Grundy Center, Iowa |
| Tyson Billings | Concordia | Junior | Valentine, Neb. |
| Bryan Eicher | Hastings | Senior | Broomfield, Colo. |
| Paul Garcia | Doane | Senior | El Paso, Tex. |
| Jon Grotefendt | Concordia | Senior | Marine, Ill. |
| Colin Morrissey | Concordia | Freshman | Omaha, Neb. |
| Thomas Madut | Dakota Wesleyan | Senior | Sioux Falls, S.D. |
| Brian Copley | Nebraska Wesleyan | Senior | Syracuse, Neb. |
| Luka Thor | Concordia | Senior | Lincoln, Neb. |
| Brent Van Schepen | Dordt | Senior | Edgerton, Minn. |

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