



Crusader

Men's Cross Country Award Winners

(updated through June 1, 2016)

Horizon League

SECOND TEAM

Chris Honig	2007
Leandro Schultz	2007

ALL-ACADEMIC TEAM

Chris Honig	2007
Chris Honig	2008
Chris Bednarczyk	2009
Chris Bednarczyk	2010
Jordan Piaskowy	2010
Joe Johnson	2011
Jordan Piaskowy	2011
David Rutkowski	2012
David Rutkowski	2013
Michael Salguero	2014
Jesse Greenhagen	2015

Indiana

ALL-STATE

Carl Frey	1988
Nate Iben	1995
Aaron Crague	2000

Indiana Little

INDIVIDUAL CHAMPION

LeRoy Schramm	1963
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Mid-Continent Conference

FIRST TEAM

Nate Iben	1995
Aaron Crague	1999
Aaron Crague	2000
Aaron Crague	2001

SECOND TEAM

Mike Cantway	1982
Nate Iben	1993
James Leifheit	1994
Dan Uskert	1996
Dan Uskert	1997
Dan Uskert	1998
Nate Nunnely	2000
Jon Schiemann	2000
Adam Piaskowy	2004
Chris Honig	2006
Leandro Schultz	2006

Indiana Collegiate Conference

INDIVIDUAL CHAMPION

Ted Schroeder	1955
LeRoy Schramm	1963
Stephen May	1968
Neil Farnsworth	1969
Gary Schroeder	1970

Heartland Conference

SECOND TEAM

Bob Blake	1984
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NCAA Little

ALL-AMERICAN

John Stivers	1970
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Crusader

Women's Cross Country Award Winners

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Horizon League

INDIVIDUAL CHAMPION

Laura Rolf	2007
Laura Rolf	2008

ATHLETE OF THE YEAR

Laura Rolf	2007
Laura Rolf	2008

FIRST TEAM

Rachael Button	2007
Laura Rolf	2007
Laura Rolf	2008
Jessica Richardson	2012
Jessica Richardson	2013
Liz Bloy	2014
Jessica Richardson	2014

SECOND TEAM

Liz Bloy	2015
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ALL-ACADEMIC TEAM

Laura Rolf	2007
Lindsey Gilman	2008
Laura Rolf	2008
Caitlin Sauerhage	2008
Alyssa Bradford	2009
Lindsey Gilman	2009
Claire Johnson	2011
Jessica Richardson	2012
Jessica Richardson	2013
Jessica Richardson	2014
Hannah Schilling	2015

Mid-Continent Conference

INDIVIDUAL CHAMPION

Collette Liss	1996
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RUNNER OF THE YEAR

Collette Liss	1996
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NEWCOMER OF THE YEAR

Danielle Nunnelly	2003
Laura Rolf	2005

FIRST TEAM

Collette Liss	1996
Tami Long	1998
Tami Long	1999
Elizabeth Whiting	2000
Laura Rolf	2005
Laura Rolf	2006

SECOND TEAM

Tami Long	1997
Amanda Lee	2000
Carrie Waterman	2001
Amy Mikel	2002
Rachel Nelson	2002
Amy Mikel	2003
Rachel Nelson	2003
Danielle Nunnelly	2003
Danielle Nunnelly	2004
Danielle Nunnelly	2005
Ashley Billstrom	2006
Rachael Button	2006
Danielle Nunnelly	2006
Rena Swift	2006

NCAA Great Lakes

ALL-REGION

Collette Liss	1996
Collette Liss	1997
Laura Rolf	2005
Laura Rolf	2006
Laura Rolf	2007
Laura Rolf	2008

North Star Conference

FIRST TEAM

Kimberly Bruckner	1989
Jenny Devine	1989
Jewel Market	1989

Indiana

ALL-STATE

Deana Action	1988
Kimberly Bruckner	1988
Jewel Market	1988
Kimberly Bruckner	1989
Shari Ludwig	1989
Tana Netsch	1989
Collette Liss	1996

Indiana Big

INDIVIDUAL CHAMPION

Collette Liss	1996
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Indiana Little

INDIVIDUAL CHAMPION

Jewel Market	1989
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