



# Men's Cross Country Award Winners (updated through 2017-18 season)

## 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  
Adam Bruno 2016

## Indiana

### ALL-STATE

Carl Frey 1988  
Nate Iben 1995  
Aaron Crague 2000

## Indiana Little

### INDIVIDUAL CHAMPION

LeRoy Schramm 1963

## 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

## NCAA Little

### ALL-AMERICAN

John Stivers 1970



# Women's Cross Country Award Winners (updated through 2017-18 season)

## 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

### 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  
Kim Heiny 2016

## Mid-Continent Conference

### INDIVIDUAL CHAMPION

Collette Liss 1996

### RUNNER OF THE YEAR

Collette Liss 1996

### 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

## Indiana Little

### INDIVIDUAL CHAMPION

Jewel Market 1989