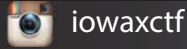


# IOWA Cross Country 2017

**1 Olympian**  
**1 NCAA Champion**  
**23 All-American Honors**  
**8 Big Ten Champions**  
**266 Academic All-Big Ten Honors**



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## 2017 IOWA CROSS COUNTRY SCHEDULE

Date	Meet
Sept. 1	Hawkeye Invitational (Iowa City, Iowa)
Sept. 16	Woody Greeno Invite (Lincoln, Neb.)
Sept. 29	Notre Dame Invite (South Bend, Ind.)
Oct. 15	Bradley Invitational (Peoria, Ill.)
Oct. 29	Big Ten Championships (Bloomington, Ind.)
Nov. 10	NCAA Regionals (Ames, Iowa)
Nov. 18	NCAA Championships (Louisville, Ky.)

## IOWA COACHING STAFF

Joey Woody	Director of Track & Field
Randy Hasenbank	Associate Head Cross Country Assistant Track & Field Coach
Clive Roberts	Associate Head Coach
Jason Wakenight	Assistant Coach Director of Recruiting
Eric Werskey	Assistant Coach/ Throws
Paige Knodle	Assistant Coach
Kate See	Director of Operations

## RUNNERS TO WATCH



**Nathan Mylenek**  
6K PR: 18:48.5



**Ian Eklin**  
6K PR: 18:37.8



**Madison Waymire**  
4K PR: N/A



**Andrea Shine**  
4K PR: N/A

### THIS WEEK

The University of Iowa men's and women's cross country teams kick off the 2017 season hosting the Hawkeye Invitational on Friday. The Hawkeyes host Illinois State, Iowa State, Iowa Central, Drake, UNI, and Creighton at the Ashton Cross Country Course. The women's 4,000-meter race begins at 6 p.m. (CT). The men's 6,000 meters begins at 6:45 p.m. Admission is free.

### ASHTON CROSS COUNTRY COURSE

The University of Iowa men's and women's cross country teams home for training and competition is the Ashton Cross Country Course. Located west of the Finkbine Golf Course, the course first opened in 2003 and since hosted the 2014 Big Ten Championships and 2016 NCAA Regional. The course boasts a rolling terrain with an outstanding rhythm for running and offers our team the ability to race from 3,000 meters to 10,000 meters around a layout that enables spectators to view entire race from start to finish.

### HOW TO FOLLOW

Results are posted on the Iowa cross country Twitter account: **@Iowa XC\_TF** and online at **hawkeyesports.com**. A live stream will be available on **hawkeyesports.com** as well.

### IN THE RANKINGS

The University of Iowa men's cross country team is ranked No. 11 in the Midwest Region. The Hawkeyes are one of three Big Ten teams ranked in the top 15. They are joined by No. 3 Illinois and No. 5 Minnesota.

### HASENBANK REMOVES INTERIM TAG FROM COACHING TITLE

Randy Hasenbank was named cross country's associate head coach/assistant track and field coach after severing as interim for a year. In his first season, the men's and women's cross country teams finished 11th and 17th, respectively, at the NCAA Regional.



### MEN'S TOP RUNNERS

Junior Ian Eklin and sophomore Nathan Mylenek both return for 2017 season for the Hawkeyes. This marks Eklin's third consecutive year running in the Hawkeye Invitational. He finished 13th in 2016 with a time of 18:37.8, and was Iowa's top finisher in 2015 placing third with a time of 19:13.5. Mylenek is running in this event for the second time. The sophomore finished 28th with a time of 18:48.5 in 2016.

### GIRL'S TOP RUNNERS

Juniors Madison Waymire and Andrea Shine will both be running in the Hawkeye Invitational for the second time. Waymire was the second finisher for Iowa in 2016 when she finished third with a time of 10:21.9. In 2015, Waymire was Iowa's top finisher, placing fifth with a 10:29.2 time. Shine's 10:36.1 time was good enough for 14th last year, and Iowa's third finisher. In 2015, Shine was once again Iowa's third finisher, placing 16th with a time of 10:46.

### MYLENENK TAKES SILVER AT PAN AMERICAN GAMES

Sophomore Nathan Mylenek took silver in 3,000 meter steeplechase at the 2017 Pan American Games, finishing in 9:00.70. Mylenek beat the the third place finisher by 2.52 seconds.

### HAWKEYE NEWCOMERS

The University of Iowa cross country team added 10 student-athletes to its 2017 roster including seven women and three men. Noah Healy, Evan Jacobs, and Jeff Robert join the men's team. Mary Arch, Maddie Carver, Alexandra Haugen, Maren Jeppson, Wren Renquist, Addie Swanson, and Aly Weum join the women's team.

### NEXT UP FOR THE HAWKEYES

The Hawkeyes head to Lincoln, Nebraska, for their next race at the Woody Greeno Invite on Saturday, Sept. 16.

### LINK UP WITH THE HAWKEYES

For an inside look at the Iowa cross country program and to access exclusive coverage, "like" The University of Iowa Cross Country and Track & Field Facebook page and follow @Iowa XC T&F on Twitter.

## 2017 ROSTERS

### Men

Brandon Cooley	.....So.....	Bettendorf, Iowa
Kevin Docherty	.....Sr.....	St. Paul, Minn.
Ian Eklin	.....Jr.....	Plymouth, Minn.
Daniel Gardarsson	.....RJr.....	Reykjavik, Iceland
Noah Healy	.....Fr.....	Frankfort, Ill.
Bailey Hesse-Withbroe	Jr.....	Stillwater, Minn.
Evan Jacobs	.....Fr.....	Sycamore, Ill.
Michael Melchert	.....Sr.....	Monticello, Iowa
Daniel Murphy	.....So.....	Marion, Iowa
Nathan Mylenek	.....So.....	Clarkston, Mich.
Jeff Roberts	.....Fr.....	River Vale, NJ.
Luke Sampson	.....So.....	Little Chute, Wis.
Karson Sommer	.....So.....	Bettendorf, Iowa
Daniel Soto	.....Jr.....	West Des Moines, Iowa
Michael Westphal	.....So.....	Urbandale, Iowa

### Women

Mary Arch	.....Fr.....	Iowa City, Iowa
Taylor Arco	.....So.....	Mission Viejo, Calif.
Maddie Carver	.....Fr.....	Urbandale, Iowa
Grace Coen	.....So.....	Newton, Iowa
Amber Decker	.....So.....	Marion, Iowa
Claire Dupuis	.....So.....	Gilbert, Iowa
Ashley Espinosa	.....Jr.....	Lindenhurst, Ill.
Marta Gonzalez	.....Sr.....	Merida, Spain
Alexandra Haugen	.....Fr.....	
Julie Hollensbe	.....So.....	Williamsburg, Iowa
Maren Jeppson	.....Fr.....	Mount Veron, Iowa
Mallory King	.....So.....	Davenport, Iowa
Kara Neustrom	.....RJr.....	West Des Moines, Iowa
Elizabeth Niedert	.....RJr.....	Glen Ellyn, Ill.
Lauren Opatrny	.....Jr.....	McHenry, Ill.
Wren Renquist	.....Fr.....	Okinawa City, Japan
Tia Saunders	.....So.....	Iowa City, Iowa
Andrea Shine	.....Jr.....	Crystal Lake, Ill.
Addie Swanson	.....Fr.....	Bettendorf, Iowa
Madison Waymire	.....Sr.....	Grimes, Iowa
Macie Weber	.....So.....	Cascade, Iowa
Lindsay Welker	.....So.....	Terre Haute, Ind.
Aly Weum	.....Fr.....	Stoughton, Wisc.



### Men's Top 10 All-Time Best Performers

#### 6,000 Meters

1. **Michael Melchert** ..... 18:12 ..... 2016 Hawkeye Invite
2. Eric MacTaggart ..... 18:18 ..... 2005 Hawkeye Invite
3. Jeff Thode ..... 18:21 ..... 2009 Hawkeye Invite
4. Dan Haut ..... 18:24 ..... 2005 Hawkeye Invite
5. Jeff Kent ..... 18:27 ..... 2005 Hawkeye Invite
6. Nick Holmes ..... 18:30 ..... 2009 Hawkeye Invite
7. Ben Anderson ..... 18:31 ..... 2016 Hawkeye Invite
8. Adam Roche ..... 18:33 ..... 2005 Hawkeye Invite
- Sam Bailin ..... 18:33 ..... 2009 Hawkeye Invite
- Kevin Lewis ..... 18:33 ..... 2013 Iowa Invite

#### 8,000 Meters

1. Jesse Luciano ..... 23:01 ..... at 2008 Auburn Invite
2. Micah VanDenend ..... 23:39 ..... at 2006 Pre-Nationals
3. Eric MacTaggart ..... 23:24 ..... at 2008 Auburn Invite
4. Jeff Thode ..... 23:27 ..... at 2010 Bradley Classic
5. Sam Bailin ..... 23:36 ..... at 2008 Auburn Invite
6. Tommy Tate ..... 23:46 ..... at 2008 Auburn Invite
7. Mark Battista ..... 23:48 ..... at 2008 Auburn Invite
8. Kevin Lewis ..... 23:52 ..... at 2014 Big Ten Champ's
9. Andy Napier ..... 23:56 ..... at 2008 Auburn Invite
10. **Michael Melchert** ..... 23:57 ..... at 2015 Big Ten Champ's

#### 10,000 Meters

1. Jeff Thode ..... 29:55 ..... at 2010 NCAA Regional
2. Matt Esche ..... 30:10 ..... at 2002 NCAA Regional
3. Jesse Luciano ..... 30:17 ..... at 2008 NCAA Champ's
4. Micah VanDenend ..... 30:26 ..... at 2002 NCAA Regional
5. Kevin Herd ..... 30:28 ..... 1993
6. Joe Welter ..... 30:28 ..... at 2002 NCAA Regional
7. Tony Rakaric ..... 30:31 ..... at 2002 NCAA Regional
8. Kevin Lewis ..... 30:35 ..... at 2014 NCAA Regional
9. Dan Haut ..... 30:39 ..... at 2002 NCAA Regional
10. Alex Webster ..... 30:40 ..... at 2006 NCAA Regional

### Ashton Cross Country Course Records

#### Women's 3,000 Meters

Diane Nukuri, Iowa - Hawkeye Open - 9/9/06 ..... 9:47

#### Women's 4,000 Meters

Diane Nukuri, Iowa - Hawkeye Open - 9/15/07 ..... 13:14

#### Women's 6,000 Meters

Leah O'Connor, Michigan St. - Big Ten Champ's - 11/2/14 ..... 19:26

#### Men's 6,000 Meters

Toby Hardwick, Iowa - Hawkeye Invitational - 9/2/15 ..... 17:57

#### Men's 8,000 Meters

Malachy Schrobilgen, Wisconsin - Big Ten Champ's - 11/2/14 . 23:35

#### Men's 10,000 Meters

Antonio Vega, Minnesota - NCAA Regional - 11/12/05 ..... 30:52

### Women's Top 10 All-Time Best Performers

#### 3,000 Meters

1. Diane Nukuri ..... 9:47 ..... 2006 Hawkeye Open
2. Meghan Armstrong ..... 10:01 ..... 2006 Hawkeye Open
3. Brooke Eilers ..... 10:15 ..... 2010 Iowa Invite
4. Besty Flood ..... 10:18 ..... 2010 Iowa Invite
5. Tess Wilberding ..... 10:20 ..... 2016 Hawkeye Invite
6. Amanda Hardesty ..... 10:21 ..... 2009 Hawkeye Invite
- Lauren Hardesty ..... 10:21 ..... 2010 Hawkeye Invite
- Madison Waymire** ..... 10:21 ..... 2016 Hawkeye Invite
9. Kelsey Hart ..... 10:22 ..... 2011 Iowa Invite
10. Shannon Stanley ..... 10:25 ..... 2006 Hawkeye Open

#### 4,000 Meters

1. Diane Nukuri ..... 13:14 ..... 2007 Hawkeye Open
2. Kayla Beattie ..... 13:41 ..... 2012 Toledo Bubble Buster
3. Megan Ranegar ..... 13:45 ..... 2012 Toledo Bubble Buster
4. Meghan Armstrong ..... 13:47 ..... 2007 Hawkeye Open
- Mareike Schrulle ..... 13:47 ..... 2012 Toledo Bubble Buster
6. Nicole Benson ..... 13:52 ..... 2012 Toledo Bubble Buster
7. Jolly Burke ..... 14:03 ..... 2007 Hawkeye Open
8. Nikki Chapple ..... 14:09 ..... 2004 Hawkeye Triangular
9. Krista Anderson ..... 14:14 ..... 2007 Hawkeye Open
10. Lisa Gordon ..... 14:17 ..... 2012 Toledo Bubble Buster

#### 5,000 Meters

1. Diane Nukuri ..... 15:55 ..... at 2007 Auburn Invite
2. Racheal Marchand ..... 16:15 ..... at 2008 Auburn Invite
3. Meghan Armstrong ..... 16:25 ..... at 2007 Auburn Invite
4. Nan Doak ..... 16:31 ..... at 1983 Big Ten Champ's
5. Jolly Burke ..... 16:33 ..... at 2007 Auburn Invite
6. Jenny Spangler ..... 16:34 ..... at 1983 Big Ten Champ's
7. Renee Doyle ..... 16:41 ..... at 1986 Purdue Invite
8. Tracy Dahl ..... 16:42 ..... at 1991 Illinois St. Invite
9. Sarah Spencer Perry ..... 16:50 ..... at 2008 Auburn Invite
10. Brooke Eilers ..... 16:53 ..... at 2008 Auburn Invite

#### 6,000 Meters

1. Diane Nukuri ..... 19:37 ..... at 2007 NCAA Regional  
at 2007 Big Ten Champ's
2. Mareike Schrulle ..... 19:43 ..... at 2012 NCAA Champ's
3. Racheal Marchand ..... 19:54 ..... at 2008 NCAA Champ's
4. Meghan Armstrong ..... 20:07 ..... at 2007 NCAA Regional
5. Jolly Burke ..... 20:20 ..... at 2007 Big Ten Champ's
6. Betsy Flood ..... 20:22 ..... at 2010 NCAA Regional
7. McKenzie Melander ..... 20:41 ..... at 2011 Big Ten Champ's
8. Megan Ranegar ..... 20:43 ..... at 2012 NCAA Champ's
9. Kayla Beattie ..... 20:54 ..... at 2011 Wisconsin Invite
10. **Madison Waymire** ..... 21:01 ..... at 2015 Big Ten Champ's