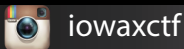


IOWA Cross Country 2017

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



September 27, 2017

CROSS COUNTRY CONTACT: KEVIN QUINN | EMAIL: KEVIN-QUINN@UIOWA.EDU | Phone: 319-335-9411 | hawkeyesports.com

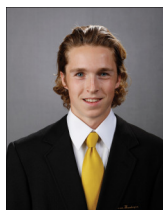
2017 IOWA CROSS COUNTRY SCHEDULE

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. 13	Bradley Invitational (Peoria, Ill.)
Oct. 29	Big Ten Championships (Bloomington, Ind.)
Nov. 10	NCAA Regionals (Ames, Iowa)
Nov. 18	NCAA Championships (Louisville, Ky.)

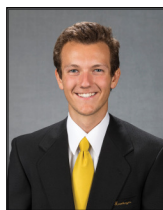
IOWA COACHING STAFF

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
5 MI PR: N/A



Ian Eklin
5 MI PR: 26:07



Madison Waymire
5K PR: 17:22.7



Andrea Shine
4K PR: 18:08.18

THIS WEEK

The University of Iowa men's and women's cross country teams travel to South Bend, Indiana, to compete at the Joe Piane Invitational on Friday. The men will compete in the Men's Blue Race and the women will compete in the Women's Gold Race. The men's five mile race begins at 12:45 p.m. (CT), and the women's 5,000-meter race begins at 2:15 p.m.

HOW TO FOLLOW

Results are posted on the Iowa cross country Twitter account: [@Iowa_XC_TF](https://twitter.com/Iowa_XC_TF) and online at hawkeyesports.com.

MYLENEK, SHINE FINISH FIRST

- The University of Iowa men's cross country team placed first and the women finished third at the Woody Greeno Invite on Saturday morning in Lincoln, Nebraska. The Hawkeye men placed four runners in the top 10 of the 8,000 meters, including a 1-2 finish by sophomore Nathan Mylenek and junior Ian Eklin.
- The Hawkeye women were led by junior Andrea Shine, who won the 6,000-meters with a personal-best time of 21:39. Madison Waymire finished sixth with a time of 22:08

QUOTING HEAD COACH RANDY HASENBANK

"We need our top dogs to get out there and compete on Friday. I feel very confident with the way Andrea and Madison are racing. They are both very aggressive and hungry, and they are absolutely not afraid of anyone. I love that.

"On the men's side we got six or seven guys, maybe eight if we get Michael back out there. I think this lineup has so much parody, I could see three or four different leaders over the next five or six weeks."



MEN'S TOP RUNNERS

- Junior Ian Eklin and sophomore Nathan Mylenek are both running at the Joe Piane Invitational. Mylenek will be running at this event for the first time in his career, while Eklin will make his second appearance.
- Daniel Soto will also be running this weekend. Soto finished fourth at the Woody Greeno Invitational with a time of 25:48.0 in the 8,000 meters.
- Eklin and Soto each ran at this event as freshmen in 2015. Eklin finished with a time of 26:07.8, and Soto ran a time of 25:38.5.

WOMEN'S TOP RUNNERS

- Senior Madison Waymire and junior Andrea Shine are both running at the Joe Piane Invitational for the Hawkeyes. Waymire and Shine are making their second appearance at this event. They both ran in this race in 2015.
- Waymire was Iowa's top finisher and ran her 5,000-meter personal best (17:22.7) to place 47th at the Joe Piane Invitational in 2015.
- Shine was Iowa's fifth finisher placing 132nd with a time of 18:21.2 in 2015 as a freshman.

NEWCOMER NOTABLES

- Freshman Noah Healy will run in his third-career race this weekend. The freshman was Iowa's top newcomer for the second straight race at the Woody Green Invitational. Healy finished 43rd with a time of 27:44.8 in the 8,000 meters.
- Freshman Mary Arch was the Hawkeyes top newcomer for the women at the Woody Greeno Invitational. Arch finished 41st with a time of 23:36.1.
- Sophomore transfer, Maren Jeppson, was the Hawkeyes second newcomer finisher for the women at the Woody Greeno Invitational. Jeppson finished 46th with a time of 23:52.4 in the 6,000 meters.

NEXT UP FOR THE HAWKEYES

The Hawkeyes wrap up their regular season in Peoria, Illinois at the Bradley Invite on Oct. 13

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 CooleySo.....	Bettendorf, Iowa
Kevin DochertySr.	St. Paul, Minn.
Ian EklinJr.	Plymouth, Minn.
Daniel GardarssonRJr.	Reykjavik, Iceland
Noah HealyFr.	Frankfort, Ill.
Bailey Hesse-Withbroe	Jr.	Stillwater, Minn.
Evan JacobsFr.	Sycamore, Ill.
Michael MelchertSr.	Monticello, Iowa
Daniel MurphySo.	Marion, Iowa
Nathan MylenekSo.	Clarkston, Mich.
Jeff RobertsFr.	River Vale, NJ.
Luke SampsonSo.	Little Chute, Wis.
Karson SommerSo.	Bettendorf, Iowa
Daniel SotoJr.	West Des Moines, Iowa
Michael WestphalSo.....	Urbandale, Iowa

Women

Mary ArchFr.....	Iowa City, Iowa
Taylor ArcoSo.	Mission Viejo, Calif.
Maddie CarverFr.	Urbandale, Iowa
Grace CoenSo.	Newton, Iowa
Amber DeckerSo.	Marion, Iowa
Claire DupuisSo.	Gilbert, Iowa
Ashley EspinosaJr.	Lindenhurst, Ill.
Marta GonzalezSr.	Merida, Spain
Julie HollensbeSo.	Williamsburg, Iowa
Maren JeppsonFr.	Mount Veron, Iowa
Mallory KingSo.	Davenport, Iowa
Kara NeustromRJr.	West Des Moines, Iowa
Elizabeth NiedertRJr.	Glen Ellyn, Ill.
Lauren OpatrnyJr.	McHenry, Ill.
Wren RenquistFr.....	Okinawa City, Japan
Tia SaundersSo.	Iowa City, Iowa
Andrea ShineJr.	Crystal Lake, Ill.
Addie SwansonFr.....	Bettendorf, Iowa
Madison WaymireSr.	Grimes, Iowa
Macie WeberSo.	Cascade, Iowa
Lindsay WelkerSo.	Terre Haute, Ind.
Aly WeumFr.	Stoughton, Wisc.



Men's Top 10 All-Time Best Performers

6,000 Meters

1. **Ian Eklin**..... 18:10 2017 Hawkeye Invite
2. **Michael Melchert** 18:12 2016 Hawkeye Invite
3. Eric MacTaggart 18:18 2005 Hawkeye Invite
4. Jeff Thode..... 18:21 2009 Hawkeye Invite
5. Dan Haut 18:24 2005 Hawkeye Invite
6. **Nathan Mylenek**..... 18:26 2017 Hawkeye Invite
7. Jeff Kent 18:27 2005 Hawkeye Invite
8. Nick Holmes 18:30 2009 Hawkeye Invite
9. Ben Anderson..... 18:31 2016 Hawkeye Invite
10. 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..... 23:01at 2008 Auburn Invite
2. Micah VanDenend..... 23:39at 2006 Pre-Nationals
3. Eric MacTaggart 23:24at 2008 Auburn Invite
4. Jeff Thode..... 23:27at 2010 Bradley Classic
5. Sam Bailin..... 23:36at 2008 Auburn Invite
6. Tommy Tate 23:46at 2008 Auburn Invite
7. Mark Battista..... 23:48at 2008 Auburn Invite
8. Kevin Lewis..... 23:52at 2014 Big Ten Champ's
9. Andy Napier 23:56at 2008 Auburn Invite
10. **Michael Melchert** 23:57 at 2015 Big Ten Champ's

10,000 Meters

1. Jeff Thode..... 29:55at 2010 NCAA Regional
2. Matt Esche 30:10at 2002 NCAA Regional
3. Jesse Luciano 30:17at 2008 NCAA Champ's
4. Micah VanDenend..... 30:26at 2002 NCAA Regional
5. Kevin Herd..... 30:281993
6. Joe Welter 30:28at 2002 NCAA Regional
7. Tony Rakaric..... 30:31at 2002 NCAA Regional
8. Kevin Lewis..... 30:35at 2014 NCAA Regional
9. Dan Haut 30:39at 2002 NCAA Regional
10. Alex Webster..... 30:40at 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

Festus Lagat, Iowa State - Hawkeye Invitational - 9/1/17..... 17:49

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. **Andrea Shine** 13:58 2017 Hawkeye Invite
8. Jolly Burke 14:03 2007 Hawkeye Open
Madison Waymire..... 14:03 2017 Hawkeye Invite
9. Nikki Chapple 14:09 2004 Hawkeye Triangular
10. Krista Anderson 14:14 2007 Hawkeye Open

5,000 Meters

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

6,000 Meters

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