



Sept. 4, 2019

# IOWA

# Cross Country 2019 Notebook



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## 2019 IOWA CROSS COUNTRY SCHEDULE

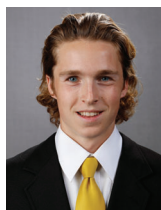
Date	Meet
Sept. 6	Hawkeye Invitational (Iowa City, Iowa)
Sept. 21	Woody Greeno Invite (Lincoln, Neb.)
Oct. 4	Notre Dame Invite (South Bend, Ind.)
Oct. 19	Pre-Nationals (Terre Haute, Ind.)
Nov. 3	Big Ten Championships (Lincoln, Neb.)
Nov. 15	NCAA Regionals (Peoria, Ill.)
Nov. 23	NCAA Championships (Madison, Wis.)

## 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 Wakenight**  
Director of Operations



## HAWKEYES TO WATCH



Nathan Mylenek  
6K PR: 18:26 (2017)



Spencer Smith  
6K PR: 18:49 (2018)



Megan Schott  
4K PR: 14:23 (2018)



Anna Hostetler  
4K PR: 14:51 (2018)

### THIS WEEK

The University of Iowa men's and women's cross country teams kick off the 2019 season hosting the Hawkeye Invitational on Friday. The Hawkeyes host Illinois State, Iowa State, Iowa Central, Drake, and UNI 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 team's 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 has hosted the 2014 Big Ten Championships and 2016 NCAA Regional. The course boasts a rolling terrain with an outstanding rhythm for running and offers the ability to race from 3,000 meters to 10,000 meters around a layout that enables spectators to view the 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/hawkeyeinvitational](#).

### IN THE RANKINGS

The University of Iowa men's cross country team is ranked No. 9 in the Midwest Region preseason polls. The Hawkeyes are one of four Big Ten teams ranked in the top 15. They are joined by No. 4 Minnesota, No. 6 Illinois, and No. 8 Nebraska. The women's team made the top 15, coming in at 10th. The women are joined by four Big Ten teams in the top-15, No. 3 Minnesota, No. 4 Illinois, No. 5 Northwestern and No. 11 Nebraska.

### IN THE RECORD BOOKS

One current Hawkeye ranks in the all-time top-10 in events scheduled for this weekend at the Hawkeye Invite. Nathan Mylenek ranks sixth all-time in the 6,000 meters, running 18:26 at the 2017 Hawkeye Invitational.



### MEN'S TOP RUNNERS

Seniors Nathan Mylenek and Brandon Cooley are competing in the fourth Hawkeye Invitational. Both runners recorded their best finish in 2017. Mylenek placed 15th overall in 18:26, a time that ranks sixth all-time at Iowa. Colley placed 26th overall in 2017 in 18:45. Sophomore Spencer Smith is Iowa's top returner from the 2018 Hawkeye Invitational. Smith placed 12th in 18:49 in his first collegiate race.

### WOMEN'S TOP RUNNERS

Senior Megan Schott and sophomore Anna Hostetler return for a second season with the Hawkeyes. Schott consistently ran in second scoring position for Iowa last season and ran a collegiate-best 14:23 to place fourth at the 2018 Hawkeye Invitational in the 4,000 meters. Hostetler was Iowa's third finisher at the 2018 Hawkeye Invitational. She placed 14th in 14:51.

### MYLENK COMES OFF RECORD BREAKING SEASON

in 2018, senior Nathan Mylenek had the best finish by a Hawkeye at the NCAA Regionals since Micah VanDenend won the event in 2006. Mylenek became the first Hawkeye to make the NCAA Championships since 2011 and set a career best 8,000 meters at the Big Ten Championship. He led the Hawkeyes at the NCAA Pre-Nationals (24:39.7, 57th), Big Ten Championships (24:00.5, 11th), and NCAA Regionals (30:55.2, 3rd).

### HAWKEYE NEWCOMERS

The University of Iowa cross country team added eight student-athletes to its 2019 roster, including five women and three men. Brendan Scott, Reece Smith and Nick Trattner join the men's team. Maggie Gutwein, Leah Kralovetz, Elyse Prescott, Madeline Rhomberg, and Gabby Skopec join the women's team.

### NEXT UP FOR THE HAWKEYES

The Hawkeyes head to Lincoln, Nebraska, to compete at the Woody Greeno Invite on Saturday, Sept. 21.

### 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 @IowaXC\_TF on Twitter.

## 2019 ROSTER

### Men

Brandon Cooley	Sr.	Bettendorf, Iowa
Noah Healy	Jr.	Frankfort, Ill.
Daniel Murphy	Sr.	Marion, Iowa
Nathan Mylenek	Sr.	Clarkston, Mich.
Jeff Roberts	Jr.	River Vale, N.J.
Luke Sampson	Sr.	Little Chute, Wis.
Brendan Scott	Fr.	Bettendorf, Iowa
Reece Smith	Fr.	Garner, Iowa
Spencer Smith	So.	Chicago, Ill.
Karson Sommer	Sr.	Bettendorf, Iowa
Konnor Sommer	So.	Bettendorf, Iowa
Nick Trattner	Fr.	Naperville, Ill.

### Women

Logan Akason	So.	Waukee, Iowa
Mary Arch	Jr.	Iowa City, Iowa
Taylor Arco	Sr.	Mission Viejo, Calif.
Ashley Bryja	Jr.	Chicago, Ill.
Emma Gordan	So.	Ankeny, Iowa
Maggie Gutwein	Fr.	Monticello, Ind.
Anna Hostetler	So.	Parnell, Iowa
Mallory King	Sr.	Davenport, Iowa
Leah Kralovetz	Fr.	Denmark, Wis.
Kylie Latham	So.	Ottumwa, Iowa
Grace McCabe	So.	Clarendon Hills, Ill.
Jessica McKee	So.	Johnston, Iowa
Elyse Prescott	Jr.	Urbandale, Iowa
Wren Renquist	Jr.	Okinawa, Japan
Madeline Rhomberg	Fr.	Cascade, Iowa
Tia Saunders	Sr.	Iowa City, Iowa
Megan Schott	Sr.	Des Moines, Iowa
Gabby Skopec	Jr.	Coralville, Iowa
Patty Teggatz	So.	Hampton, Iowa
Sidney Vancil	So.	Clive, Iowa
Macie Weber	Jr.	Cascade, Iowa
Lindsay Welker	Jr.	Terre Haute, Ind.
Aly Weum	So.	Stoughton, Wis.
Jordan Winke	So.	Albia, Iowa



## 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..... 23:01 .....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. **Nathan Mylenek..... 29:53 ..... at 2017 NCAA Regional**
2. Jeff Thode..... 29:55 .....at 2010 NCAA Regional
3. Daniel Soto ..... 30:04 .....at 2017 NCAA Regional
4. Matt Esche ..... 30:10 .....at 2002 NCAA Regional
5. Jesse Luciano..... 30:17 .....at 2008 NCAA Champ's
6. Micah VanDenend..... 30:26 .....at 2002 NCAA Regional
7. Kevin Herd..... 30:28 .....1993
8. Joe Welter ..... 30:28 .....at 2002 NCAA Regional
9. **Brandon Cooley..... 30:29 ..... at 2017 NCAA Regional**
10. Tony Rakaric..... 30:31 .....at 2002 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 Champs. - 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 Champs. - 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
10. Nikki Chapple ..... 14:09 .....2004 Hawkeye Triangular

### 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. Andrea Shine ..... 20:46 .....at 2017 NCAA Regional
10. Kayla Beattie..... 20:54 .....at 2011 Wisconsin Invite