



Sept. 3, 2021

IOWA

Cross Country 2021 Notebook



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

2021 IOWA CROSS COUNTRY SCHEDULE

Date	Meet
Sept. 3	Hawkeye Invite <i>(Iowa City, Iowa)</i>
Sept. 18	Dirksen-Greeno Invite <i>(Lincoln, Neb.)</i>
Oct. 1	Gans Creek Invite <i>(Columbia, Mo.)</i>
Oct. 15	Bradley Pink Classic <i>(Peoria, Ill.)</i>
Oct. 15	Nuttycombe Invite <i>(Madison, Wis.)</i>
Oct. 29	Big Ten Championships <i>(University Park, Pa.)</i>
Nov. 12	NCAA Midwest Regional <i>(Iowa City, Iowa)</i>
Nov. 20	NCAA Championships <i>(Tallahassee, Fla.)</i>

IOWA COACHING STAFF

Joey Woody
Director of Track & Field/Cross Country

Randy Hasenbank
Associate Head Coach for Cross Country
Assistant Track & Field Coach

Jason Wakenight
Assistant Coach, Director of Recruiting

Kate Wakenight
Director of Operations

HOW TO FOLLOW

Results are posted on the Iowa cross country Twitter account: @Iowa XC_TF and online at hawkeyesports.com/tracklive.



HAWKEYES TO WATCH



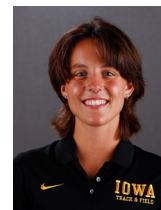
Max Murphy
53rd at 2021 Big Ten Championships



Noah Healy
6K PR: 18:36 (2019)



Gabby Skopec
4K PR: 15:48 (2019)



Kelli Tosic
61st at 2021 Big Ten Championships

THIS WEEK

The University of Iowa men's and women's cross country teams kick off the 2021 season, hosting the Hawkeye Invite on Friday. The Hawkeyes host Bradley, Creighton, Drake, Illinois-Chicago, Illinois State, Iowa Central CC, Iowa State (women), Loyola-Chicago, Northern Illinois (women), Northern Iowa, and Northwestern (women) 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. The Ashton Cross Country Course will also play host to the NCAA Midwest Regional this fall.

IN THE RANKINGS

The University of Iowa men's cross country team is ranked No. 12 in the USTFCCA Midwest Region preseason polls. The Hawkeyes are one of four Big Ten teams ranked in the Midwest top 15, including No. 4 Minnesota, No. 7 Nebraska, and No. 10 Illinois. There are eight additional Big Ten teams ranked in their respective regions, including Wisconsin, Michigan State, Indiana, Purdue, Michigan, Ohio State, Penn State and Rutgers. In the USTFCCA Preseason National rankings, Wisconsin sits atop the Big Ten as the nation's 14th-ranked squad. Also in the National top 30 is No. 16 Michigan State, No. 22 Indiana, and No. 26 Michigan.

BACK AT HOME

The Hawkeyes are eager to be back at home after 729 days away from Ashton Cross Country Course. Due to the pandemic and the cancellation of the 2020 fall season, the last home meet for the Hawkeyes was held on Sept. 6, 2019. The Hawkeyes captured both team titles on that day.



MEN'S TOP RUNNERS

Senior Noah Healy is back for his fourth cross country season with the Hawkeyes. In 2019, Healy was Iowa's second finisher at the Midwest Regional, running a collegiate-best 10K in 31:58. Sophomore Max Murphy will look to build upon a top-55 finish at the Big Ten Championships in his freshman campaign. Junior Nick Trattner is Iowa's top returner from the 2019 Hawkeye Invitational. Trattner finished 17th in 18:47 in his first collegiate race. Seniors Jeff Roberts and Konnor Sommer also raced in the 2019 Hawkeye Invite, finishing 19th and 22nd.

WOMEN'S TOP RUNNERS

Junior Gabby Skopec returns for her third cross country season at Iowa. At the Big Ten Championships in 2020, Skopec was the top finisher for the Hawkeyes, running the 6K in 21:15 -- good for a spot in the top 50. Sophomore Kelli Totic finished 61st in the same race in 22:06. A freshman at the time, it was the first race of Totic's career. The top returning finisher from the last Hawkeye Invite in 2019 is junior Leah Kralovetz, who finished fifth. Kralovetz was an All-Region honoree in 2019 after a 16th-place finish. The junior was the top finisher for the Hawkeyes in three races that season.

HAWKEYE NEWCOMERS

The University of Iowa cross country team added 16 student-athletes to its 2021 roster. Six men join the Hawkeyes: Will Arbanas, Jack Gschwendtner, Isaac Hartman, Blake Hayden, Colin Hill and Yohana Yual. On the women's side, the ten new Hawkeyes include Laney Fitzpatrick, Jaiden Itson, Kaitlin Knappe, Lauren McMahon, Sarah Murphy, Miriam Sandeen, Lillian Schmidt, Chloe Skidmore, Sam Strauss, and Kathryn Vortherms.

HAWKEYE STATE

Of the 30 women on Iowa's roster, 21 hail from the Hawkeye State. Seven additional states, including Wisconsin (2), Illinois, Indiana, Michigan, Minnesota, Kansas, and Texas are represented, as well as Japan. On the men's side, four of the 17 members are from Iowa. Illinois is represented by 7 student-athletes, while Wisconsin is the home of three Hawkeyes. Missouri, New York and New Jersey are each represented with one student-athlete.

NEXT UP FOR THE HAWKEYES

The Hawkeyes head to Lincoln, Nebraska, to compete at the Dirksen-Greeno Invite on Saturday, Sept. 18.

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 the Hawks on Twitter (@IowaXC_TF) and Instagram (@IowaXctf).

2021 ROSTER

Men

Will Arbanas	Fr.	Kirkwood, Mo.
Ian Geisler.....	So.	Lake in the Hills, Ill.
Jack Gschwendtner.....	Fr.	Eden Prairie, Minn.
Isaac Hartman.....	Fr.	Eden Prairie, Minn.
Blake Hayden	Fr.	Minnetonka, Minn.
Noah Healy	Sr.	Frankfort, Ill.
Colin Hill.....	Fr.	Elmhurst, Ill.
Aidan King.....	So.	St. Charles, Ill.
Daniel Klysh	So.	Elmhurst, Ill.
Kal Lewis	So.	Shelter Island, N.Y.
Max Murphy	So.	Bettendorf, Iowa
Jack Pendergrast.....	So.	Cedar Rapids, Iowa
Jeff Roberts	Sr.	River Vale, N.J.
Konnor Sommer.....	Sr.	Bettendorf, Iowa
Nick Trattner	Jr.	Naperville, Ill.
Eli Ward	So.	Waterloo, Ill.
Yohana Yual	Fr.	Des Moines, Iowa

Women

Amber Aeosoph.....	So.	Sioux City, Iowa
Logan Akason.....	Sr.	Waukee, Iowa
Maddie Block.....	Sr.	Marion, Iowa
Alli Bookin-Nosbisch ...	So.	Ottumwa, Iowa
Grace Bookin-Nosbisch ..	So.....	Ottumwa, Iowa
Claire Edmonson.....	So.	Dubuque, Iowa
Laney Fitzpatrick.....	Fr.	Davenport, Iowa
Bryce Gidel	So.	Humboldt, Iowa
Emma Gordon	Sr.	Ankeny, Iowa
Maggie Gutwein	Jr.	Monticello, Ind.
Jaiden Itson.....	Fr.	Houston, Texas
Mallory King.....	Sr.	Davenport, Iowa
Kaitlin Knappe.....	Fr.	Tecumseh, Mich.
Leah Kralovetz	Jr.	Denmark, Wis.
Brooke McKee.....	So.	Johnston, Iowa
Jessica McKee	Sr.	Johnston, Iowa
Lauren McMahon	Fr.	Ankeny, Iowa
Katie Moore	So.	Olathe, Kan.
Sarah Murphy	Fr.	Marion, Iowa
Clare Pitcher	So.	Franklin, Wis.
Wren Renquist	Sr.	Okinawa City, Japan
Abby Ryan	So.....	Mount Pleasant, Iowa
Miriam Sandeen	Fr.	Eden Prairie, Minn.
Lillian Schmidt	Fr.	Dubuque, Iowa
Chloe Skidmore	Fr.	Marion, Iowa
Gabby Skopec	Jr.	Coralville, Iowa
Sam Strauss	Fr.	Johnston, Iowa
Kelli Totic	So.	Grayslake, Ill.
Ellie Twedt	So.	Elkhart, Iowa.
Kathryn Vortherms	Fr.	Ankeny, Iowa



Men's Top 10 All-Time Best Performers

6,000 Meters

1. Ian Eklin..... 18:102017 Hawkeye Invite
2. Michael Melchert..... 18:122016 Hawkeye Invite
3. Nathan Mylenek..... 18:162019 Hawkeye Invite
4. Eric MacTaggart 18:182005 Hawkeye Invite
5. Daniel Murphy..... 18:192019 Hawkeye Invite
6. Jeff Thode..... 18:212009 Hawkeye Invite
7. Luke Sampson 18:222019 Hawkeye Invite
8. Dan Haut 18:242005 Hawkeye Invite
9. Spencer Smith 18:252019 Hawkeye Invite
10. Jeff Kent 18:272005 Hawkeye 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. Nathan Mylenek..... 23:53at 2019 NCAA Pre-Nationals
10. Andy Napier 23:56at 2008 Auburn Invite

10,000 Meters

1. Nathan Mylenek..... 29:53at 2017 NCAA Regional
2. Jeff Thode..... 29:55at 2010 NCAA Regional
3. Daniel Soto 30:04at 2017 NCAA Regional
4. Matt Esche 30:10at 2002 NCAA Regional
5. Jesse Luciano..... 30:17at 2008 NCAA Champ's
6. Micah VanDenend..... 30:26at 2002 NCAA Regional
7. Kevin Herd..... 30:281993
8. Joe Welter 30:28at 2002 NCAA Regional
9. Brandon Cooley..... 30:29at 2017 NCAA Regional
10. Tony Rakaric..... 30:31at 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 9:472006 Hawkeye Open
2. Meghan Armstrong 10:012006 Hawkeye Open
3. Brooke Eilers..... 10:152010 Iowa Invite
4. Besty Flood..... 10:182010 Iowa Invite
5. Tess Wilberding 10:202016 Hawkeye Invite
6. Amanda Hardesty..... 10:212009 Hawkeye Invite
- Lauren Hardesty 10:212010 Hawkeye Invite
- Madison Waymire 10:212016 Hawkeye Invite
9. Kelsey Hart 10:222011 Iowa Invite
10. Shannon Stanley..... 10:252006 Hawkeye Open

4,000 Meters

1. Diane Nukuri 13:142007 Hawkeye Open
2. Kayla Beattie..... 13:412012 Toledo Bubble Buster
3. Megan Ranegar 13:452012 Toledo Bubble Buster
4. Meghan Armstrong 13:472007 Hawkeye Open
- Mareike Schrulle..... 13:472012 Toledo Bubble Buster
6. Nicole Benson..... 13:522012 Toledo Bubble Buster
7. Andrea Shine 13:582017 Hawkeye Invite
8. Jolly Burke 14:032007 Hawkeye Open
- Madison Waymire 14:032017 Hawkeye Invite
10. Nikki Chapple 14:092004 Hawkeye Triangular

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