



Oct. 1, 2021

IOWA

Cross Country 2021 Notebook



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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 Classic <i>(Columbia, Mo.)</i>
Oct. 15	Bradley Pink Classic <i>(Peoria, Ill.)</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



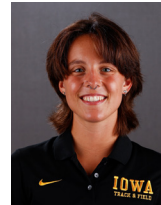
Nick Trattner
Two top-six finishes
8K PR: 24:34



Noah Healy
Two top-eight finishes
8K PR: 24:37



Brooke McKee
8th at Dirksen-Greeno
in 1st Collegiate Race



Kelli Tosic
6th at Dirksen-Greeno
6K PR: 22:06

THIS WEEK

The University of Iowa men's and women's cross country teams return to action after an off week, following the Dirksen-Greeno Invite. The Hawkeyes hit the road for the second time this season as they travel to Cloumbia, Missouri, for the Gans Creek Classic at the Gans Creek Cross Country Course on Friday. The men's 8,000-meter race begins at 9 a.m. (CT) with the women's 6,000 meters to follow at 9:45 a.m. (CT).

IN THE RANKINGS

The University of Iowa men's cross country team is ranked No. 12 in the USTFCCA Midwest Region week three poll, and the Hawkeye women head into the weekend ranked ninth in the region. In the USTFCCA Week Three National rankings, Wisconsin sits atop the Big Ten men's side as the nation's 14th-ranked squad, and is joined in the top 30 by four additional Big Ten squads. Six Big Ten women's teams occupy spots in the national top 30, led by Minnesota at No. 7.

GANS CREEK CROSS COUNTRY COURSE

The Gans Creek Cross Country Course opened on Sept. 27, 2019. Located on the south side of Columbia, Missouri, the 320-acre park is a state-of-the-art facility. Course features include a 500-meter starting chute, an irrigated 10-meter wide running surface and an elevated viewing area for spectators. The course is set to host the 2021 SEC Championships.

LAST TIME OUT...

The Hawkeye women claimed the Division I team title at the Dirksen-Greeno Invite on Sept. 18, edging out Nebraska by a 38-41 margin in the 5K race. The trio of Kelli Tosic, Emma Gordon and Booke McKee finished 6-7-8 to lead Iowa to the win. Freshmen Lauren McMahon and Miriam Sandeen rounded out scoring for the Hawkeyes, finishing 10th and 12th, respectively. On the men's side, sophomore Nick Trattner led the way for the second-consecutive race to open the season for Iowa, finishing sixth in the Division I 8K race to help the Hawkeyes to a third-place team finish. Senior Noah Healy finished eighth for his second top-10 finish of the season, while Kal Lewis (25th), Ian Geisler (26th) and Jeff Roberts (28th) rounded out the scoring for the Hawkeyes.

TRATTNER MAKING HISTORY

Nick Trattner is the first underclassmen in over a decade to lead the Hawkeye men for the first two races of the season since Jeff Thode in 2010. Trattner finished third at the Hawkeye Invite and sixth at the Dirksen-Greeno Invite. Thode brought home one third place finish and one victory during those two races and went on to lead the Hawkeyes in every race that season. Thode is one of the most decorated Hawkeyes in history, recording two individual National Championship appearances and one All-American honor in 2010 placing 30th.



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. Healy has started his 2021 campaign with a pair of top-eight finishes at the Hawkeye Invite and Dirksen-Greeno Invite. Sophomore Max Murphy will look to build upon a top-55 finish at the Big Ten Championship in his freshman campaign. Sophomore Nick Trattner finished second at the 2021 Hawkeye Invite on Sept. 3 to lead Iowa to a team win in the season opener, and was the leading Hawkeye again at the Dirksen-Greeno Invite on Sept. 18, finishing sixth in the 8K-race.

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 Tosic finished 61st in the same race in 22:06 -- a freshman at the time, it was the first race of Tosic's career. Tosic was the team's top finisher on Sept. 3 at the Hawkeye Invite, and again on Sept. 18 at the Dirksen-Greeno Invite, helping the Hawkeyes to a team win in Lincoln. Junior Leah 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 Knape, 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 Peoria, Illinois, to compete at the Bradley Pink Classic on Friday, Oct. 15, with racing set to gun at 1:30 p.m. (CT).

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.....	Minnertonka, 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.....	So.....	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 Knape.....	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 Tosic.....	So.....	Grayslake, Ill.
Ellie Twedt.....	So.....	Elkhart, Iowa.
Kathryn Vortherms.....	Fr.....	Ankeny, Iowa

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 outstanding rhythm for running, and offers the ability to race from 3K to 10K around a layout that enables spectators to view the race from start to finish. The Ashton Cross Country Course will also play host to the NCAA Midwest Regional this fall.



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. Nathan Mylenek 18:16 2019 Hawkeye Invite
4. Eric MacTaggart 18:18 2005 Hawkeye Invite
5. Daniel Murphy 18:19 2019 Hawkeye Invite
6. Jeff Thode 18:21 2009 Hawkeye Invite
7. Luke Sampson 18:22 2019 Hawkeye Invite
- Nick Trattner 18:22 2021 Hawkeye Invite**
9. Dan Haut 18:24 2005 Hawkeye Invite
10. Spencer Smith 18:25 2019 Hawkeye 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. Nathan Mylenek 23:53 at 2019 NCAA Pre-Nationals
10. Andy Napier 23:56 at 2008 Auburn Invite

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



2021 Men's Team Results & Scorers

Sept. 3 | Hawkeye Invite | 6K | 1st Place | 35 points

2.	Nick Trattner	18:22.1
4.	Noah Healy	18:26.1
5.	Jack Pendergast.....	18:46.7
10.	Ian Geisler	18:55.0
14.	Kal Lewis.....	19:07.4

Sept. 18 | Dirksen-Greene Invite | 8K | 3rd Place | 87 points

6.	Nick Trattner	24:34.6
8.	Noah Healy	24:37.8
25.	Kal Lewis.....	25:34.1
26.	Ian Geisler	25:34.5
28.	Jeff Roberts	25:41.5

2021 Women's Team Results & Scorers

Sept. 3 | Hawkeye Invite | 4K | 3rd Place | 81 points

11.	Kelli Totic	14:23.4
13.	Gabby Skopec.....	14:25.7
16.	Lauren McMahon.....	14:33.3
19.	Emma Gordon	14:35.7
22.	Miriam Sandeen.....	14:38.8

Sept. 18 | Dirksen-Greene Invite | 5K | 1st Place | 38 points

6.	Kelli Totic.....	17:40.3
7.	Emma Gordon	17:40.8
8.	Brooke McKee	17:41.7
10.	Lauren McMahon.....	17:42.8
12.	Miriam Sandeen	17:54.2