



Oct. 15, 2021

# IOWA

# Cross Country 2021 Notebook



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## 2021 IOWA CROSS COUNTRY SCHEDULE

Date	Meet	Results
Sept. 3	Hawkeye Invite <i>(Iowa City, Iowa)</i>	M: 1st / W: 3rd
Sept. 18	Dirksen-Greeno Invite <i>(Lincoln, Neb.)</i>	M: 3rd / W: 1st
Oct. 1	Gans Creek Classic <i>(Columbia, Mo.)</i>	M: 5th / W: 3rd
<b>Oct. 15</b>	<b>Bradley Pink Classic</b> <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

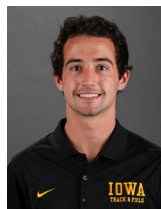
Results are posted on the Iowa cross country Twitter account: @Iowa XC\_TF and online at hawkeyesports.com/tracklive.



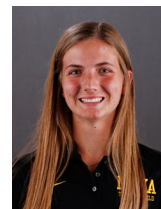
## HAWKEYES TO WATCH



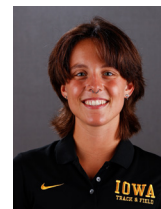
**Nick Trattner**  
Three top-10 finishes  
8K PR: 24:14



**Noah Healy**  
Three top-10 finishes  
8K PR: 24:06



**Emma Gordon**  
Scored in all three races  
6K PR: 21:36



**Kelli Tosic**  
Three top-12 finishes  
6K PR: 21:24

## THIS WEEK

The University of Iowa men's and women's cross country teams return to action after an off week, following the Gans Creek Classic. The Hawkeyes hit the road for the third time this season as they travel to Peoria, Illinois, for the Bradley Pink Classic at Newman Golf Course on Friday. The women's "B" race will take place at 1:30 p.m., followed by the men's "B" race at 2:15 p.m. The women's Red "A" race will begin at 3 p.m., followed by the men's Red "A" race at 3:45 p.m. All race times are CT.

## IN THE RANKINGS

The University of Iowa men's cross country team is ranked No. 10 in the USTFCCA Midwest Region Week Four poll, and the Hawkeye women head into the weekend ranked eighth in the region. In the USTFCCA Week Four National rankings, Wisconsin sits atop the Big Ten men's side as the nation's 11th-ranked squad, and is joined in the top 30 by No. 15 Michigan. Six Big Ten women's teams occupy spots in the national top 30, led by Minnesota at No. 7.

## LAST TIME OUT

The women's team notched its third top-three team finish of the season in as many races at the Gans Creek Classic. The Hawkeye women took third place with 101 points, and were once again led by sophomore Kelli Tosic, who finished 12th and set a new 6K personal best in 21:24.8. The men made moves throughout the race to finish fifth in the team standings with 138 points. All five scoring Hawkeyes placed in the top-30 of the women's race. Junior Gabby Skopec finished 20th in 21:34, freshman Brooke McKee was 21st (21:35.6) and seniors Emma Gordon and Jessica McKee finished 22nd (21:36.2) and 27th (21:45.9), respectively. The first five to cross the finish line, as well as freshmen Lauren McMahon (21:51.7) and Miriam Sandeen (21:52.7), set new 6K personal-bests. The men's top five all broke the 25-minute barrier, led by senior Noah Healy who posted a career-best time of 24:08.4 to finish fifth — his second top-five finish this season. Sophomore Nick Trattner crossed next for Iowa, recording a new personal best of 24:16.6 to finish ninth and record his third-consecutive top-10 finish. Sophomores Jack Pendergast and Kal Lewis, and senior Jeff Roberts were within five seconds of one another, finishing 39th (24:54.7), 44th (24:57.3) and 46th (24:59.4), to round out scoring for the Hawkeyes while all setting new personal-bests.

## 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. Trattner added a ninth-place finish on Oct. 1 at the Gans Creek Classic. Thode brought home a third-place finish and a victory in those races and went on to lead Iowa 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 started his 2021 campaign with a pair of top-eight finishes at the Hawkeye Invite and Dirksen-Greeno Invite, and finished fifth at the Gans Creek Classic on Oct. 1. 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. Sophomore Max Murphy will look to build upon a top-55 finish at the Big Ten Championship in his freshman campaign.

### 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 Tasic finished 61st in the same race in 22:06 – a freshman at the time, it was the first race of Tasic's career. Tasic has been the team's top finisher in all three races this season, and led the Hawkeyes to a team win in Lincoln at the Dirksen-Greeno Invite. 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 McMahan, 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 University Park, Pennsylvania, to compete at the Big Ten Championships on Friday, Oct. 29, 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 McMahan.....	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 Tasic.....	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

### Oct. 1 | Gans Creek Classic | 8K | 5th Place | 138 points

5.	Noah Healy .....	24:08.4 (PR)
9.	Nick Trattner .....	24:14.6 (PR)
39.	Jack Pendergast.....	24:57.7 (PR)
44.	Kal Lewis.....	24:57.3 (PR)
46.	Jeff Roberts .....	24:59.4 (PR)

## 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

### Oct. 1 | Gans Creek Classic | 6K | 3rd Place | 101 points

12.	Kelli Totic.....	21:24.8 (PR)
20.	Gabby Skopec.....	21:34.0 (PR)
21.	Brooke McKee .....	21:35.6 (PR)
22.	Emma Gordon .....	21:36.2 (PR)
27.	Jessica McKee.....	21:45.9 (PR)