

## WOMEN'S HONORS & AWARDS

### All-Americans

- 2005 Kayte Tranel
- 1993 Theresa Stelling
- 1992 Fran ten Bensel
- 1991 Fran ten Bensel
- 1990 Fran ten Bensel
- 1988 Yvonne van der Kolk  
Sammie Resh
- 1987 Sammie Resh

### All-Region

#### Midwest

- 2021 Erika Freyhof
- 2019 Erika Freyhof
- 2018 Erika Freyhof
- 2011 Katie White, Ashley Miller
- 2010 Lara Crofford, Martina Barinova
- 2009 Lara Crofford
- 2008 Natalja Callahan, Rachel Carrizales, Lara Crofford,  
Jen Pancoast
- 2007 Lara Crofford, Natalja Callahan
- 2005 Kayte Tranel, Ari Goldstein
- 2003 Ann Gaffigan, Kathryn Handrup, Anne Shadle,  
Kayte Tranel
- 2002 Ann Gaffigan, Kayte Tranel
- 2001 Ann Gaffigan, Kathryn Handrup
- 2000 Ann Gaffigan, Kathryn Handrup
- 1999 Michelle Brooks, Kathryn Handrup, Jaimie Kruger,  
Jaime Pauli
- 1998 Amy Wiseman, Jeannette Zimmer
- 1997 Kate Centerwall, Melinda Mohr, Jaime Pauli,  
Amy Wiseman

#### District V

- 1996 Christina Blackmer, Amie Finkner, Jaime Pauli,  
Nora Shepherd, Melissa Wilson
- 1995 Christina Blackmer, Heather McMahon,  
Nora Shepherd
- 1994 Julie Mazzitelli, Nora Shepherd

### All-Conference

#### Big Ten

- 2021 Erika Freyhof (Second Team)
- 2020 Erika Freyhof (First Team)
- 2014 Anna Peer (Second Team)

#### Big 12

- 2010 Lara Crofford
- 2008 Rachel Carrizales, Lara Crofford
- 2007 Lara Crofford, Ari Goldstein
- 2006 Channing Anseth, Ari Goldstein
- 2005 Kayte Tranel
- 2004 Anne Shadle
- 2001 Ann Gaffigan
- 1999 Michelle Brooks
- 1997 Amy Wiseman

#### Big Eight

- 1995 Nora Shepherd
- 1994 Julie Mazzitelli
- 1993 Theresa Stelling
- 1992 Fran ten Bensel, Theresa Stelling
- 1991 Fran ten Bensel, Lisa (Darley) Graham
- 1990 Fran ten Bensel, Lisa (Darley) Graham
- 1988 Sammie Resh, Tracy Smith, Yvonne van der Kolk
- 1987 Michele Marthaler, Juliette Prowse, Sammie Resh
- 1985 Mary Amen, Jill Noel, Laura Wight
- 1982 Sara Stricker
- 1979 Carol Schenk

### Big Ten Distinguished Scholars

- 2020 Allie Binder, Gabrielle Boucher, Emma Bresser,  
Audrey Freyhof, Erika Freyhof, Jade Hallgrimson,  
Jaylyn Hallgrimson, Abby Heffner, Kaitlynn Johnson,  
Grace Pagone, Taya Skelton, Ally Talpash
- 2019 Allie Binder, Gabrielle Boucher, Emma Bresser,  
Rachel Brush, Elsa Forsberg, Audrey Freyhof, Erika  
Freyhof, Kaitlynn Johnson, Mia Morck, Grace Pagone,  
Margaret Pollard, Ally Talpash
- 2018 Emma Bresser, Rachel Brush, Elsa Forsberg,  
Erika Freyhof, Kaitlynn Johnson
- 2017 Rachel Brush, Ashleigh Carr, Kendall Cast, Elsa Forsberg,  
Rebecca Moore
- 2016 Bonnie Smith
- 2015 Megan Lush, Bonnie Smith
- 2014 Megan Lush, Bonnie Smith
- 2013 Isabel Andrade
- 2012 Anna Minnick, Sarah Plambeck
- 2011 Ashley Miller, Sarah Plambeck, Katie White

### Academic All-Conference

#### Big Ten

- 2021 Lindsey Blehm, Maret Elgren, Audrey Freyhof, Erika  
Freyhof, Jade Hallgrimson, Kaitlynn Johnson, Marissa  
Kraus, Brynna McQuillen, Katelyn Mullinax, Grace  
Pagone, Margaret Pollard, Emma Ralston, Taya  
Skelton, Abby Volkmer
- 2020 Allie Binder, Gabrielle Boucher, Emma Bresser,  
Gillian Filer, Audrey Freyhof, Erika Freyhof, Madison  
Fritz, Izzabella Guerrero, Jade Hallgrimson, Jaylyn  
Hallgrimson, Abby Heffner, Kaitlynn Johnson, Grace  
Pagone, Margaret Pollard, Taya Skelton, Ally Talpash,  
Abby Volkmer
- 2019 Allie Binder, Gabrielle Boucher, Emma Bresser, Rachel  
Brush, Elsa Forsberg, Audrey Freyhof, Erika Freyhof,  
Madison Fritz, Izzabella Guerrero, Kaitlynn Johnson,  
Judi Jones, Mia Morck, Grace Pagone, Margaret  
Pollard, Ally Talpash
- 2018 Gabrielle Boucher, Emma Bresser, Rachel Brush,  
Nicole Colonna, Elsa Forsberg, Erika Freyhof, Kaitlynn  
Johnson, Judi Jones, Ally Talpash
- 2017 Rachel Brush, Ashleigh Carr, Kendall Cast, Nicole  
Colonna, Elsa Forsberg, Haley Harsin, Judi Jones, Lillian  
Markusch, Rebecca Moore, Anna Peer, Bonnie Smith
- 2016 Nicole Colonna, Anna Peer, Bonnie Smith
- 2015 Elizabeth Carpino, Kendall Cast, Haley Harsin,  
Megan Lush, Bonnie Smith
- 2014 Megan Lush, Kristi Oslund, Anna Peer, Bonnie Smith
- 2013 Isabel Andrade, Shawnice Williams, Jessica Wright
- 2012 Isabel Andrade, Sarah Plambeck
- 2011 Isabel Andrade, Jessica Furlan, Erica Hamik,  
Ashley Miller, Sarah Plambeck, Katie White

#### Big 12

- 2010 Blaire Dinsdale, Jessica Furlan, Erica Hamik,  
Ashley Miller, Jen Webers, Katie White,  
Lara Crofford (second team)
- 2009 Rachel Carrizales, Lara Crofford, Jessica Furlan,  
Ari Goldstein, Erica Hamik, Elizabeth Marsh,  
Ashley Miller, Jen Webers, Katie White
- 2008 Lara Crofford, Ari Goldstein, Ashley Miller,  
Betsy Miller, Jen Pancoast, Jen Webers,  
Natalja (Zarzenko) Callahan
- 2007 Rachel Carrizales, Joslyn Dalton, Ari Goldstein,  
Jen Pancoast, Natalja Zarzenko
- 2006 Channing Anseth, Joslyn Dalton, Ari Goldstein,  
Betsy Miller, Jen Pancoast, Kim Pancoast, Sara Prince,  
Val Zajac
- 2005 Michaela Lenihan, Kayte Tranel, Kim Pancoast,  
Val Zajac, Betsy Miller, Joslyn Dalton (second team)
- 2004 Anne Shadle, Kayte Tranel, Lindsey Finkner,  
Kim Pancoast, Val Zajac

- 2003 Ann Gaffigan, Kathryn Handrup, Michaela Lenihan,  
Kim Pancoast, Anne Shadle, Kayte Tranel
- 2002 Ann Gaffigan, Anne Shadle, Michele Steube
- 2001 Ann Gaffigan, Kathryn Handrup, Morgan Hartman,  
Jenna Lucas, Melissa Drozda (second team)
- 2000 Amie (Finkner) Jorgensen, Jaimie Kruger,  
Christy Linnell, Jenna Lucas, Deb Osteen,  
Melissa Drozda (second team),  
Kathryn Handrup (second team)
- 1999 Amie Finkner, Jenna Lucas, Melinda (Mohr) Oliver,  
Deb Osteen, Jaime Pauli, Jeannette Zimmer
- 1998 Liz Biehl, Amie Finkner, Jenna Lucas, Melinda Mohr,  
Deb Osteen, Jaime Pauli, Jeannette Zimmer
- 1997 Nora Shepherd, Jaime Pauli, Melinda Mohr
- 1996 Sherri (Elwood) Macfee, Sandy Fein, Megan Mahle,  
Melinda Mohr, Nora Shepherd, Melissa Wilson,  
Sherri Bonsall (HM)

#### Big Eight

- 1995 Sandy Fein, Lindsey Miller, Nora Shepherd,  
Sherri Bonsall (HM), Sherri Elwood (HM),  
Kristin Whitted (HM)
- 1994 Kris Ellenbecker, Amber Parkinson, Sherri Sutter,  
Sherri Elwood (HM), Lindsey Miller (HM),  
JoDee Shufelt (HM)
- 1993 Julieanne Campbell, Kris Ellenbecker, Sandy Fein,  
Dannika Hardersen, Theresa Stelling,  
Sherri Sutter, Michele Schaefer (HM)
- 1992 Dannika Hardersen, Fran ten Bensel, Theresa Stelling,  
Sylvia Veit, Julieanne Campbell (HM),  
Kris Ellenbecker (HM), Katie Fletcher (HM),  
Michele Schaefer (HM), JoDee Shufelt (HM)
- 1991 Lisa (Darley) Graham, Fran ten Bensel,  
Theresa Stelling, Julieanne Campbell (HM),  
Katie Fletcher (HM), Sylvia Veit (HM)
- 1990 Lisa Darley, Katie Fletcher, Fran ten Bensel,  
Julieanne Campbell (HM), Lisa Darley (HM),  
Angie Lippold (HM), Sylvia Veit (HM)
- 1989 Michele Marthaler, Juliet Prowse, Katie Fletcher (HM),  
Angie Lippold (HM), Kelly Loos (HM),  
Fran ten Bensel (HM), Yvonne van der Kolk (HM),  
Sylvia Veit (HM)
- 1988 Michele Marthaler, Juliet Prowse, Sammie Resh,  
Susie Howard (HM)
- 1987 Sammie Resh, Dawn Gale (HM), Michele Marthaler (HM)
- 1986 Mary Amen, Jill Noel, Laura Wight (HM)

### CoSIDA Academic All-Americans

- 2011 Ashley Miller (second team)
- 2004 Ann Gaffigan (second team)
- 2002 Jenna Lucas (second team)

### USTFCCA All-Academic Individuals

- 2021 Erika Freyhof
- 2020 Erika Freyhof
- 2019 Erika Freyhof
- 2018 Erika Freyhof
- 2011 Ashley Miller, Katie White
- 2009 Lara Crofford
- 2008 Lara Crofford, Rachel Carrizales
- 2005 Kayte Tranel
- 2003 Ann Gaffigan, Kathryn Handrup, Anne Shadle,  
Kayte Tranel
- 2002 Ann Gaffigan
- 2001 Ann Gaffigan
- 1999 Jaime Pauli
- 1997 Melinda Mohr
- 1995 Nora Shepherd
- 1993 Kris Ellenbecker, Theresa Stelling
- 1992 Fran ten Bensel, Theresa Stelling
- 1991 Theresa Stelling

## WOMEN'S HONORS & AWARDS

### Nebraska's Women's Herman Award

2021-22	Cross Country - 3.741 GPA
2009-10	Cross Country - 3.709 GPA
2008-09	Cross Country - 3.671 GPA
2007-08	Cross Country - 3.711 GPA
2001-02	Cross Country - 3.447 GPA
2000-01	Cross Country - 3.593 GPA
1999-2000	Cross Country - 3.647 GPA
1997-98	Cross Country - 3.607 GPA
1996-97	Cross Country - 3.602 GPA
1994-95	Cross Country - 3.558 GPA

*Note: The Herman Awards are presented annually and are named after the Dick and Dale Herman families. They are awarded to the University of Nebraska teams with the highest team grade-point average.*

### Team Captains

Year	Captain(s)	Hometown
2020	Emma Bresser	Lansing, Kan.
	Erika Freyhof	Hamilton, Mich.
2019	Rachel Brush	Waukee, Iowa
	Elsa Forsberg	Lincoln, Neb.
	Erika Freyhof	Hamilton, Mich.
	Judi Jones	Lenexa, Kan.
2018	Rachel Brush	Waukee, Iowa
	Nicole Colonna	Los Altos Hills, Calif.
2017	Nicole Colonna	Los Altos Hills, Calif.
	Anna Peer	Bettendorf, Iowa
	Bonnie Smith	Omaha, Neb.
2016	Anna Peer	Bettendorf, Iowa
	Kristi Oslund	Highland Ranch, Colo.
	Bonnie Smith	Omaha, Neb.
2015	None	
2014	None	
2013	Isabel Andrade	Petaluma, Calif.
	Sarah Larson	Lincoln, Neb.
	Sarah Plambeck	Lincoln, Neb.
2012	Isabel Andrade	Petaluma, Calif.
	Sarah Plambeck	Lincoln, Neb.
	Martina Barinova	Prerov, Czech Republic
2011	Jessica Furlan	Regina, Saskatchewan
	Ashley Miller	Tipton, Iowa
2010	Jessica Furlan	Regina, Saskatchewan
	Ashley Miller	Tipton, Iowa
2009	Ari Goldstein	Soldotna, Alaska
	Rachel Carrizales	Morrill, Neb.
2008	Ari Goldstein	Soldotna, Alaska
	Betsy Miller	Lodgepole, Neb.
	Elizabeth Marsh	Wichita, Kan.
2007	Ari Goldstein	Soldotna, Alaska
2006	Kim Pancoast	Cape Girardeau, Mo.
	Betsy Miller	Lodgepole, Neb.
2005	Michaela Lenihan	Omaha, Neb.
	Kim Pancoast	Cape Girardeau, Mo.
	Kayte Tranel	Hampton, Neb.
2004	Anne Shadle	South Sioux City, Neb.
	Kayte Tranel	Hampton, Neb.
2003	Kathryn Handrup	Aurora, Neb.
	Ann Gaffigan	Springfield, Ill.
2002	Kathryn Handrup	Aurora, Neb.
	Ann Gaffigan	Springfield, Ill.
2001	Jenna Lucas	Rapid City, S.D.
2000	Amie (Finkner) Jorgensen	Kearney, Neb.
1999	Jaime Pauli	Milbank, S.D.
1998	Melissa Wilson	Scottsbluff, Neb.
1997	Nora Shepherd	York, Neb.
1996	Sandy Fein	Lenexa, Kan.
1995	Sherri (Sutter) Bonsall	Merino, Colo.
1994	Kris Ellenbecker	Sioux Falls, S.D.
1993	Theresa Stelling	Auburn, Neb.

1992	Fran ten Bensel	Arapahoe, Neb.
1991	Lisa (Darley) Graham	Carlsbad, N.M.
1990	Katie Fletcher	Lakin, Kan.
1989	Michele Marthaler	Brooten, Minn.
1988	Sammie Resh	Shelton, Neb.
1987	Sammie Resh	Shelton, Neb.
1986	Jill Noel	Lincoln, Neb.
1985	Laura Wight	Letchworth, England
1984	Jill Noel	Lincoln, Neb.
1983	Sue Nelson	Indianola, Iowa
1982	Janice Ohrt	Traer, Iowa
1981	Tami Essington	Washington, Ill.
1980	Lisa Kramer	Lincoln, Neb.
1979	Gina Hungerford	Omaha, Neb.

2011	Ashley Miller	Tipton, Iowa
2010	Katie White	Broken Bow, Neb.
2009	Jessica Furlan	Regina, Saskatchewan
2008	Jen Pancoast	Cape Girardeau, Mo.
2007	Rachel Carrizales	Morrill, Neb.
2006	Jen Pancoast	Cape Girardeau, Mo.
2005	Betsy Miller	Lodgepole, Neb.
2004	Lindsey Finkner	Kearney, Neb.
2003	Anne Shadle	South Sioux City, Neb.
2002	Anne Shadle	South Sioux City, Neb.
2001	Kathryn Handrup	Aurora, Neb.
2000	Jenna Lucas	Rapid City, S.D.
1999	Jaimie Kruger	Pierce, Neb.
1998	Jenna Lucas	Rapid City, S.D.
1997	Kate Centerwall	Bellevue, Wash.
1996	Melinda Mohr	Carroll, Neb.
1995	Christina Blackmer	Upland, Calif.
1994	Amber Parkinson	Anaheim, Calif.
1993	Kris Ellenbecker	Sioux Falls, S.D.
1992	Kirsten Walz	Las Cruces, N.M.
1991	Stephanie Quandt	Grand Island, Neb.
1990	Lisa (Darley) Graham	Carlsbad, N.M.
1989	Katie Fletcher	Lakin, Kan.
1988	Dawn Gale	Gillette, Wyo.
1987	Susie Larson	Lincoln, Neb.
1986	Sammie Resh	Shelton, Neb.
1985	Sammie Resh	Shelton, Neb.
1984	Mary Amen	Lincoln, Neb.
1983	Jill Noel	Lincoln, Neb.

### Most Valuable Runner

Year	Athlete	Hometown
2020	Erika Freyhof	Hamilton, Mich.
2019	Erika Freyhof	Hamilton, Mich.
2018	Erika Freyhof	Hamilton, Mich.
2017	Bonnie Smith	Omaha, Neb.
2016	Anna Peer	Bettendorf, Iowa
2015	Bonnie Smith	Omaha, Neb.
2014	Anna Peer	Bettendorf, Iowa
2013	Anna Peer	Bettendorf, Iowa
2012	Sarah Larson	Lincoln, Neb.
2011	Katie White	Broken Bow, Neb.
2010	Lara Crofford	Newville, Pa.
2009	Lara Crofford	Newville, Pa.
2008	Lara Crofford	Newville, Pa.
2007	Lara Crofford	Newville, Pa.
2006	Channing Anseth	Lincoln, Neb.
2005	Kayte Tranel	Hampton, Neb.
2004	Anne Shadle	South Sioux City, Neb.
2003	Ann Gaffigan	Springfield, Ill.
2002	Ann Gaffigan	Springfield, Ill.
2001	Ann Gaffigan	Springfield, Ill.
2000	Kathryn Handrup	Aurora, Neb.
1999	Michelle Brooks	Preston, England
1998	Jeannette Zimmer	Port Orchard, Wash.
1997	Amy Wiseman	Lee's Summit, Mo.
1996	Christina Blackmer	Upland, Calif.
1995	Nora Shepherd	York, Neb.
1994	Julie Mazzitelli	Eyota, Minn.
1993	Theresa Stelling	Auburn, Neb.
1992	Fran ten Bensel	Arapahoe, Neb.
1991	Fran ten Bensel	Arapahoe, Neb.
1990	Fran ten Bensel	Arapahoe, Neb.
1989	Yvonne van der Kolk	Hilversum, Netherlands
1988	Sammie Resh	Shelton, Neb.
1987	Sammie Resh	Shelton, Neb.
1986	Sammie Resh	Shelton, Neb.
	Mary Amen	Lincoln, Neb.
1985	Jill Noel	Lincoln, Neb.
1984	Laura Wight	Letchworth, England
1983	Karlene Erickson	Ericson, Neb.

### Most Improved Runner

Year	Athlete	Hometown
2020	Grace Pagone	Oswego, Ill.
2019	Gabrielle Boucher	Lenexa, Kan.
	Elsa Forsberg	Lincoln, Neb.
2018	Judi Jones	Lenexa, Kan.
2017	Nicole Colonna	Los Altos Hills, Calif.
2016	Nicole Colonna	Los Altos Hills, Calif.
2015	Kendall Cast	Aurora, Ill.
	Katrina Santiago	Miami, Fla.
2014	Bonnie Smith	Omaha, Neb.
2013	Shawnice Williams	Paramount, Calif.
2012	Jessica Wright	Bellevue, Neb.