



ROCKY MOUNTAIN ATHLETIC CONFERENCE

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RMAC CROSS COUNTRY ♦ WEEK 2 ♦ SEPTEMBER 8, 2010

RMAC MEN'S RUNNER OF THE WEEK

RMAC WOMEN'S RUNNER OF THE WEEK

RMAC RUNNERS OF THE WEEK

The 2010 RMAC Men's and Women's Runner of the Week selections will begin Sept. 15.

UPCOMING MEETS

September 10

UTEP LORI FITZGERALD INVITE
Western New Mexico

September 11

Joe Vigil Open
Adams State, Fort Lewis, Regis
UCCS Rust Buster Invite
UC-Colorado Springs, CSU-Pueblo, Metro State
Colorado State Invite
Western State

September 17

Texas Tech Invite
N.M. Highlands
Tom Strandt Memorial Run
Fort Lewis, Mesa State
National Catholic Invite
Regis

September 18

Woody Greeno Invite
Nebraska-Kearney
Colorado College Invite
Adams State, Colorado Christian, Colorado Mines, CSU-Pueblo,
Regis, Fort Lewis
UC-Riverside Invite
Western New Mexico

October 1

ASU Invite
Western New Mexico

October 2

OSU Cowboy Jamboree
Colorado Mines, New Mexico Highlands, Western State
Rocky Mountain Shootout
Colorado Christian, CSU-Pueblo, Fort Lewis, Mesa State,
Metro State, Regis, UC-Colorado Springs, Western State
South Dakota State Classic
Nebraska-Kearney

October 9

UCSD Triton Classic
Regis, Western New Mexico

October 16

Metro State Invite
Adams State, Colorado Christian, Mesa State, Metro State, Regis,
UC-Colorado Springs
FHSU Tiger Open
Colorado Mines
Arkansas Chile Pepper Invite
Adams State, Fort Lewis

October 23

NMHU Cross Country Jam
CSU-Pueblo, New Mexico Highlands
Mountaineer Open
Mesa State, Western State

November 6

RMAC Championships
All RMAC Teams
Las Vegas, N.M.

November 13

NCCAA National Championships
Colorado Christian

November 20

NCAA Central Regional
All RMAC Teams
Wayne, Neb.

December 4

NCAA National Championships
All Qualifying Teams/Individuals
Louisville, Ky.

2010 RMAC MEN'S CROSS COUNTRY NEWS & NOTES

ADAMS STATE COLLEGE

Team Note: The Grizzlies will begin their season Sept. 11 when they host the Joe I. Vigil Open.

COLORADO CHRISTIAN UNIVERSITY

Team Note: Colorado Christian will compete in the Colorado College Invite Sept. 18. to open their season.

COLORADO SCHOOL OF MINES

Team Note: The Orediggers first meet of the season will be Sept. 18 at the Colorado College Invite.

FORT LEWIS COLLEGE

Team Note: Fort Lewis' first meet of the season will be Sept. 11 at the Joe I. Vigil Open in Alamosa, Colo.

METROPOLITAN STATE COLLEGE OF DENVER

Team Note: The Roadrunners will begin competition Sept. 11 at the UC-Colorado Springs Rust Buster meet.

NEW MEXICO HIGHLANDS UNIVERSITY

Team Notes: NMHU competed at the Lobo Invite in Albuquerque where no team scores were kept. Moses Kirui paced NMHU with a seventh place finish, running the 8K race in 25:21. The Cowboys next competition is at Texas Tech for a meet on Sept. 17th.

REGIS UNIVERSITY

Team Note: The Rangers will begin competition Sept. 11 at the Joe I. Vigil Open in Alamosa, Colo.

UNIVERSITY OF COLORADO AT COLORADO SPRINGS

Team Note: UCCS will open their season at home at the Rust Bust Invite.

UNIVERSITY OF NEBRASKA AT KEARNEY

Team Note: The Lopers first action of the season will be Sept. 18 in Lincoln, Neb. at the Woody Greeno Invite.

WESTERN NEW MEXICO UNIVERSITY

Team Notes: The Mustangs scored 203 points to finish eighth out of 10 teams at the George Kyte Classic in Flagstaff, Ariz. Timo Kilp led the Mustangs in the 8K race to finish 35th with a time of 29:09.1

WESTERN STATE COLLEGE

Team Notes: Western State will compete Sept. 11 in the Colorado State Invite in Fort Collins to open their season.

2010 RMAC WOMEN'S CROSS COUNTRY NEWS & NOTES

ADAMS STATE COLLEGE

Team Note: The Grizzlies will begin their season Sept. 11 when they host the Joe I. Vigil Open.

COLORADO CHRISTIAN UNIVERSITY

Team Note: Colorado Christian will compete in the Colorado College Invite Sept. 18. to open their season.

COLORADO SCHOOL OF MINES

Team Note: The Orediggers first meet of the season will be Sept. 18 at the Colorado College Invite.

COLORADO STATE UNIVERSITY-PUEBLO

Team Note: CSU-Pueblo will open their 2010 season this Saturday at the UC-Colorado Springs Rust Buster Invite.

FORT LEWIS COLLEGE

Team Note: Fort Lewis' first meet of the season will be Sept. 11 at the Joe I. Vigil Open in Alamosa, Colo.

MESA STATE COLLEGE

Team Note: Mesa State's first action of the season will be Sept. 17 at Fort Lewis' Tom Strandt Memorial Run.

METROPOLITAN STATE COLLEGE OF DENVER

Team Note: The Roadrunners will begin competition Sept. 11 at the UC-Colorado Springs Rust Buster meet.

NEW MEXICO HIGHLANDS UNIVERSITY

Team Notes: NMHU competed at the Lobo Invite in Albuquerque where no team scores were kept. Ashley Lovato led NMHU in the 5K race, finished 46th overall (21:02). The Cowgirls next competition is at Texas Tech for a meet on Sept. 17th.

REGIS UNIVERSITY

Team Note: The Rangers will begin competition Sept. 11 at the Joe I. Vigil Open in Alamosa, Colo.

UNIVERSITY OF COLORADO AT COLORADO SPRINGS

Team Note: UCCS will open their season at home at the Rust Bust Invite.

UNIVERSITY OF NEBRASKA AT KEARNEY

Team Note: The Lopers first action of the season will be Sept. 18 in Lincoln, Neb. at the Woody Greeno Invite.

WESTERN NEW MEXICO UNIVERSITY

Team Notes: The Mustangs scored 265 points to finish 10th at the George Kyte Classic in Flagstaff, Ariz. Flor Luna finished the women's 5K race in 20:07.8, good for 24th place, to pace the Mustangs.

WESTERN STATE COLLEGE

Team Notes: Western State will compete Sept. 11 in the Colorado State Invite in Fort Collins to open their season.



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2010 RMAC CROSS COUNTRY RELEASE

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MEN'S DIVISION II NATIONAL RANKINGS 2010 PRE-SEASON POLL: AUGUST 25, 2010

<u>Rank</u>	<u>School</u>
1.	Adams State
2.	Western State
3.	Colorado Mines
4.	Grand Valley State
5.	Chico State
6.	Western Washington
7.	Queens (N.C.)
8.	Southern Indiana
9.	Harding
10.	Augustana (S.D.)
11.	Shippensburg
12.	Edinboro
13.	UMass Lowell
14.	Metro State
15.	Lock Haven
16.	Alaska Anchorage
17.	American International
18.	Drury
19.	Stonehill
20.	Western Oregon
21.	Columbus State
22.	Tarleton State
23.	Pittsburg State
24.	Bellarmino
25.	Fort Hays State

USTFCCCA

WOMEN'S DIVISION II NATIONAL RANKINGS 2010 PRE-SEASON POLL: AUGUST 25, 2010

<u>Rank</u>	<u>School</u>
1.	Adams State
2.	Grand Valley State
3.	Alaska Anchorage
4.	Shippensburg
5.	Chico State
6.	Minnesota Duluth
7.	Western Washington
8.	Missouri Southern
9.	Western State
10.	Tampa
11.	Augustana (S.D.)
12.	Ferris State
13.	Southern Indiana
14.	Seattle Pacific
15.	Truman State
16.	Stonehill
17.	Kutztown
18.	Slippery Rock
19.	Pittsburg State
20.	U-Mary
21.	Ashland
22.	Northwest Missouri
23.	Columbus State
24.	Queens (N.C.)
25.	Southern Connecticut

MEN'S DIVISION II CENTRAL REGION RANKINGS

August 24

1	Adams State
2	Western State
3	Colorado Mines
4	Augustana (S.D.)
5	Metro State
6	Neb.-Kearney
7	Minnesota State
8	New Mexico Highlands
9	St. Cloud State
10	UC-Colorado Springs

WOMEN'S DIVISION II CENTRAL REGION RANKINGS

August 24

1	Adams State
2	Minnesota Duluth
3	Western State
4	Augustana (S.D.)
5	U-Mary
6	Mesa State
7	Colorado Mines
8	Metro State
9	Winona State
10	Minnesota State

2010 RMAC CROSS COUNTRY TOP TIMES

WOMEN

<u>Event</u>	<u>Date</u>	<u>Time/Finish</u>
ADAMS STATE COLLEGE		
	<u>Date</u>	<u>Time/Finish</u>
COLORADO CHRISTIAN UNIVERSITY		
	<u>Date</u>	<u>Time/Finish</u>
COLORADO SCHOOL OF MINES		
	<u>Date</u>	<u>Time/Finish</u>
COLORADO STATE UNIVERSITY-PUEBLO		
	<u>Date</u>	<u>Time/Finish</u>
FORT LEWIS COLLEGE		
	<u>Date</u>	<u>Time/Finish</u>
MESA STATE COLLEGE		
	<u>Date</u>	<u>Time/Finish</u>
METROPOLITAN STATE COLLEGE OF DENVER		
	<u>Date</u>	<u>Time/Finish</u>
NEW MEXICO HIGHLANDS UNIVERSITY		
<u>Event</u>	<u>Date</u>	<u>Time/Finish</u>
Lobo Invite	Sept. 4, 2010	5K
Ashley Lovato		21:02/46th
Ivana Aragon		21:25/48th
Sessyon Crawford		22:14/58th
Kimberly Regensberg		22:33/59th
REGIS UNIVERSITY		
	<u>Date</u>	<u>Time/Finish</u>
UNIVERSITY OF COLORADO AT COLORADO SPRINGS		
	<u>Date</u>	<u>Time/Finish</u>
UNIVERSITY OF NEBRASKA AT KEARNEY		
	<u>Date</u>	<u>Time/Finish</u>
WESTERN NEW MEXICO UNIVERSITY		
<u>Event</u>	<u>Date</u>	<u>Time/Finish</u>
George Kyte Classic	Sept. 4, 2010	5K
Flora Luna		20:07.8/24th
Nicole Luna		22:45.6/65th
Sheilah Koskey		24:11.4/81st
Samantha Lopez		24:41.1/84th
Sarah Hall		25:00.2/86th
WESTERN STATE COLLEGE		
	<u>Date</u>	<u>Time/Finish</u>

MEN

<u>Event</u>	<u>Date</u>	<u>Time/Finish</u>
ADAMS STATE COLLEGE		
	<u>Date</u>	<u>Time/Finish</u>
COLORADO CHRISTIAN UNIVERSITY		
	<u>Date</u>	<u>Time/Finish</u>
COLORADO SCHOOL OF MINES		
	<u>Date</u>	<u>Time/Finish</u>
FORT LEWIS COLLEGE		
<u>Event</u>	<u>Date</u>	<u>Time/Finish</u>
Joe I. Vigil Open	Sept. 6, 2009	8K
METROPOLITAN STATE COLLEGE OF DENVER		
	<u>Date</u>	<u>Time/Finish</u>
NEW MEXICO HIGHLANDS UNIVERSITY		
<u>Event</u>	<u>Date</u>	<u>Time/Finish</u>
Lobo Invite	Sept. 4, 2010	8K
Moses Kirui		25:21/7th
Nicaise Kazingo		25:28/11th
Justin Lueras		27:21/46th
Elijah Wolfe		27:59/51st
Joshua Garcia		29:26/64th
Juan Sanchez		30:16/67th
REGIS UNIVERSITY		
	<u>Date</u>	<u>Time/Finish</u>
UNIVERSITY OF COLORADO AT COLORADO SPRINGS		
	<u>Date</u>	<u>Time/Finish</u>
UNIVERSITY OF NEBRASKA AT KEARNEY		
	<u>Date</u>	<u>Time/Finish</u>
WESTERN NEW MEXICO UNIVERSITY		
<u>Event</u>	<u>Date</u>	<u>Time/Finish</u>
George Kyte Classic	Sept. 5, 2009	8K
Timo Kilp		29:09.1/35th
Michael Montoya		30:02.4/46th
Matt Snay		31:20.8/61st
Anthony Martinez		32:37.1/71st
Dustin Walthall		32:73.3/74th
Zach Enriquez		33:18.9/77th
WESTERN STATE COLLEGE		
	<u>Date</u>	<u>Time/Finish</u>



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2010 RMAC CROSS COUNTRY RELEASE

2010 RMAC MEN'S CROSS COUNTRY PRESEASON COACHES POLL

#	School (1st Pl. Votes)	Points	'09 RMAC
			Finish
1.	Adams State (10)	10	1st
2.	Western State (1)	23	2nd
3.	Colorado Mines	24	3rd
4.	Metro State	39	4th
5.	New Mexico Highlands	50	7th
6.	Nebraska-Kearney	56	5th
7.	Fort Lewis	60	6th
8.	UC-Colorado Springs	70	8th
9.	Western New Mexico	83	9th
10.	Regis	88	11th
11.	Colorado Christian	96	10th

2010 RMAC WOMEN'S CROSS COUNTRY PRESEASON COACHES POLL

#	School (1st Pl. Votes)	Points	'09 RMAC
			Finish
1.	Adams State (12)	12	1st
2.	Western State (1)	24	2nd
3.	Mesa State	34	3rd
4.	Metro State	47	5th
5.	Colorado Mines	56	4th
6.	Fort Lewis	69	6th
7.	Nebraska-Kearney	83	10th
8.	UC-Colorado Springs	86	8th
9.	New Mexico Highlands	97	7th
10.	Regis	107	9th
11.	Western New Mexico	126	12th
12.	CSU-Pueblo	127	11th
13.	Colorado Christian	142	13th

RMAC MEN'S PRESEASON RUNNER OF THE YEAR



Tyler Pennel
Western State
Senior, Golden, Colo.
Golden HS

Pennel finished fourth at last year's RMAC Cross Country Championships in Denver. He went on to finish fourth at the NCAA regionals and 13th at the NCAA Division II championships while leading the Mountaineers to a second place finish.

RMAC WOMEN'S PRESEASON RUNNER OF THE YEAR



Alicia Nelson
Adams State
Sophomore, Craig, Colo.
Moffat County HS

Nelson was the 2009 RMAC Freshman of the Year after finishing third at the conference championship meet. Nelson went on to finish third at the NCAA regionals and led the Grizzlies to the 2009 NCAA Division II championship with a seventh place finish at nationals.

RMAC Men's Cross Country Preseason All-RMAC Team

Tyler Pennel, Western State (Sr., Golden, Colo.)
Ryan McNiff, Adams State (Sr., Los Alamos, N.M.)
Edwin Cruz, Adams State (So., Del Norte, Colo.)
Nicaise Kazingo, N.M. Highlands (Jr., Bujumbura, Burundi)
Ben Zywicki, Colorado Mines (Sr., Colo. Springs, Colo.)
Luke Cragg, Adams State (Sr., Leeds, England)
Loren Ahonen, Western State (Sr., Temperance, Mich.)

Runners are listed in order of points received.
*-unanimous selection

RMAC Women's Cross Country Preseason All-RMAC Team

***Alicia Nelson**, Adams State (So., Craig, Colo.)
Kristen McGlynn, Adams State (Sr., Bailey, Colo.)
Alexis Skarda, Mesa State (Jr., Boulder, Colo.)
Hillory Davis, Western State (Sr., Colo. Springs, Colo.)
Sarah Lyle, Western State (Jr., Aurora, Colo.)
Lauren Kleppin, Western State (Sr., S. Milwaukee, Wis.)
Xenia Flores, Metro State (Jr., Brighton, Colo.)

Runners are listed in order of points received.
*-unanimous selection

2010 RMAC CROSS COUNTRY SCHEDULES

ADAMS STATE COLLEGE

Date	Meet	Location
Sept. 11	Joe I. Vigil Open	Alamosa, Colo.
Sept. 18	Colorado College Invitational	Colorado Springs, Colo.
Oct. 2	Rocky Mountain Shootout	Boulder, Colo.
Oct. 16	Arkansas Chile Pepper Festival	Fayetteville, Ark.
Oct. 16	Metro State Invite	Denver, Colo.
Nov. 6	RMAC Championships	Las Vegas, N.M.
Nov. 20	NCAA Regional Championships	Wayne, Neb.
Dec. 4	NCAA National Championships	Louisville, Ky.

COLORADO CHRISTIAN UNIVERSITY

Date	Meet	Location
Sept. 18	Colorado College Invite	Colorado Springs, Colo.
Oct. 2	Rocky Mountain Shootout	Boulder, Colo.
Oct. 16	Metro State Invite	Denver, Colo.
Oct. 23	NMHU Cross Country Jam	Las Vegas, N.M.
Nov. 6	RMAC Championships	Las Vegas, N.M.
Nov. 13	NCCAA National Championships	Cedarville, Ohio.
Nov. 20	NCAA Regional Championships	Wayne, Neb.
Dec. 4	NCAA National Championships	Louisville, Ky.

COLORADO SCHOOL OF MINES

Date	Meet	Location
Sept. 18	Colorado College Invite	Colorado Springs, Colo.
Oct. 2	OSU Cowboy Jamboree	Stillwater, Okla.
Oct. 2	Louisville Classic	Louisville, Ky.
Oct. 16	FHSU Tiger Open	Fort Hays, Kan.
Nov. 6	RMAC Championships	Las Vegas, N.M.
Nov. 20	NCAA Regional Championships	Wayne, Neb.
Dec. 4	NCAA National Championships	Louisville, Ky.

COLORADO STATE UNIVERSITY-PUEBLO

Date	Meet	Location
Sept. 11	UCCS Rust Buster Invite	Colo. Springs, Colo.
Sept. 18	Colorado College Invitational	Colo. Springs, Colo.
Oct. 2	Rocky Mountain Shootout	Boulder, Colo.
Oct. 23	NMHU Cross Country Jam	Las Vegas, N.M.
Nov. 6	RMAC Championships	Las Vegas, N.M.
Nov. 20	NCAA Regional Championships	Wayne, Neb.
Dec. 4	NCAA National Championships	Evansville, Ind.

FORT LEWIS COLLEGE

Date	Meet	Location
Sept. 11	Joe I. Vigil Invite	Alamosa, Colo.
Sept. 17	Tom Strandt Memorial Run	Durango, Colo.
Oct. 2	Rocky Mountain Shootout	Boulder, Colo.
Oct. 16	Chile Pepper Invitation	Fayetteville, Ark.
Nov. 6	RMAC Championships	Las Vegas, N.M.
Nov. 20	NCAA Regional Championships	Wayne, Neb.
Dec. 4	NCAA National Championships	Louisville, Ky.

MESA STATE COLLEGE

Date	Meet	Location
Sept. 17	Tom Strandt Memorial Run	Durango, Colo.
Oct. 2	Rocky Mountain Shootout	Boulder, Colo.
Oct. 16	Metro State Invitational	Denver, Colo.
Oct. 23	Mountaineer Open	Gunnison, Colo.
Nov. 6	RMAC Championships	Las Vegas, N.M.
Nov. 20	NCAA Regional Championships	Wayne, Neb.
Dec. 4	NCAA National Championships	Louisville, Ky.

METROPOLITAN STATE COLLEGE OF DENVER

Date	Meet	Location
Sept. 11	UCCS Ruster Buster	Colo. Springs, Colo.
Oct. 2	University of Colorado Shootout	Boulder, Colo.
Oct. 16	Metro State Invitational	Denver, Colo.
Nov. 6	RMAC Championships	Las Vegas, N.M.
Nov. 20	NCAA Regional Championships	Wayne, Neb.
Dec. 4	NCAA National Championships	Louisville, Ky.

NEW MEXICO HIGHLANDS UNIVERSITY

Date	Meet	Location
Sept. 4	UNM Lobo Invitational	Albuquerque, N.M.
Sept. 17	Texas Tech Invite	Lubbock, Texas
Oct. 2	OSU Cowboy Jamboree	Stillwater, Okla.
Oct. 23	NMHU Cross Country Jam	Las Vegas, N.M.
Nov. 6	RMAC Championships	Las Vegas, N.M.
Nov. 20	NCAA Regional Championships	Wayne, Neb.
Dec. 4	NCAA National Championships	Louisville, Ky.

REGIS UNIVERSITY

Date	Meet	Location
Sept. 11	Joe I. Vigil Invite	Alamosa, Colo.
Sept. 17	National Catholic Invite	South Bend, Ind.
Sept. 18	Colorado College Invite	Colorado Springs, Colo.
Oct. 2	Rocky Mountain Shootout	Boulder, Colo.
Oct. 9	UCSD Triton Classic	San Diego, Calif.
Oct. 16	Metro State Invitational	Denver, Colo.
Nov. 6	RMAC Championships	Las Vegas, N.M.
Nov. 20	NCAA Regional Championships	Wayne, Neb.
Dec. 4	NCAA National Championships	Louisville, Ky.

UNIVERSITY OF COLORADO AT COLORADO SPRINGS

Date	Meet	Location
Sept. 11	UCCS Rust Buster Invitational	Colo. Springs, Colo.
Oct. 2	Rocky Mountain Shootout	Boulder, Colo.
Oct. 16	Metro State Invite	Denver, Colo.
Nov. 6	RMAC Championships	Las Vegas, N.M.
Nov. 20	NCAA Regional Championships	Wayne, Neb.
Dec. 4	NCAA National Championships	Louisville, Ky..

UNIVERSITY OF NEBRASKA AT KEARNEY

Date	Meet	Location
Sept. 18	Woody Greeno Invite	Lincoln, Neb.
Oct. 2	South Dakota State Classic	Brookings, S.D.
Oct. 16	FHSU Tiger Open	Fort Hays, Kan.
Nov. 6	RMAC Championships	Las Vegas, N.M.
Nov. 20	NCAA Regional Championships	Wayne, Neb.
Nov. 21	NCAA National Championships	Louisville, Ky.

WESTERN NEW MEXICO UNIVERSITY

Date	Meet	Location
Sept. 4	George Kyte Classic	Flagstaff, Ariz.
Sept. 10	Lori Fitzgerald Invite	El Paso, Texas
Sept. 18	UC Riverside Invite	Riverside, Calif.
Oct. 1	ASU Cross Country Invite	Tempe, Ariz.
Oct. 9	Triton Invitational	San Diego, Calif.
Nov. 6	RMAC Championships	Las Vegas, N.M.
Nov. 20	NCAA Regional Championships	Wayne, Neb.
Dec. 4	NCAA National Championships	Louisville, Ky.

WESTERN STATE COLLEGE

Date	Meet	Location
Sept. 11	Colorado State Invitational	Fort Collins, Colo.
Oct. 2	OSU Cowboy Jamboree	Stillwater, Okla.
Oct. 2	Rocky Mountain Shootout	Boulder, Colo.
Oct. 16	W. Mountain Run	Gunnison, Colo.
Oct. 23	Mountaineer Open	Gunnison, Colo.
Nov. 6	RMAC Championships	Las Vegas, N.M.
Nov. 20	NCAA Regional Championships	Wayne, Neb.
Dec. 4	NCAA National Championships	Louisville, Ky.



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