



Crusader

Women's Cross Country Award Winners

(updated through Sept. 3, 2010)

Horizon League

INDIVIDUAL CHAMPION

Laura Rolf	2007
Laura Rolf	2008

ATHLETE OF THE YEAR

Laura Rolf	2007
Laura Rolf	2008

FIRST TEAM

Rachael Button	2007
Laura Rolf	2007
Laura Rolf	2008

ALL-ACADEMIC TEAM

Laura Rolf	2007
Lindsey Gilman	2008
Laura Rolf	2008
Caitlin Sauerhage	2008
Alyssa Bradford	2009
Lindsey Gilman	2009

Indiana Big

INDIVIDUAL CHAMPION

Collette Liss	1996
---------------	------

Indiana Little

INDIVIDUAL CHAMPION

Jewel Market	1989
--------------	------

Mid-Continent Conference

INDIVIDUAL CHAMPION

Collette Liss	1996
---------------	------

RUNNER OF THE YEAR

Collette Liss	1996
---------------	------

NEWCOMER OF THE YEAR

Danielle Nunnely	2003
Laura Rolf	2005

FIRST TEAM

Collette Liss	1996
Tami Long	1998
Tami Long	1999
Elizabeth Whiting	2000
Laura Rolf	2005
Laura Rolf	2006

SECOND TEAM

Tami Long	1997
Amanda Lee	2000
Carrie Waterman	2001
Amy Mikel	2002
Rachel Nelson	2002
Amy Mikel	2003
Rachel Nelson	2003
Danielle Nunnely	2003
Danielle Nunnely	2004
Danielle Nunnely	2005
Ashley Billstrom	2006
Rachael Button	2006
Danielle Nunnely	2006
Renae Swift	2006

NCAA Great Lakes

ALL-REGION

Collette Liss	1996
Collette Liss	1997
Laura Rolf	2005
Laura Rolf	2006
Laura Rolf	2007
Laura Rolf	2008

North Star Conference

FIRST TEAM

Kimberly Bruckner	1989
Jenny Devine	1989
Jewel Market	1989

Indiana

ALL-STATE

Deana Action	1988
Kimberly Bruckner	1988
Jewel Market	1988
Kimberly Bruckner	1989
Shari Ludwig	1989
Tana Netsch	1989
Collette Liss	1996