

3rd Edition
Fall 2011

Jays

Creighton Cross Country Newsletter

The next step in development...

With the 2011 cross country season upon us, our men are returning a core group of upper-classmen set to lead a talented freshmen class into what could be our most competitive year since the '07 season. A young women's team is excited to establish themselves as the future of a program with a lot of potential. We'll take a brief look at what we accomplished last year, our preparation at the team retreat for this year, & what the future holds!



The women warm up for the team retreat 4k time trial. Freshmen Meghan Barry & Courtney Sawle would go 1 – 2, with sophomore Lauren Hintz close behind in 3rd. Ponca State Park near Sioux City, Nebraska provided the ideal setting for some quality miles & bonding before class began.



The men stride out & stretch before their 4k time trial at the team retreat. Junior Mike Hitt would go on to out-kick Red-Shirt Junior Chris Culhane for the win. Freshmen would go on to claim the 4th, 5th & 6th spots, though senior Casey Jergenson will soon be back from minor injury.



Coach Chas Davis leading the team through active isolated stretching after the morning shake-out in the coaches' lodge while breakfast is prepared in the kitchen

2010 XC Season at a glance

- Red-shirt Sophomore Chris Culhane moved up to 5th on the all-time school 8k list at the Willamette Invite in 25:22 & 3rd on the 10k list at Regionals in 31:58
- At the last race of the season in Peoria, Ill. for the NCAA Midwest Regional Championship, the women PR'd by an average of 43s for 6k, with three very close to or actually breaking 5k PR's en route.
- On the men's side at the Regional, the average 10k PR exceeded two minutes. Four of our seven competitors either PR'd or were very close to a personal best for 8k through the split.



The team on the Oregon Coast after the Willamette Invite

2011 Track Season at a glance

- Chris Culhane broke the school indoor 3000m & 5000m records at 8:38.45 (Iowa State Classic) & 14:53.48 (UW-Steven's Point Pointer Last Chance) respectively while putting himself 2nd on the all-time (including outdoor) school 5k list. Culhane finished 9th on the indoor & 13th on the 2011 outdoor MVC "Best List."
- Casey Jergenson ran 32:09.14 (Jim Duncan Invite) for 10,000m, earning him the 3rd fastest time in program history & 14th fastest time in the MVC last spring. Jergenson split 15:56 over the last 5k of the race – faster than his 5k PR from the previous season.
- Isabelle Squires won her heat of the 5000m at the Jim Duncan Invite in a new 13s PR of 19:24 by leading almost the entirety of the race.
- Meagan Wilderson became the first woman from Creighton to compete in the 800m & first woman to compete at the Kansas Relays from Creighton since 2007.
- Overall, runners from Creighton competed in 11 different track meets in Nebraska, Iowa, Missouri and Wisconsin in the 800m, Mile, 1500m, 3000m, 5000m & 10,000m, spanning from January 14th through May 7th.



The men finish their final stride before the UW-Parkside Invite in Kenosha, WI

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Introducing... the Freshman Class of 2011



Meghan Barry...Lakeville
South High School,
Lakeville, Minnesota.
15:01 4k, 11:36 3200m



Katie Huyck...Dallas
Center - Grimes High
School, Grimes, Iowa.
16:09 4k



Jess Johnson...
Kamehameha High
School, Waipahu,
Hawaii. 5:09 1500m,
2:24.36 800m, Top
five in Hawaiian
800m
championships last
three consecutive
years



Courtney Sawle...
Menomonie High School,
Menomonie, Wisconsin.,
15:24 4k, 11:30 3200m,
school record holder in
the indoor 3200m.



Quinn Biever...
Normal Community
High School,
Bloomington, Illinois.
16:02 3 mile, 4:39
1600



Drew Prescott...
Urbandale High
School, Urbandale,
Iowa. 15:57 5k, 9:36
3200m, 4:23 1600,
7th place in Iowa 4A
1600m State
Championships



Steve Raimondi...
Jesuit High School,
Portland, Oregon.
16:05 5k, 1:56
800m, 49.8 400
lead-off relay split.
5th place in Oregon
6A 800m State
Championships

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Wouldn't it have been nice if those "mile marker" signs on the Wabash Trace Trail were accurate? We thought the same thing, which is why we took the first weekend in November last year to measure & mark every $\frac{1}{4}$ mile through the first six miles on the Wabash. Freshman Colin Honeker, sophomores Tom Shimp & Mike Hitt, & juniors Joe Hamel & Evan Daugherty pitched in with the work along side Coach Davis & Greg Losh from Southwest Iowa Nature Trails.



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Fall 2011 Cross Country Schedule

- September 3- CU/UNO Invitational
Omaha, NE (Chili Greens)
- September 10- Huskie Invitational
DeKalb, IL (**WOMEN ONLY**)
- September 17- Woody Greeno Invitational
Lincoln, NE (Pioneers Park)
- October 1- Greater Louisville XC Classic
Louisville, KY
- October 14- Bradley Classic
Peoria, IL
- October 30- MVC Championships
Terre Haute, IN
- November 12- NCAA Midwest Regionals
DeKalb, IL



How can I help?!

By purchasing raffle tickets for the Bluejay Jamboree, which will be held on Saturday, November 12th! Tickets are being sold at a price of 3 for \$100. Our team receives 80% of the proceeds from the tickets we sell. The funds we raise from the raffle help provide our runners more opportunity than has ever been offered CUXC runners. To purchase tickets, contact Coach Jergenson at MollyJergenson@Creighton.edu

See the latest about Creighton Athletics at www.gocreighton.com and www.whiteandbluereview.com

To get frequent updates from the Cross Country team, you can now follow us on

Facebook and Twitter!

www.facebook.com/CreightonXCTrack

www.twitter.com/Cr8on_XC_Track

Please feel free to contact us with comments, questions, and concerns:

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