

Midwest Conference Office  
300 Seward St., Ripon, WI 54971; Phone: (920) 748-8157; Fax: (920) 748-8158



Chris Graham  
Commissioner  
grahamc@midwestconference.org

www.midwestconference.org

Emily Amici  
Sports Information Director  
amicie@midwestconference.org

## MWC CROSS COUNTRY OCTOBER 31, 2009

Loves Park, Ill. -- The Grinnell College women ran their way back to the top of the MWC, winning the 2009 MWC Cross Country Championships with 22 points, well ahead of runner-up Carroll University (71 points). This marks the Pioneers 16th championship title in program history and first since 2007, after the team had a four league title streak halted a year ago. The 6K race was held at Rock Cut State Park in Loves Park, Illinois.

2008 champion Monmouth College (73 points) was only two points shy of a second-place finish and edged St. Norbert College (74 points) for third. Beloit College rounded out the top five after scoring 124 points. Ripon College came in sixth followed by Lawrence in seventh-place, Lake Forest in eighth and Illinois College and Knox College in ninth and tenth, respectively.

Carroll University's Megan O'Grady was in a league of her own crossing the line in 22:26.29 to take home the individual title. Despite frigid temperatures and cold, strong winds, O'Grady finished almost one minute before runner-up and last year's individual champion Jenny Scherer of St. Norbert. The Green Knights' senior All-American completed the 6K course in 23:22.37, topping Monmouth College's Mary Kate Beyer (23:28.69), who finished third. Her Fighting Scots teammate Katie Staab finished in fourth-place followed by first-year Amanda Whipple of St. Norbert in fifth.

Grinnell College's Leah Russell, Hannah Colter and Maja Gamble crossed the line in sixth, seventh and eighth-place, respectively, while Ripon's Jessica Davey (ninth) and Michelle Matter (tenth) rounded out the top ten. The top twenty individual finishers earned all-conference recognition.

Grinnell's Head Coach Evelyn Freeman was named the 2009 Coach of the Year.

