



ROCKY MOUNTAIN ATHLETIC CONFERENCE

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CELEBRATING A CENTURY OF EXCELLENCE

RMAC CROSS COUNTRY ♦ WEEK 1 ♦ SEPTEMBER 1, 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 4

NAU GEORGE KYTE CLASSIC

Western New Mexico

UNM LOBO INVITE

New Mexico Highlands

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

Adams State, 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, Metro State, Regis,

UC-Colorado Springs

FHSU Tiger Open

Colorado Mines

Chile Pepper Invite

Fort Lewis

October 23

NMHU Cross Country Jam

CSU-Pueblo, Mesa State, New Mexico Highlands

Mountaineer Open

New Mexico Highlands, Western State

November 6

RMAC Championship

All RMAC Teams

November 13

NCCAA National Championship

Colorado Christian

November 20

NCAA Central Regional

All RMAC Teams

December 4

NCAA National Championship

All Qualifying Teams/Individuals

2010 RMAC CROSS COUNTRY RELEASE

USTFCCCA

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 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. 2	OSU Cowboy Jamboree	Stillwater, Okla.
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 Strand 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.