

UNIVERSITY OF ILLINOIS

# 2015 WOMEN'S CROSS COUNTRY

## ILLINOIS QUICK FACTS

Location	Urbana-Champaign, Ill.
Founded	1867
Enrollment	44,492
Nickname	Fighting Illini
Colors	Orange and Blue
Conference	Big Ten
Home Course	U of I Arboretum
President	Timothy Killeen
Interim Chancellor	Barbara Wilson
Director of Athletics	Mike Thomas
Executive Senior Assoc. Athletics Director	Jason Lener
Senior Assoc. Athletics Director	Paul Kowalczyk

## ILLINOIS COACHING AND SUPPORT STAFF

Cross Country Coach: Scott Jones	Third Season
Alma Mater	Duke University, '82
Office Phone	(217) 244-6119
Office Fax	(217) 244-9758
Head Track and Field Coach: Ron Garner	Third Season
Alma Mater	Christopher Newport, '82
Office Phone	(217) 244-4528
Athletic Trainer: Randy Ballard	14th Season
Alma Mater	Kansas State, '99
Office Phone	(217) 244-9160

## TEAM QUICK FACTS

2014 Big Ten Championships	9th
Top Individual: Hanna Winter (38th)	
2014 NCAA Midwest Regional Championships	10th
Top Individual: Alyssa Schneider (33rd)	
Letterwinners Returning/Lost	5/4

## 2015 MEET SCHEDULE

Date	Meet	Location
Sept. 4	Illini Challenge	Urbana, Ill.
Sept. 11	Illinois State	Normal, Ill.
Sept. 26	Roy Griak Invite	Minneapolis, Minn.
Oct. 17	Pre-Nationals	Louisville, Ky.
Oct. 23	Illini Open	Urbana, Ill.
Nov. 1	Big Ten Championships	Evanston, Ill.
Nov. 13	NCAA Midwest Regional	Lawrence, Kan.
Nov. 21	NCAA Championships	Louisville, Ky.

## TABLE OF CONTENTS

<b>MEDIA INFORMATION</b>	
2015 Team Roster	2
2015 Season Outlook	3
<b>COACHING STAFF</b>	
Head Cross Country Coach: Scott Jones	4
Head Track & Field Coach: Ron Gardner	4
Athletic Trainer: Randy Ballard	5
<b>THE FIGHTING ILLINI</b>	
Ackerman / Blazek /	6
Bobart / Branch /	7
Choquette / Falsey	8
Fox / Kladar / Lapp	9
Lemersal / McAsey / Palacios	10
Petrey / Rakosnik	11
Schneider	12
Seger / Winter	13
Newcomers	14
<b>HISTORY AND RECORDS</b>	
2014 Season In Review	15
2014 Results	16
Big Ten History	17
NCAA Regional Championships History	18
NCAA Championships History	19
Illinois School Records	19
Letterwinners	20



### ATHLETIC COMMUNICATIONS

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**Sports Information Director** ..... Kent Brown  
**Associate Director** ..... Derrick Burson  
**Assistant Directors** ..... Marla Glasser, Derek Neal, Jenny Dewar  
**Graduate Assistants/Interns** ..... Dan Longo, Jessica Leifheit  
**Office Manager** ..... Jennifer Fisher  
**Sports Info Phone** ..... (217) 300-5971  
**Sports Info Fax** ..... (217) 333-5540  
**Websites** ..... www.fightingillini.com / www.illiniwomenstrack.com  
**Twitter** ..... www.twitter.com/illiniWXC  
**Facebook** ..... www.facebook.com/illiniWXC  
**Mailing Address** ..... Athletic Public Relations  
 ..... 1700 S. Fourth Street  
 ..... Champaign, IL 61820

# 2015 FIGHTING ILLINI ROSTER

Name	Year	Hometown/High School/Last College
Audrey Blazek	R-So.	Naperville, Ill./Benet Academy
Valerie Bobart	Jr.	Northbrook, Ill./ Glenbrook North
Denise Branch	So.	Brooklyn, N.Y./Benjamin Cardozo
Nicole Choquette	R-So.	Urbana, Ill./Urbana
Katie Escobar	Fr.	Inverness, Ill./Fremd
Kaleigh Evans	Sr.	Winchester, Ill./Winchester
Colette Falsey	Sr.	Schaumburg, Ill./Schaumburg
Amanda Fox	Sr.	Naperville, Ill./Naperville Central
Kristina Kladar	R-Fr.	Rocktown, Ill./Boylan Catholic
Megan Lemersal	Jr.	Park Ridge, Ill./Maine South
Miranda Marry	R-Fr.	Paxton, Ill./ Fisher
Moira McAsey	So.	Minooka, Ill./Minooka
Twinkle Mehta	Fr.	Mahomet, Ill./Mahomet Seymour
Ellie Palacios	R-So.	Wauconda, Ill./Mundelein
Britten Petrey	R-Sr.	Schaumburg, Ill./Schaumburg
Lindsey Rakosnik	R-Jr.	Lombard, Ill./Glenbard East
Alyssa Schneider	R-Sr.	Bartlett, Ill./Bartlett
Morgan Schulz	Fr.	Cary, Ill./Cary-Grove
Kim Seger	Jr.	Belvidere, Ill./Belvidere North
Hanna Winter	Jr.	Arlington Heights, Ill./Saint Viator

**Cross Country Coach:** Scott Jones, Third Season  
**Volunteer Assistant:** Jordan Wallace, First Season

**PRONUNCIATION GUIDE**

Valerie Bobart ..... BO-bart  
 Nicole Choquette ..... show-KET  
 Colette Falsey ..... FALL-see  
 Lindsey Rakosnik ..... ra-KOZ-nik

## ROSTER BREAKDOWN

### SENIORS

Colette Falsey  
 Amanda Fox  
 Britten Petrey  
 Alyssa Schneider

### JUNIORS

Valerie Bobart  
 Megan Lemersal  
 Lindsey Rakosnik  
 Kim Seger  
 Hanna Winter

### SOPHOMORES

Audrey Blazek  
 Denise Branch  
 Nicole Choquette  
 Moira McAsey  
 Ellie Palacios

### FRESHMEN

Katie Escobar  
 Kristina Kladar  
 Miranda Marry  
 Twinkle Mehta  
 Morgan Shulz

## 2015 FIGHTING ILLINI SEASON OUTLOOK

Coach Scott Jones enters his third season at the helm and has a veteran squad that looks to be ready to take a big step forward after finishing ninth at the Big Ten meet and 10th at the Midwest Regional meet.

“This year we’re in the situation where our improvement will come because the people we have, have been in the program several years and they’re going to be better because they understand things, said Jones. So, maturity, and by just being older, stronger and having more training background, I think we’ll see big steps forward. I think we saw it in the track season and we’ll see it even more this cross-country season.”

The Orange and Blue welcome back their top-four finishers from Big Ten Championships and the top-five finishers at the NCAA Regional meet.

The Illini will return Alyssa Schneider for a post-graduate season. Schneider finished 33rd at NCAA Regionals and was the first on the team to finish at all-but-one meet that she competed in.

“She had a really good year two years ago where she qualified for the NCAA Cross-Country Championships, said Coach Jones. Last year, I think she showed a lot of improvement, but it didn’t manifest itself at the end of the year. I think that experience, and the disappointment of that experience, will be a strong motivating factor for her as an individual.”

Schneider will also bring four seasons of experience and leadership to an already veteran core as the team looks to take the next step forward.

“She’s really elevated her leadership qualities. She has always been a strong leader by example because she’s somebody that really does the right things, but I think she’s become more vocal, both on a group setting and on an individual basis.”

In addition to Schneider, seniors Colette Falsey, Britten Petrey, and Amanda Fox form a strong core for the Illini to rely on throughout the 2015 campaign. The four seniors will provide the squad with success, but also contribute as valuable mentors to the underclassmen.

“I think we want to show growth with the process, less so with training and more so with a competitive environment, said coach Jones. I think with the maturity, we will be a much tougher competitive unit going into the Big Ten and the regional meet.”

However, the Illini’s talent and experience is not fully reliant on seniors as Denise Branch and Hanna Winter, both ran at the NCAA Midwest Regional in 2014. Winter ran her top-two times at the end of the season, leading the team at the Big Ten meet and setting a personal-best time at the NCAA meet.

“The freshman from last year that will project to make the biggest impact this season is Denise Branch. Her season got off to a slow start, had an achy knee at the beginning of the year and her training was hobbled by that. But, she’s had a strong summer, she’s healthy. And just having that first season under her belt will really be transformative for her.”

The Orange and Blue will begin their season at the UI Arboretum on Friday, September 4 as they host the annual Illini Challenge meet at 6:30pm. During the next two weekends, the team will travel to Normal, Ill. for the Country Financial ISU Invitational and the highly-touted Roy Griak Invite in Minneapolis, Minnesota.

The team will have a couple weeks to rest before heading south to Louisville, Kentucky for the Pre-Nationals meet where they will be tested with some of the top runners in the country. The final regular season meet will take place back in Urbana, Illinois at the Illini Open on October 23 at 4pm.

The postseason begins on November 1 with the Big Ten Championships meet in Chicago. After a weekend off, the Illini will go to Lawrence, Kansas for the Regional Championships as they aim to qualify for the NCAA Championships meet the following weekend in Louisville, Kentucky.





## SCOTT JONES

**CROSS COUNTRY COACH**

**THIRD SEASON**

His second season at the helm saw Jones led the team to three invitational victories in 2014. The Orange and Blue won the Illinois State Invite, the Bradley Invite, and the Illini Open. It was the first time since 2006 that the Illini had won three meets in a season. In addition, Alyssa Schneider ran her best 5k and 6k under Jones' tutelage. The team finished 9th at the Big Ten Championship meet, and then finished 10th at the Midwest Regional meet. During the track season, Jones coached Alyssa Schneider to a third place finish in the 5,000m at the Big Ten Indoor Championship meet and 8th place during outdoors.

In his first season as head coach in 2013, Jones led the Illinois women's cross country team to its first Illini Challenge title since 2006. The team placed ninth at the Big Ten Championships and eighth at the NCAA Midwest Regional. For the first time since 2009, the Illini were represented at the NCAA Championships as Alyssa Schneider competed at the national meet for the first time in her career. During the 2014 indoor track season, the distance medley relay team of Stephanie Morgan, Kymbriana Taylor, Chloe Schmidt and Alyssa Schneider placed third at the Big Ten Championships with the third-fastest time in school history. Outdoors, Jones guided Alyssa Schneider in cracking Illinois' all-time top-10 list in three different distance events.

While at Akron, Jones was a two-time MAC Women's Cross Country Coach of the Year and coached two conference champion teams. He also assisted with 10 MAC Indoor and Outdoor Track and Field Championship teams, as his distance runners contributed to eight of the last nine conference titles. Jones has coached two All-Americans and 22 All-MAC cross country runners, as well as 25 individual MAC Indoor and Outdoor Track and Field champions.

In his first stint at Illinois, Jones helped produce three Big Ten team titles, as well as consecutive fourth-place finishes at the NCAA Championships in 1995 and 1996. Jones began his career as a volunteer assistant coach at Cornell University, where he assisted with teams that finished fourth at the NCAA Cross Country Championships in 1991 and 1992.

Jones has also led his teams to academic success, as his women's cross country teams have received USTFCCCA All-Academic recognition every year since 1998.

A native of Galveston, Texas, Jones graduated from Duke University in 1982, where he earned a bachelor's degree in geology. He also earned a Ph.D in earth science from the University of California, San Diego in 1989.



## RON GARNER

**HEAD TRACK & FIELD COACH**

**THIRD SEASON**

Coach Garner second campaign at Illinois had eight Illini qualify for the NCAA West Preliminary Round and two that qualified for the NCAA Championships. The strength of Garner's second season was in the field where Stephanie Richartz and Kandie Bloch-Jones excelled. Richartz won both the indoor and outdoor Big Ten pole vault title and took third in the NCAA Outdoor Championships. After an impressive freshman season, Bloch-Jones turned in a fourth-place high jump finish at the Big Ten Indoor Championships and a fifth place finish at Outdoors while qualifying for the NCAA Outdoor Championships. In addition to Richartz and Bloch-Jones, Garner saw Nicole Choquette take home the Big Ten Indoor Championships gold medal in the 600m.

During his first season as head coach, Garner saw 18 additions to Illinois' all-time top-10 lists. The squad boasted 10 NCAA West Preliminary Round qualifiers and were represented in the discus for the first time in 10 years. Garner was also instrumental in the success of freshman high jumper Kandie Bloch-Jones. The Illinois Female Newcomer of the Year captured the indoor Big Ten title, earned second-team All-America honors at the NCAA Indoor Championships, and finished runner-up at the Big Ten Outdoor Championships.

Before returning to Illinois, Garner spent the past two seasons at the University of South Carolina as an assistant coach for the men's and women's track and field teams, specializing in sprints and relay events. He coached 20 All-Americans in 12 events during his time with the Gamecocks. In his first season at South Carolina, Garner guided sprinter Erika Rucker in becoming the SEC 2012 Indoor Freshman Runner of the Year after she finished the season as the third fastest freshman in the nation.

Garner spent one season coaching the James Madison University track and field teams in 2005, where he specialized in throwing events. With his guidance, two school records were broken, and every athlete that he coached established at least one new personal record. Garner also specialized in throwing events at the University of Virginia from 2002-2004, where he coached two 2004 US Olympic Trials qualifiers, one 2004 NCAA All-American, and three ACC Champions.

As the head coach of the Clemson women's track and field and cross country programs, Garner led the track and field team to the 1999 ACC Outdoor title, the first in 8 years. That year, the team finished at number four on the final USTFCCCA National "Dual Meet" Team Power Rankings. For his success, Garner was named the 1999 ACC Outdoor Track and Field Coach of the Year.

At the University of Illinois, Garner was responsible for coaching the horizontal jumps and throwing events, and also assisted with the sprints, hurdles, and relays. During his time at Illinois, Garner helped the team produce six Big Ten Team Conference titles in six years, as well as two consecutive fourth place finishes at the NCAA Championships in 1995 and 1996. He contributed to the development of Olympic Bronze Medalist Tonja Buford-Bailey, and as the recruitment coordinator, he brought in three top-three nationally ranked recruiting classes.

Garner was an assistant coach for Clemson University from 1986-1991, where he assisted in the development of Olympic Gold Medalist Kim Graham. He established and coached the first women's track and field team in program history, and won the program's first ACC Conference title in 1991. Garner began his career at Christopher Newport University in 1983.

A 1982 graduate of Christopher Newport University with a degree in Leisure Studies and Physical Education, Garner received a master's degree in education from Clemson University. He founded the Inside Track Racing Team, where he coached track and field athletes aged 10-18. Garner coached the three fastest 4x100m relays ever run by a 17-18 yr. age group club team, and produced nineteen junior All-Americans. He is married to former University of Illinois volleyball player Disa Garner.



## JORDAN WALLACE

VOLUNTEER ASSISTANT



## RANDY BALLARD

ATHLETIC TRAINER

Randy Ballard enters his 14th season as an athletic trainer for the volleyball, cross country and track and field teams. A 1999 graduate of Kansas State University, Ballard earned his master's degree in kinesiology from the University of Texas in 2001.

The Concordia, Kan., native is no stranger to working with world-class athletes. Ballard has worked as an athletic trainer several times for the USA Track & Field teams. Most recently, he served as an athletic trainer for USA Track and Field at the 2008 Olympic Games in Beijing, China.

The previous year, Ballard was an athletic trainer for the 2007 U.S. Track & Field World Championships team in Osaka, Japan. He also served as the Head Athletic Trainer at the 2006 Cross Country World Championships in Fukuoka, Japan.

He has also served as therapist for numerous Olympians and world champions including Perdita Felicien, Bershawn Jackson, and Lauren Williams.

Randy has a great interest and expertise in manual therapies and the rehabilitation aspects of the athletic training world. Having learned from numerous well-renowned therapists, Ballard brings a well-rounded skill set to the athletic training room. Along with being integral in the the therapy and rehabilitation aspects of sports medicine, Ballard helped develop the physical competency testing that the volleyball team uses to help assess and develop their training programming. Randy has also presented at several professional and coaching conferences on therapy, testing and rehabilitation topics.

Prior to Illinois, Ballard spent three seasons as a student athletic trainer for the Kansas State athletic program before moving to Texas. In Austin, Ballard worked primarily with the Longhorn football and men's track and field programs.

Randy is married to wife Lori, and has a daughter, Avery, and a son, Ryder.



## AUDREY BLAZEK

JUNIOR // NAPERVILLE, ILL. // BENET ACADEMY

### CROSS COUNTRY

#### 2014 XC-SOPHOMORE

Did not compete

#### 2013 XC-FRESHMAN

One of two freshmen to compete at the NCAA Midwest Regionals ... Finished seventh for the Illini at the Big

Ten Championships ... Scored points for the Illini at the Pre-National Invitational with a personal-best 6K time of 22:45 ... Scored points for the Illini at the Boilermaker Invitational, where she places 32nd overall and fourth for the Illini ... Made her collegiate debut at the Illini Challenge, where she placed 7th overall.

### 2015 TRACK AND FIELD

**Outdoor:** Participated in four meets ... Took 15th place in the 10,000m at Big Ten Championships

**Indoor:** Competed in four meets ... Finished 27th in the 5,000m at Big Ten Championships

**HIGH SCHOOL:** Three-time All-Conference in cross country ... Two-time All-Conference in track ... Two-time state qualifier in both cross country and track.

**PERSONAL:** Daughter of Peter and Diane Blazek ... Born on February 18, 1995 ... Hobbies include spending time with family and friends, playing piano and guitar, cooking, reading, and making crafts ... Majoring in bioengineering ... National Honor Society member ... East Suburban Catholic Conference Scholar/Athlete Award recipient.

### BLAZEK'S PERSONAL BESTS

#### Cross Country

**4K:** 15:34 - Illini Challenge (8/30/13)

**5K:** 19:11 - Notre Dame Invitational (10/4/13)

**6K:** 22:45 - Pre-National Invitational (10/19/13)

#### Outdoor Track

**5,000m:** 17:22.45 - Illini Twilight (4/18/15)

**10,000m:** 36:56.16 - Big Ten Championships (5/17/15)

#### Indoor Track

**Mile:** 4:59.56 - Illinois Classic (1/18/14)

**3,000m:** 10:18.47 - Orange and Blue Open (2/21/15)

**5,000m:** 17:35.02 - Big Ten Championships (2/28/15)



## VALERIE BOBART

JUNIOR // NORTHBROOK, ILL. // GLENBROOK NORTH

### CROSS COUNTRY

#### 2014 XC - SOPHOMORE

Ran in six meets for the Illini ... Opened the season at the Illini Challenge by beating her best 5K time from last season ... Shaved over a half minute off of her 6K personal best at the Bradley Invite with a time of 22:28.8 ... At the Illini Open she, again, set a new personal-best for the 5K, clocking in at 18:48.35 ... Set a new personal-best at the Big Ten Championships when she ran the 6K in 22:32.3

#### 2013 XC - FRESHMAN

Made her collegiate debut at the Illini Challenge, where she placed 10th overall ... Competed at the Boilermaker Invitational and clocked a 6K time of 24:44 ... Shaved nearly a minute and a half off of her 6K time to run a personal-best 23:09 at the Bradley Classic ... Finished third for the squad at the Illini Open.

### 2015 TRACK AND FIELD

**Outdoor:** Competed in the 3,000m steeplechase at four events, winning the Illini Twilight and taking 15th at Big Ten Championships

**Indoor:** Competed in the mile and 3,000m ... Broke her personal-best 3,000m time at the Orange and Blue Open with a mark of 10:23.88

### 2014 TRACK AND FIELD

**Outdoor:** Competed unattached in the 3,000m at the Illinois Twilight.

**Indoor:** Competed unattached at the Orange & Blue Open and placed fourth in the 3,000m.

**HIGH SCHOOL:** Four-time All-Conference in both cross country and track ... Four-time state qualifier in cross country and two times in track ... Cross country team MVP in 2011 and 2012 ... Track team MVP in 2011 and 2012.

**PERSONAL:** Daughter of Glen and Christy Bobart ... Born on June 9, 1995 ... Has one brother, Quentin, and one sister, Cassie ... Hobbies include hanging out with friends and swimming ... Majoring in chemical engineering ... National Honor Society member ... Coordinated a blood drive at her high school.

### BOBART'S PERSONAL BESTS

#### Cross Country

**4K:** 15:48 - Illini Challenge (8/30/13)

**5K:** 18:48.35 - Illini Open (10/24/14)

**6K:** 22:28.8 - Bradley Invite (10/17/14)

#### Outdoor Track

**3,000m:** 10:30.99 - Illinois Twilight (4/12/14)

**3,000m SC:** - 10:52.87 - Illini Twilight (4/18/15)

#### Indoor Track

**Mile:** 5:18.29 - EIU Early Bird (12/5/14)

**3,000m:** 10:23.88 - Orange & Blue Open (2/21/15)



## DENISE BRANCH

SOPHOMORE // BROOKLYN, N.Y. // BENJAMIN CARDOZO

### CROSS COUNTRY

#### 2014 XC-FRESHMAN

Made her Illini debut at the Bradley Invitational, posting a 6K time of 22:31.6 ... Beat her Bradley Invite time at Big Ten Championships by crossing the finish line at 2:11.4 ... Finished 136th overall at the NCAA Midwest Regional with a time of 22:11.7, missing her personal-best by 0.3 seconds.

#### 2015 TRACK AND FIELD

**Outdoor:** Finished 24th at Big Ten Championships in the 1,500m ... Had three top-10 finishes on the season

**Indoor:** Placed 21st overall at Big Ten Championships in the 3,000m ... Finished 2nd at the EIU Early Bird

#### HIGH SCHOOL

2014: All-American (2 mile, 4x800m, distance medley)... All-Northeastern in cross country... All-State in 3K and 4x800... Cross country city champion... Indoor track city champion in 3k and 1500 m...2013: All-American in distance medley relay... All-Northeastern in cross country... City champion in cross country...All-State in track (3K, 1500 m)...Indoor track city champion in 3K...Outdoor track city champion in 1500m...Ran on championship high school distance medley relay at Penn Relays... National Honor Society... Principal Honor Roll.

#### PERSONAL

Daughter of Ivor and Violet Branch... Born February 11, 1996... Favorite athlete is Mary Cain... Hobbies include choreographing dances and shopping... Majoring in Sociology.

#### BRANCH'S PERSONAL BESTS

##### Cross Country

##### 4K:

##### 5K:

**6K:** 22:11.4 - Big Ten Championships (11/2/14)

##### Outdoor Track and Field

**800m:** 2:18.59 - Illini Twilight (4/18/15)

**1,500m:** 4:41.40 - EIU Big Blue Classic (4/4/15)

**3,000m:** 9:59.40 - Black & Gold Invite (3/28/15)

##### Indoor Track and Field

**800m:** 2:16.70 - Orange and Blue Open (2/21/15)

**Mile:** 5:02.38 - Meyo Invitational (2/7/15)



## NICOLE CHOQUETTE

R-SOPHOMORE // URBANA, ILL. // URBANA

### CROSS COUNTRY

#### 2014 XC - R-FRESHMAN

Made her Illini debut at the Illini Open where she posted a 19:06.54 time for the 5K, finishing 21st overall

#### 2013 XC-FRESHMAN

Did not compete.

#### 2015 TRACK AND FIELD

**Outdoor:** Qualified for the NCAA West Preliminary Round in the 800m ... Finished 13th at Big Ten Championships in the 800m ... Had five top-five finishes during the season ... Won the 800m at the Rankin Invitational with a time of 2:06.70 ... Academic All-Big Ten ... USTFCCCA All-Academic

**Indoor:** Won the 600m at Big Ten Championships with a personal-best time of 1:29.48 ... Won the 600m at the Orange and Blue Open ... First to finish the 400m at the Illini Classic

#### 2014 TRACK AND FIELD

**Outdoor:** Competed in the 800m at two meets ... Placed sixth at the Tiger Track Classic with a personal-best time of 2:12.25.

**Indoor:** Competed in the 800m at the Big Ten Championships and set a personal-best time of 2:09.72 ... Placed second in the 800m at the Orange & Blue Open ... Placed eighth in the 400m at the Illini Open.

**HIGH SCHOOL:** Placed second in the 800m at the 2012 USATF Outdoor Youth Championships ... Finished fourth in the 800m at the state championships in 2012 ... Finished seventh in the 400m at the state championships in 2013 ... Named Junior and Senior Athlete of the Year ... Holds four school records (4x400m relay, 400m, 800m, and three mile race).

**PERSONAL:** Daughter of Kent and Lori Choquette ... Born on June 23, 1995 ... Has two sisters, Kelsey and Amber ... Hobbies include skiing, playing the piano, and reading ... Majoring in crop science ... National Honor Society member ... Graduated ninth in her class.

#### CHOQUETTE'S PERSONAL BESTS

##### Cross Country

**5K:** 19:06.54 -Illini Open (10/24/14)

##### Outdoor Track

**200m:** 25.40 - Illini Twilight (4/18/15)

**400m:** 56:52 - Black & Gold Invite (3/28/15)



## KALEIGH EVANS

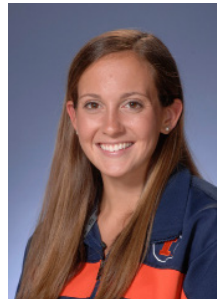
SENIOR // WINCHESTER, ILL. // WINCHESTER

### HIGH SCHOOL

Earned consecutive varsity letters in basketball and track and field during the years 2005-2010...All-State track (one year)...All-State basketball (one year)...All-Conference track (3 years)...All-Conference basketball (4 years)... Conference leader in steals in basketball.

### PERSONAL

Daughter of Craig and Heather VanHyning...Has one brother, Chase VanHyning... Born April 26, 1992...Majoring in Animal Science...Lists her favorite athlete as Michael Jordan and cites Jordan as her basketball hero growing up...Evans' favorite professional athletic organization is the St. Louis Cardinals...Favorite musicians are Eminem, Drake, Celine Dion, and Miley Cyrus...Lists her dream job as professionally working with race horses...Evans' most memorable athletic moment occurred when she nailed a three-point buzzer beater to win a super sectional high school basketball game in 2010.



## COLETTE FALSEY

R-SENIOR // SCHAUMBURG, ILL. // SCHAUMBURG

### CROSS COUNTRY

#### 2014 XC - R-JUNIOR

Competed in all but one meet for the Illini ... Finished in the top 3 in three meets, winning the Illini Open ... Broke her person-best 5K time at the Illini Challenge by 28 seconds ... Set a new personal-best 5K time at Illinois State, dropping it down to 17:37 ... Beat her previous best 6K time at the Bradley Invite, posting a time of 21:39.1 ... Set a new personal-best time of 21:23.3, finishing 59th overall, for the 6K at the NCAA Midwest Regional

#### 2013 XC - JUNIOR

Did not compete.

### CROSS COUNTRY

#### 2012 XC - SOPHOMORE

Finished first overall and lead the Illini at the Illinois Open, setting a new 5K personal best time of 18:46 ... Was part of the squad which ran at Bradley Classic, finishing with a 6K time of 23:33 ... Crossed the line second on the team and seventh overall at the Hoosier Invitational, with a 5K time of 19:23.

#### 2011 XC - FRESHMAN

Finished third for the Illini and 102nd overall with a 6K time of 23:08.60 at the NCAA Midwest Regional ... Earned points for the Illini after placing third for the squad and 80th overall at the Big Ten Championships with a 6K time of 22:21 ... Made Illini debut at the Illini Challenge by pacing the Orange and Blue, with a 4K time of 15:25 ... Scored points for the Illini, finishing fourth at the Bradley Open and recorded a three-mile time of 17:23 ... Came in fifth for the Illini and 15th overall at the Orange and Blue Preview with a 6K time of 22:13 ... Competed at the Sean Earl Lakefront Invitational with a 5K time of 18:59 ... Came in sixth for the Illini at the Wisconsin adidas Invitational with a 6K time of 23:08.

### 2015 TRACK AND FIELD

**Outdoor:** Competed in three meets ... Placed second in the 5,000m at the Black & Gold Invite with a mark of 17:18.64 ... Academic All-Big Ten.

**Indoor:** Participated in four different events across six meets ... Finished in 7th in the 800m at the Illini Classic.

### 2014 TRACK AND FIELD

**Outdoor:** Competed in the 800m at the ASU Invitational ... Academic All-Big Ten.

**Indoor:** Competed in the 5,000m at the Big Ten Championships ... Placed third in the mile at the Illini Classic with a personal-best time of 4:57.40 ... Placed third in the 3,000m at the Meyo Invitational.

### 2013 TRACK AND FIELD

**Outdoor:** Redshirt Season

**Indoor:** Set lifetime bests in the mile and 3,000m ... Part of Big Ten Championships squad, running the 3K in a time of 9:50.63 ... Finished the mile with a time of 5:02.81 at the Illini Classic to win the event.

### 2012 TRACK AND FIELD

**Outdoor:** Set a personal-record in her first race of the season at the EIU Big Blue Classic, clocking a time of 4:36.89 and finishing ninth ... Also competed in the 800m in one race.

**Indoor:** Participated in the 800m and mile ... Placed fifth at the Illini Open in the 800m, finishing with a time of 2:22.37 ... Set a personal-best time in the mile at the Illini Classic, with a time of 5:05.16 and placed fifth in the event.

### HIGH SCHOOL

Was a three-time All-Conference selection in cross country ... Helped team win the IHSA Class 3A state cross country title in 2011 ... Was a part of the state champion 4x800m relay team as a junior ... Earned All-State honors in the 800m in 2010.

### PERSONAL

Daughter of Julie Falsey ... Born September 19, 1992... Has three brothers and two sisters ... Hobbies include traveling, watching movies and spending time with family and friends ... Was a National Honor Society Member and was on the honor roll all four years.

### FALSEY'S PERSONAL BESTS

#### Cross Country

**3 Mile:** 17:23 - Bradley Open (9/9/11)

**4K:** 15:25 - Illini Challenge (9/2/11)

**5K:** 17:37 - Illinois State Invitational (9/12/14)

**6K:** 21:23.3 - NCAA Midwest Regional (11/14/14)

#### Outdoor Track

**800m:** 2:28.21 - Tom Botts Invitational (4/14/12)

**1,500m:** 4:36.89 - EIU Big Blue Classic (3/29/12)

**5,000m:** 17:18.64 - Black & Gold Invite (3/28/15)

#### Indoor Track

**800m:** 2:18.91 - Illini Classic (1/17/15)

**Mile:** 4:57.40 - Illini Classic (1/18/14)

**3,000m:** 9:50.05 - Meyo Invitational (2/7/15)



## AMANDA FOX

SENIOR // NAPERVILLE, ILL. // NAPERVILLE CENTRAL

### CROSS COUNTRY

#### 2014 XC - JUNIOR

Second fastest on the team in four meets, including Big Ten Championships and the NCAA Midwest Regional ... Finished the season strong by breaking her best 6K time at Big Tens (46th overall) and again at the NCAA Midwest Regional (48th overall) with a new best time of 21:12.7.

#### 2013 XC-SOPHOMORE

Scored points for the Illini in every meet she competed in ... Competed at the NCAA Midwest Regionals, where she placed 38th overall and second on the team with a personal-best 6K time of 21:25 ... Finished third for the Illini and 46th overall at the Big Ten Championships ... Placed 21st overall at the Pre-National Invitational with a 6K time of 21:44 ... Set a personal-best 4K time at the Illini Challenge, where she placed third overall and second for the squad ... Academic All-Big Ten.

### CROSS COUNTRY

#### 2012 XC-FRESHMAN

Finished fourth for the Illini at her first NCAA Midwest Regional with a 6K time of 22:30 ... In Big Ten Championships debut, finished third for the squad and nearly set a new personal-best with a time of 21:35 to finish 58th overall ... Came in second for the Illini and 98th overall at Pre-Nationals, ran a personal best 6K time of 21:33 ... Scored points at the Notre Dame Invitational, finishing fourth for the Illini and recorded a career best 5K time of 17:29 ... In her college debut, with a 5K time of 17:42, finished 5th overall and 2nd among her Illini teammates to help Illinois to win the Illinois Intercollegiate title ... Has finished among top-four Illini in all four races run this year.

#### 2015 TRACK AND FIELD

**Outdoor:** Did not compete

**Indoor:** Placed 18th at the Big Ten Championships in the 5,000m with a time of 17:01.73 ... Won the 3,000m at the Orange and Blue Open, finishing with a mark of 9:54.32.

#### 2014 TRACK AND FIELD

**Outdoor:** Competed in the 10,000m at the Big Ten Championships and clocked the ninth-fastest time in school history (36:13.50) ... Placed third in the 5,000m at the Illinois Twilight ... Clocked a personal-best time of 9:58.60 to place fourth in the 3,000m at the Tiger Track Classic ... Academic All-Big Ten.

**Indoor:** Placed fourth in the 5,000m at the Big Ten Championships with a personal-best time of 17:23.18 to score points for the Illini ... Placed fifth in the 5,000m at the Rod McCravy Memorial ... Recorded two top-five finishes in the mile, placing second at the Illini Open and fifth at the Illini Classic.

#### 2013 TRACK AND FIELD

**Indoor/Outdoor:** Did not compete.

### HIGH SCHOOL

2011 Illinois cross country Gatorade Athlete of the Year ... 2011 Illinois state cross country champion, recording second fastest time in Illinois history ... Set seven meet and course records during senior cross country season ... 2011 NXN Midwest cross country champion ... Placed ninth at the NXN cross country nationals.

### PERSONAL

Daughter of Jerry and Dana Fox ... Born February 7, 1994 ... Has one brother, Andrew ... Majoring in Kinesiology.

### FOX'S PERSONAL BESTS

#### Cross Country

**4K:** 14:55 - Illini Challenge (8/30/13)

**5K:** 17:29 - Notre Dame Invitational (9/28/12)

**6K:** 21:12.7 - NCAA Midwest Regional (11/14/14)

#### Outdoor Track

**1,500m:** 4:46.09 - Arizona State Invitational (3/29/14)

**3,000m:** 9:58.60 - Tiger Track Classic (4/5/14)

**5,000m:** 17:41.26 - Illinois Twilight (4/12/14)

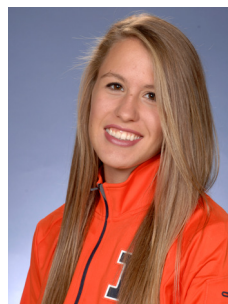
**10,000m:** 36:13.50 - Big Ten Championships (5/16/14)

#### Indoor Track

**Mile:** 5:17.10 - Orange & Blue Open (2/22/14)

**3,000m:** 9:54.32 - Orange & Blue Open (2/21/15)

**5,000m:** 17:01.73 - Big Ten Championships (2/28/15)



## KRISTINA KLADAR

SOPHOMORE // ROCKFORD, ILL. // BOYLAN CATHOLIC

#### 2014 XC - FRESHMAN

Did not compete.

#### 2014 TRACK AND FIELD

Did not compete

### HIGH SCHOOL

Two-time All-State in track... Three-time All-Conference in swimming... Two-time All-Conference in track.

### PERSONAL

Daughter of Gregory and Erin Kladar... Born April 10, 1996... One brother and two sisters... Majoring in Kinesiology.



## MEGAN LEMERSAL

SOPHOMORE // PARK RIDGE, ILL. // MAINE SOUTH

### CROSS COUNTRY

#### 2014 XC - SOPHOMORE

Competed in all regular season meets plus the Big Ten Championships meet ... Lowered her personal best 5K time at the Illinois State Invite with a time of 18:37 ... Set her personal-best 6K performance at Big Ten Championships with a time of 22:31.2, finishing in 97th place

#### 2013 XC - FRESHMAN

Made her collegiate debut at the Illini Challenge, where she placed 14th overall ... Clocked a 23:59 at the Boilermaker Invitational, then trimmed over a minute off her time to finished third for the Illini with a 6K time of 22:53 at the Bradley Classic ... Finished second for the squad and 16th overall at the Illini Challenge.

#### 2015 TRACK AND FIELD

**Outdoor:** Competed at the EIU Big Blue Classic and Illini Twilight in the 1,500m.

**Indoor:** Competed in the mile at three meets, finishing 6th at the EIU Early Bird.

#### 2014 TRACK AND FIELD

**Outdoor:** Competed unattached in the 1,500m at the Illinois Twilight.

**Indoor:** Did not compete.

**HIGH SCHOOL:** Seven-time All-Conference in cross country and track ... Senior Female Athlete of the Year ... Placed ninth at the 2011 IHSA cross country state championships ... Two-time state qualifier in cross country ... State qualifier in track.

**PERSONAL:** Daughter of Joe and Beth Lemersal ... Born on April 25, 1995 ... Has two brothers, Charlie and Will ... Hobbies include art and Irish dance ... Senior Scholar Athlete of the Year for cross country and track.

#### LEMERSAL'S PERSONAL BESTS

##### Cross Country

**4K:** 15:59 - Illini Challenge (8/30/13)

**5K:** 18:37 - Illinois State Invitational (9/12/14)

**6K:** 22:31.2 - Big Ten Championships (11/2/14)

##### Outdoor Track

**1,500m:** 4:46.72 - Illinois Twilight (4/18/15)

##### Indoor Track

**Mile:** 5:13.50 - Orange and Blue Open (2/21/15)



## MIRANDA MARRY

SOPHOMORE // HURDLES/SPRINTS

PAXTON, ILL. // FISHER HS

#### 2015 TRACK AND FIELD

**Outdoor:** Finished in 13th in the 400m hurdles at Big Ten Championships ... Ran her fastest 400m hurdles at the Illini Twilight (4/18/15)

**Indoor:** Competed at Big Ten Championships in the 600m ... finished third in the 600m at the Orange and Blue Open ... Placed fifth in the 400m at the Illini Classic.

#### HIGH SCHOOL

Four-year letterwinner in track...Placed in second in the 300m hurdles and third in the 200m at the 2014 state finals...Finished third in the 300m hurdles, seventh in the 200 and 4x200 m relay and ninth in the 4x100 m relay...2012 & 2013 Junior Olympic participant...two-time all-area honorable mention...Rantoul Press 2013 "Female Athlete of the Year"...Four-year academic letterwinner and Beta Club member.

#### PERSONAL

Daughter of Bill and Carrie Marry...Born February 23, 2014...Has two sisters...Hobbies include reading and drawing...Favorite athlete is Allyson Felix...Illini hero growing up was Dee Brown...Competed in tumbling for 10 years...Majoring in kinesiology.

#### MARRY'S PERSONAL BESTS

##### Outdoor

**400m:** :58.41 - EIU Big Blue Classic (4/4/15)

**400m Hurdles:** 1:02.25 - Illini Twilight (4/18/15)

##### Indoor

**400m:** :58.27 - Rod McCravy Invite (1/24/15)

**600m:** 1:34.49 - Big Ten Championships (2/28/15)



## MOIRA MCASEY

SOPHOMORE // MINOOKA, ILL. // MINOOKA

#### 2014 XC - FRESHMAN

Did not compete

#### 2015 TRACK AND FIELD

Did not compete

#### HIGH SCHOOL

Two-time All-Conference in cross country... Three-time All-Conference in track... Two-time All-State in track... Anchored All-State 4x800... 800m state finalist.

#### PERSONAL

Daughter of Timothy and Sheila Mcasey... Born September 29, 1995... Two brothers; Joe and Jon.



## ELLIE PALACIOS

JUNIOR // WAUCONDA, ILL. // MUNDELEIN

### CROSS COUNTRY

#### 2014 XC - SOPHOMORE

Did not compete

#### 2013 XC - FRESHMAN

Made her collegiate debut at the Illini Challenge, where she placed 16th overall ... Finished sixth for the squad at the Bradley Classic with a 6K time of 23:43 ... Placed 43rd overall and finished sixth for the Illini at the team Open.

#### 2015 TRACK AND FIELD

**Outdoor:** Finished 12th in the 3,000m at the Orange and Blue Open.

**Indoor:** Competed at the Illini Twilight, taking 21st in the 3,000m.

#### 2014 TRACK AND FIELD

**Indoor/Outdoor:** Did not compete.

#### HIGH SCHOOL

Two-time conference champion in the 3200m ... 2013 sectional champion in the 3200m ... Three-time All-Conference in track ... Three-time All-Conference in cross country ... State qualifier in cross country ... Placed fourth in the 3200m at the state championships in 2013 ... Finished fourth in the 3200m at the 2013 Illinois Prep Top Times Indoor Championships ... Team captain for track and cross country ... Cross country team MVP in 2012, and track team MVP in 2012 and 2013 ... Pioneer Press Athlete of the Month in April of 2013 ... School record holder in two events (3200m and three mile race).

#### PERSONAL

Daughter of Oscar and Sarah Palacios ... Born on November 29, 1994 ... Has one brother, Chris, and one sister, Lucia ... Hobbies include biking, swimming, drawing, and reading ... Majoring in biology ... National Honor Society member ... 2011 NSC Sportsmanship Award winner.

#### PALACIOS' PERSONAL BESTS

##### Cross Country

**4K:** 16:22 - Illini Challenge (8/30/13)

**5K:** 19:50 - Illini Open (10/25/13)

**6K:** 23:43 - Bradley Classic (10/18/13)

##### Outdoor Track

**3,000m:** 10:51.79 - Illini Twilight (4/18/15)

##### Indoor Track

**3,000m:** 11:09.36 - Orange and Blue Open (2/21/15)



## BRITTEN PETREY

**R-SENIOR // SCHAUMBURG, ILL. // SCHAUMBURG**

### CROSS COUNTRY

#### 2014 SC - RS JUNIOR

Competed in every meet this year for the Orange and Blue ... Shaved 29 seconds off her personal-best 5K time at the Illinois State Invite, crossing at 17:59 ... Broke her personal-best 6K time at Big Ten Championships with a time of 21:31.6, finishing 64th overall ... Came in 109th overall at the NCAA Midwest Regional, posting a time of 21:51.4

#### 2013 XC - RS SOPHOMORE

Scored points for the Illini at the Big Ten Championships, where she finished fifth for the team with a 6K time of 22:52 ... Finished seventh for the squad at both the Pre-National Invitational and Notre Dame Invitational ... Finished sixth for the Illini at the Boilermaker Invitational.

### CROSS COUNTRY

#### 2012 XC - SOPHOMORE

Redshirt season.

#### 2011 XC - FRESHMAN

Placed fifth for the Orange and Blue and 106th overall with a 6K time of 23:10.71 at the NCAA Midwest Regional ... Finished fifth and scored points for the Illini after placing 89th overall at the Big Ten Championships with a 6K time of 22:33 ... Started Illini career finishing third for the Illini and 14th overall at the Illini Challenge, recording a 4K time of 15:31 ... Came in sixth for the Illini and 10th overall at the Bradley Open, with a three-mile time of 17:53 ... Scored points for Illinois at Orange and Blue Preview, placing third with a 6K time of 21:56 ... Placed fourth on the team at the Sean Earl Lakefront Invitational ... Finished fifth for Illinoi at the Wisconsin adidas Invitational.

#### 2015 TRACK AND FIELD

**Outdoor:** Recorded a top-10 finish in the 3,000m steeplechase at Big Ten Championships ... Won the 3,000m steeplechase at the EIU Big Blue, Rankin, and Jim Click Invites.

**Indoor:** Competed in the 600m, 800m, and mile during the season ... Won the 800m at the Illini Classic, clocking in at 2:13.31 ... Won the EIU Early Bird mile with a tape-breaking time of 5:02.40.

#### 2014 TRACK AND FIELD

**Outdoor:** Competed in the 1,500m at the Big Ten Championships ... Went undefeated in the 3,000m steeplechase, placing first at the ASU Invitational, Tiger Track Classic and Illinois Twilight ... Placed second in the 1,500m at the LSU Alumni Gold meet.

**Indoor:** Competed in the mile at the Big Ten Championships ... Won the 3,000m at the Orange & Blue Open with a personal-best time of 10:10.19 ... Placed seventh in the mile at the Tyson Invitational.

#### 2013 TRACK AND FIELD

**Indoor:** Placed sixth in the 3,000m at the EIU Special.

#### 2012 TRACK AND FIELD

**Outdoor/Indoor:** Redshirt season

### HIGH SCHOOL

Helped team capture the IHSA Class 3A state cross country title in 2011 ... Earned All-State Honors in cross country and track as a junior in 2010 ... Qualified for the state meet all four years.

### PERSONAL

Daughter of Joanne and Michael Petrey ... Born March 10, 1993... Has one brother, Mike ... Hobbies include running, swimming, movies and traveling to new places ... Was a member of the National Honors Society for two years.

#### PETREY'S PERSONAL BESTS

##### Cross Country

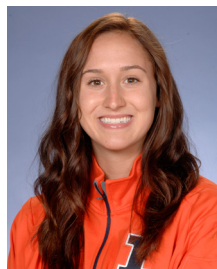
**3 Mile:** 17:53 - Bradley Open (9/9/11)  
**4K:** 15:31 - Illini Challenge (9/2/11)  
**5K:** 17:59 - Illinois State Invitational (9/12/14)  
**6K:** 21:31.6 - Big Ten Championships (11/2/14)

##### Outdoor Track

**1,500m:** 4:26.62 - LSU Alumni Gold (4/19/14)  
**3,000m:** 9:50.00 - Illini Twilight (4/18/15)  
**2,000m SC:** 6:50.01 - Baldy Castillo Invite (3/21/15)  
**3,000m SC:** 10:33.08 - EIU Big Blue Classic (4/4/15)

##### Indoor Track

**600m:** 1:37.25 - Border Battle (1/10/15)  
**800m:** 2:12.10 - Orange and Blue Open (2/21/15)  
**Mile:** 4:55.39 - Tyson Invitational (2/14/14)  
**3,000m:** 10:10.19 - Orange & Blue Open (2/22/14)



## LINDSEY RAKOSNIK

**SENIOR // LOMBARD, ILL. // GLENBARD EAST**

### CROSS COUNTRY

#### 2014 XC - JUNIOR

Competed in all of Illinois' regular season meets ... Posted a 5K time of 18:32 at the Illinois State Invite, three seconds shy of her personal-best ... Best 6K time of the season came at the

Bradley Invite where she crossed in 23:10.8.

#### 2013 XC - SOPHOMORE

Set a personal-best 4K time of 15:57 at the Illini Challenge ... Finished seventh for the squad at the Boilermaker Invitational.

#### 2012 XC - FRESHMAN

Ran a 6K time of 22:58 at the NCAA Midwest Regional, finishing sixth for the Illini ... Ran at the Big Ten Championships, placing seventh on the team and 88th overall, finishing with a time of 22:31 ... Ran in the unseeded race at the Pre-National meet, covering the 6K course in a time of 22:46 ... Scored points for the Illini at the Illinois Open, finishing third and setting a 5K time of 19:04 .

#### 2015 TRACK AND FIELD

**Outdoor:** Competed in the 800m at the Big Ten Championships ... Took third place in the 800m at the Illini Twilight, setting a personal-best time of 2:10.57 ... Ran in the 400m for the first time at the Black & Gold Invite, finishing 6th with a mark of 57:51.

**Indoor:** Ran the 800m at Big Ten Championships ... Bested her fastest indoor 800m time with a 2:10.64 mark at the Rod McCravy meet ... Won the 600m at the Illini Classic with a time of 1:35.20 ... Finished her fastest 600m at the Orange and Blue Open with a time of 1:33.77

#### 2014 TRACK AND FIELD

**Outdoor:** Competed in the 800m at the Big Ten Championships ... Clocked a personal-best 800m time of 2:12.28 to place fourth at the Illinois Twilight ... Placed fourth in the 800m at the Billy Hayes Invitational.

**Indoor:** Did not compete.

#### 2013 TRACK AND FIELD

**Indoor/Outdoor:** Did not compete.

### HIGH SCHOOL

2011 USTAF National Junior Olympic 1,500m Champion ... 2011 Illinois 800m state champion ... 2010 Illinois state runner-up ... Placed seventh at the 2011 cross country state championships and holds conference, sectional and school records in multiple events ... Five-time MVP ... DuPage female athlete of the year.

### PERSONAL

Daughter of Ron and Leanne Rakosnik ... Born Jan. 17, 1994 ... Has a brother, Mike and a sister, Kailey ... Hobbies include watching movies and shopping ... Majoring in mathematics and minoring in education.

#### RAKOSNIK'S PERSONAL BESTS

##### Cross Country

**4K:** 15:57 - Illini Challenge (8/30/13)  
**5K:** 18:29 - Notre Dame Invitational (9/28/12)  
**6K:** 22:31 - Big Ten Championships (10/28/12)

##### Outdoor Track

**400m:** 57:51 - Black & Gold Invite (3/28/15)  
**800m:** 2:10.57 - Illinois Twilight (4/18/15)

##### Indoor Track

**600m:** 1:33.77 - Orange and Blue Open (2/21/15)  
**800m:** 2:10.64 - Rod McCravy Invite (1/24/15)



## ALYSSA SCHNEIDER

GRADUATE // CLARENDON HILLS, ILL. // BENET  
ACADEMY

### CROSS COUNTRY

#### 2014 XC - RS JUNIOR

Was first on the team to finish in five meets, including the NCAA Midwest Regional ... Won the Illini Challenge by clocking in at 17:43 ... Won her second consecutive meet at the Illinois State Invite with a time of 17:18,

trimming her 5K personal-best time by 3 seconds ... Finished third overall at the Bradley Invite, finishing with a time of 20:49.4 ... Ran the Big Ten Championships meet in 21:27.1, good for 58th place overall ... Crossed the finish line at 20:59.2 to finish 33rd in the NCAA Midwest Regional

#### 2013 XC - RS SOPHOMORE

Led the Illini in every meet she competed in ... Qualified for the NCAA Championships after placing fifth at the NCAA Midwest Regional ... Earned All-Region honors and clocked a personal-best 6K time of 20:25, which is also the fourth-fastest time in school history ... Placed 28th at the Big Ten Championships ... Placed eighth at the Pre-National Invitational ... Placed sixth at the Boilermaker Invitational ... Set a personal-best 4K time of 14:24 to win the Illini Challenge ... Academic All-Big Ten.

#### 2012 XC - RS FRESHMAN

Finished first for the Illini at NCAA Midwest Regional with a 6K time of 21:04, receiving All-Region honors for her 12th-place overall finish ... Finished 22nd overall and second on the team at the Big Ten Championships, finishing with a time of 20:56, beating her 6K personal best by nearly a minute and just outside the top-10 all time at Illinois ... Scored points for the Orange and Blue at Pre-Nationals, finishing third among her teammates with a then career-best 6K time of 21:40 ... Was one of six Illini to set a personal best time at the Notre Dame Invitational, running a 5K time of 17:21 and finishing 36th overall ... Began season by helping the Orange and Blue win the Illinois Intercollegiate, placing eighth overall with a 5K time of 17:45 ... Academic All-Big Ten ... USTFCCCA All-Academic.

#### 2011 XC - FRESHMAN

Redshirt season.

### 2015 TRACK AND FIELD

**Outdoor:** Qualified for the NCAA Preliminary Rounds in the 10,000m ... Finished in the top-10 in both the 5,000m and 10,000m at Big Ten Championships ... Won the 1,500m at the Rankin Invitational, posting a mark of 4:20.81 ... Posted her best 5,000m time at the Stanford Invitational, a 16:13.31 mark ... Academic All-Big Ten ... USTFCCCA All-Academic.

**Indoor:** Won the bronze medal in the 5,000m at Big Ten Championships with a personal-best time of 16:18.41... Won the mile at both the Borer Battle and Illini Classic

### 2014 TRACK AND FIELD

**Outdoor:** Qualified for the NCAA West Preliminary Round in the 10,000m ... Placed fifth in the 10,000m at the Big Ten Championships with the second-fastest time in school history (34:23.64) to score points for the Illini ... Won the 3,000m at the Tiger Track Classic with the fifth-fastest time in school history (9:29.45) ... Clocked the seventh fastest time in school history (4:22.53) to place second in the 1,500m at the Billy Hayes Invitational ... Won the 5,000m at the Illinois Twilight ... Academic All-Big Ten ... USTFCCCA All-Academic.

**Indoor:** Placed eighth in the 5,000m at the Big Ten Championships with the second-fastest time in school history (16:29.43) to score points for the Illini ... Member of the distance medley relay team that placed third at the Big Ten Championships with the fifth-fastest time in school history (11:29.51) ... Clocked the 10th-fastest mile time in school history (4:47.34) to place fifth at the Tyson Invitational ... Placed sixth in the 3,000m at the Rod McCravy Memorial with the fourth-fastest time in school history (9:28.72) ... Recorded three first-place finishes, winning the mile at both the Illini Open and Illini Classic and the 5,000m at the Meyo Invitational.

### 2013 TRACK AND FIELD

### 2012 TRACK AND FIELD

**Outdoor:** Competed in the 1,500m, 800m and the distance medley relay ... Set a personal-best in the 1,500m at the Big Ten Championships with a time of 4:31.17 ... Helped the DMR place ninth at the Drake Relays.

**Indoor:** Set a career-best 800m time at the Illini Open (2:19.42), placing fourth ... Ran the mile at the Illini Classic and finished sixth with a time of 5:06.14 ... Competed in the 3,000m at the Mark Colligan Memorial, placing sixth in a time of 10:12.86.

### HIGH SCHOOL

Earned All-State honors in cross country in 2008 and track in 2009, 2010, and 2011 ... Three-time 1600m conference champion ... Was named all-conference for cross country in 2008, 2009, and 2010 ... Also was named all-conference for track all four years ... Earned four varsity letters in both cross country and track.

### PERSONAL

Daughter of Jeff and Joanne Schneider ... Born April 16, 1993 ... Has one sister, Kristen, who she credits as the biggest influence in her athletic career ... Hobbies include running, biking, cooking, and kayaking ... Graduated in the top 1% of her class ... Was a member of the National Honors Society in 2010 and 2011 ... Majoring in mathematics.

### SCHNEIDER'S PERSONAL BESTS

#### Cross Country

**4K:** 14:24 - Illini Challenge (8/30/13)

**5K:** 17:21 - Notre Dame Invitational (9/28/12)

**6K:** 20:25 - NCAA Midwest Regional (11/15/13)

#### Outdoor Track

**800m:** 2:16.17 - Jesse Owens Classic (4/20/13)

**1,500m:** 4:21.24 - NCAA West Prelims (5/30/15)

**3,000m:** 9:29.45 - Tiger Track Classic (4/5/14)

**5,000m:** 16:13.31 - Stanford Invitational (4/3/15)

**10,000m:** 34:23.64 - Big Ten Championships (5/16/14)

#### Indoor Track

**600m:** 1:38.01 - Border Battle (1/10/15)

**800m:** 2:19.42 - Illini Open (1/14/12)

**Mile:** 4:47.34 - Tyson Invitational (2/14/14)

**3,000m:** 9:28.72 - Rod McCravy Memorial (1/25/14)

**5,000m:** 16:18.41 - Big Ten Championships (2/28/15)



## KIM SEGER

JUNIOR // BELVIDERE, ILL. // BELVIDERE NORTH

### CROSS COUNTRY

#### 2014 XC - SOPHOMORE

Competed in three meets ... Bested her top 5K time at the Illinois State Invite with a time of 18:55 ... Ran her only 6K of the season at the Roy Griak Invite, clocking in at 25:50.

#### 2013 XC - FRESHMAN

Scored points for the Illini in two of the four meets she competed in ... Placed 11th at the Illini Challenge in her season debut ... Finished eighth for the Illini at the Boilermaker Invitational ... Finished fifth for the squad at the Bradley Classic with a 6K time of 23:16 ... Placed 30th overall and fifth for the team at the Illini Open.

#### 2015 TRACK AND FIELD

**Outdoor:** Competed twice in the 1,500m with her best mark coming in the EIU Big Blue Classic where she finished in 4:46.71.

**Indoor:** Ran the 800m at the Orange and Blue Open, finishing 7th, with a time of 2:21.77

#### 2014 TRACK AND FIELD

**Indoor/Outdoor:** Did not compete.

#### HIGH SCHOOL

Two-time All-Conference in track ... All-Conference in cross country ... Captain of both her cross country and track teams ... Two-time Belvidere Noth Athlete of the Week ... School record holder in five events (indoor 800m and 4x800m relay, and outdoor 800m, 4x800m, and 1600m).

#### PERSONAL

Daughter of Dan and Lisa Seger ... Born on March 5, 1995 ... Has one brother, Jack ... Hobbies include swimming, skiing, and hanging out with friends ... Majoring in business ... Member of the National Honor Society and the English Honor Society ... Editor of the school yearbook.

#### SEGER'S PERSONAL BESTS

##### Cross Country

**4K:** 15:51 - Illini Challenge (8/30/13)

**5K:** 18:55 - Illinois State Invite (9/12/14)

**6K:** 23:16 - Bradley Classic (10/18/13)

##### Outdoor Track

**1,500m:** 4:46.71 - EIU Big Blue Classic (4/4/15)

##### Indoor Track

**800m:** 2:21.77 - Orange and Blue Open (2/21/15)



## HANNA WINTER

JUNIOR // ARLINGTON HEIGHTS, ILL. // SAINT VIATOR

### CROSS COUNTRY

#### 2014 XC - SOPHOMORE

Competed in all seven meets ... Obliterated her personal-best 5K time by 46 seconds at the Illinois State Invite, finishing in 18:08 ... Chopped six seconds off of her best 6K time at the Bradley Invite, setting a new personal-best of 21:48.1 ... Shaved 40 more seconds of her 6K time at Big Ten Championships where she lowered her time to 21:08.1, finishing first on the team and 38th overall

#### 2013 XC - FRESHMAN

Scored points for the Illini in five of the six meets she competed in ... Was one of two freshmen to compete at the NCAA Midwest Regional, where she finished fourth for the squad with a personal-best 6K time of 21:54 ... Finished fourth for the Illini at the Big Ten Championships ... Clocked a 22:23 at the Pre-National Invitational to finish fourth for the squad ... Placed 38th overall and fifth for the Illini at the Boilermaker Invitational ... Made her collegiate debut at the Illini Challenge, where she placed 13th overall.

#### 2015 TRACK AND FIELD

**Outdoor:** Won the 5,000m at the Black & Gold Invite, posting a mark of 17:18:28 ... Topped her best time in the 3,000m at the Illini Twilight, finishing in 9:51.67 ... Posted two top-five finishes in the 1,500m at the EIU Big Blue Classic and Jim Click Shootout.

**Indoor:** Primarily ran in the 3,000m where she finished 15th at Big Ten Championships ... Won the mile at the Orange and Blue Open with a time of 5:59.57.

#### 2014 TRACK AND FIELD

**Outdoor:** Competed unattached in the 3,000m at the Illinois Twilight and placed eighth.

**Indoor:** Competed unattached at the Orange & Blue Open and placed third in the 3,000m.

#### HIGH SCHOOL

Three-time All-State in cross country ... Four-time state qualifier in cross country ... Three-time state qualifier in track ... Team captain of cross country and track teams.

#### PERSONAL

Daughter of Mark and Amy Winter ... Born November 8, 1994 ... Has two brothers, Steven and Nick ... Hobbies include reading, swimming, journaling, biking, and music ... Majoring in biology ... Graduated with high honors.

#### WINTER'S PERSONAL BESTS

##### Cross Country

**4K:** 15:58 - Illini Challenge (8/30/13)

**5K:** 18:08 - Illinois State Invitational (9/12/14)

**6K:** 21:08.1 - NCAA Midwest Regional (11/14/14)

##### Outdoor Track

**1,500m:** 4:32.24 - Jim Click Shootout (4/11/15)

**3,000m:** 9:51.67 - Illinois Twilight (4/18/15)

**5,000m:** 17:18.28 - Black and Gold Invite (3/28/15)

##### Indoor Track

**Mile:** 5:59.57 - Orange and Blue Open (2/21/15)

**3,000m:** 9:48.77 - Big Ten Championships (2/28/15)

## ILLINI NEWCOMERS



## KATIE ESCOBAR

FRESHMAN // ARLINGTON HEIGHTS, ILL. // FREMD HIGH SCHOOL

**HIGH SCHOOL:** Two-time All-Conference in cross country ... Two-time All-Conference in track ... Two-time state qualifier in track.

**PERSONAL:** Daughter of Mike and Tammy Escobar ... Born on March 20, 1997 ... Hobbies include running, cooking, reading, blogging, and shopping ... Majoring in dietetics... Has one brother, John, and one sister, Kristi. Brother, John, plays baseball at Holy Cross ... Biggest thrill in sports is getting a PR and knowing you gave it your all.



## TWINKLE MEHTA

FRESHMAN // MAHOMET, ILL. // MAHOMET SEYMOUR HIGH SCHOOL

**HIGH SCHOOL:** Lettered in track all four years ... Lettered in cross-country sophomore through senior year ... Named Mahomet Seymour's female athlete of the year ... All-State in track all four years ... Won Cornbelt Conference 200m title ... Finished 6th at state her senior season in the 800m ... Member of 4x400m team that placed sixth at state in 2012.

**PERSONAL:** Daughter of Deepak and Neha Mehta ... Born February 27, 1997 ... Has two siblings, Anish and Anus ... Illinois State Scholar ... Credits her athletic career to "Bonnie Moxley because she's a mom, a coach, and teacher all in one. She has perfectly high expectations and she knows how to coach you to live up to them" ... Majoring in applied mathematics.



## MORGAN SCHULZ

FRESHMAN // CARY, ILL. // CARY-GROVE HIGH SCHOOL

**HIGH SCHOOL:** Earned seven letters across track (3), cross-country (2), tennis (1), and soccer (1) ... Holds the school record for the 100m, 200m, 300m, 400m (indoor), and 800m (indoor and outdoor) ... Finished runner-up at state in the 300m hurdles in 2014 ... Indoor State Champion in the 800m in 2015 ... All Fox-Valley Conference and county honors in 2015 ... AAU runner-up in the heptathlon in 2014 ... Four-time High Honor Roll

**PERSONAL:** Daughter of Gary and Lisa Schulz ... Born May 6, 1997 ... Younger sister, Paige ... Favorite athlete is "Evan Jager, because he ran in my conference and is an olympian" ... Says her biggest influence on her athletic career is her mom because of her competitiveness.

## 2014 SEASON IN REVIEW

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Under the direction of second-year head coach Scott Jones, the Fighting Illini women's cross country team finished ninth in the Big Ten and 10th at the NCAA Midwest Regional. The squad also claimed three meet titles during the season.

The season began with the Orange and Blue hosting the Illini Challenge, where the squad finished second to Missouri. Alyssa Schneider won the individual crown in 17:43, narrowly missing the course record. Amanda Fox, Colette Falsey and Britten Petrey all finished in the top 10.

The Illini returned to action a couple weeks later at the Illinois State Invite, winning the team title in the seven-team field with 33 points. Schneider notched her second individual victory in as many races, cruising to the win in 17:18. Falsey (17:37) and Fox (17:47) finished fourth and fifth, respectively, while Petrey and Hanna Winter each claimed top-15 finishes.

Next Illinois traveled to the Roy Griak Invitational in Minneapolis, Minnesota on Sept. 27 to face its stiffest competition of the season. In a field filled with teams ranked in the top 25 of the USTFCCA Coaches' Poll, the Illini finished 18th out of 35. Schneider (58th) and Fox (91st) were the lone members of the Orange and Blue to finish in the top 100 of the field that contained nearly 400 runners. Winter, Valerie Bobart, Petrey and Chloe Schmidt each finished in the top half of the field.

The Orange and Blue returned to their winning ways on Nov. 17 at the Bradley Invite, winning the meet over the 29 other teams that competed. Schneider led the way for Illinois, finishing third in the nearly 300-person field. Falsey (15th), Winter (19th), Fox (22nd) and Petrey (31st) rounded out the Illini top five.

In its final tune-up before the Big Ten Championships, Illinois made it two wins in a row at the Illini Open on Oct. 24. The Orange and Blue had its top-five runners all in the top 10, and seven in the top 25. Falsey led the way for the Illini, winning the race in 17:44.47. She was named Co-Big Ten Athlete of the Week for her performance.

On Nov. 2, the Orange and Blue traveled to Iowa City, Iowa for the Big Ten Championships. Illinois finished ninth for the second year in a row, even with the addition of two new teams. Winter led the way for the Illini, finishing 38th at the 21:08.1, trimming 40 seconds off her personal best. Fox, Petrey, Schmidt, Denise Branch and Megan Lemersal also recorded lifetime bests.

Nearly two weeks after the Big Ten Championships, seven members of the Orange and Blue traveled to Peoria, Illinois for the NCAA Midwest Regional Championships. The Illini finished 10th in the 28-team field with Schneider, Fox, Falsey, Winter and Petrey scoring points. Schmidt and Branch were the other members of the squad who competed.

Next year's Illini squad will return eight of the nine runners that competed in the postseason this year. Schmidt is the lone member of the squad to compete in the postseason that will be graduating.

## 2014 RESULTS

**ILLINI CHALLENGE // URBANA, ILL. // AUG. 29, 2014****5K // 2ND OF 2 // 31 POINTS**

1. Alyssa Schneider	17:43
4. Amanda Fox	18:09
6. Colette Falsey	18:18
8. Britten Petrey	18:38
12. Valerie Bobart	18:59
15. Samantha Lapp	19:07
21. Hanna Winter	19:34
22. Chloe Schmidt	19:37
24. Lindsey Rakosnik	19:51
25. Megan Lemersal	19:52
28. Kim Seger	20:13

**ILLINOIS STATE INVITATIONAL // BLOOMINGTON, ILL. // SEPT. 12, 2014****5K // 1ST OF 7 // 33 POINTS**

1. Alyssa Schneider	17:18
3. Colette Falsey	17:37
4. Amanda Fox	17:47
11. Britten Petrey	17:59
14. Hanna Winter	18:08
25. Samantha Lapp	18:21
31. Lindsey Rakosnik	18:32
33. Megan Lemersal	18:37
45. Kim Seger	18:55
47. Valerie Bobart	19:00
54. Chloe Schmidt	19:17

**ROY GRIAK // MINNEAPOLIS, MINN. // SEPT. 27, 2014****6K // 18TH OF 35 // 558 POINTS**

58. Alyssa Schneider	22:30
91. Amanda Fox	23:05
110. Hanna Winter	23:18
149. Valerie Bobart	23:50
150. Britten Petrey	23:50
167. Chloe Schmidt	24:10
208. Megan Lemersal	24:46
291. Lindsey Rakosnik	25:05
322. Kim Seger	25:50

**BRADLEY INVITATIONAL // PEORIA ILL. // OCT. 17, 2014****6K // 1ST OF 30 // 90 POINTS**

3. Alyssa Schneider	20:49.4
15. Colette Falsey	21:39.1
19. Hanna Winter	21:48.1
22. Amanda Fox	21:52.6
31. Britten Petrey	22:04.9
61. Valerie Bobart	22:28.8
67. Denise Branch	22:31.6
73. Chloe Schmidt	22:36.1
90. Samantha Lapp	22:46.8
131. Megan Lemersal	23:06.3
139. Lindsey Rakosnik	23:10.8
193. Courtney Ackerman	23:39.5

**ILLINI OPEN // URBANA, ILL. // OCT. 24, 2014****5K // 1ST OF 7 // 25 POINTS**

1. Colette Falsey	17:44.47
4. Hanna Winter	18:14.78
5. Britten Petrey	18:23.37
6. Chloe Schmidt	18:29.10
10. Valerie Bobart	18:48.35
15. Megan Lemersal	18:58.26
21. Nicole Choquette	19:06.54
26. Samantha Lapp	19:16.32
31. Courtney Ackerman	19:21.81
37. Lindsey Rakosnik	19:28.28

**BIG TEN CHAMPIONSHIPS // IOWA CITY, IOWA // NOV. 2, 2014****6K // 9TH OF 14 // 252 POINTS**

38. Hanna Winter	21:08.1
46. Amanda Fox	21:17.6
58. Alyssa Schneider	21:27.1
64. Britten Petrey	21:31.6
65. Chlose Schmidt	21:36.7
74. Colette Falsey	21:50.8
87. Denise Branch	22:11.4
97. Megan Lemersal	22:31.2
98. Valerie Bobart	22:32.3

**NCAA MIDWEST REGIONAL // PEORIA, ILL. // NOV. 14, 2014****6K // 10TH OF 28 // 321 POINTS**

33. Alyssa Schneider	20:59.2
48. Amanda Fox	21:12.7
59. Colette Falsey	21:23.3
72. Hanna Winter	21:29.5
109. Britten Petrey	21:51.4
129. Chloe Schmidt	22:05.3
136. Denise Branch	22:11.7

# BIG TEN HISTORY

## FIRST TEAM ALL-BIG TEN HONOREES

(Top 7 finishers at Big Ten Championships)

Year	Runner	Place	Time
2009	Angela Bizzarri	2nd	20:10
	Kristin Sutherland	7th	20:41
2008	Katie Engel	6th	20:48
	Angela Bizzarri	7th	20:52
2007	Angela Bizzarri	3rd	19:59
2006	Angela Bizzarri	5th	20:49
2005	Cassie Hunt	1st	21:00
	Stephanie Simms	4th	21:11
2004	Cassie Hunt	5th	21:09
	Jamie Turilli	6th	21:13
2000	Cecelia Williams	7th	17:36
1991	Laura Simmering	7th	18:20
1987	Melissa Straza	7th	17:30
1984	Kelly McNee	6th	17:40
1982	Marianne Dickerson	6th	17:49

## SECOND TEAM ALL-BIG TEN HONOREES

(Finishes 8th-14th at Big Ten Championships)

Year	Runner	Place	Time
2012	Courtney Yaeger	8th	20:34
2009	Elizabeth Boyle	11th	21:00
	Chantelle Groenewoud	13th	21:02
2007	Katie Engel	13th	20:30
2005	Katie Engel	13th	21:27
2004	Maggie Carroll	10th	21:36
2003	Cassie Hunt	12th	21:36
1993	Karen Morris	10th	17:56
1992	Laura Simmering	10th	17:29
1986	Leslie Hawkins	11th	17:17
1986	Melissa Straza	12th	17:18
1985	Leslie Hawkins	8th	18:18
1985	Kelly McNee	14th	18:34
1984	Ruth Sterneman	8th	17:47
1983	Julie Lantis	13th	17:22

## BIG TEN CHAMPIONSHIPS RESULTS

Year	Champion (Pts.)	Illinois Finish (Pts.)	Top Illini (Finish, Time)
2014	Michigan State (26)	9th (252)	Hanna Winter (38th, 21:08.1)
2013	Michigan State (43)	9th (241)	Alyssa Schneider (28th, 21:45)
2012	Michigan (55)	9th (216)	Courtney Yaeger (8th, 20:34)
2011	Michigan State (55)	12th (351)	Stacy Hague (74th, 22:04)
2010	Michigan State (74)	9th (203)	Chantelle Groenewoud (24th, 20:58.4)
2009	Penn State (71)	2nd (77)	Angela Bizzarri (2nd, 20:10)
2008	Minnesota (63)	4th (101)	Katie Engel (6th, 20:48)
2007	Minnesota (72)	4th (95)	Angela Bizzarri (3rd, 19:59)
2006	Michigan (52)	5th (107)	Angela Bizzarri (5th, 20:49)
2005	Michigan (42)	2nd (60)	Cassie Hunt (1st, 21:00)
2004	Michigan (45)	T-2nd (85)	Cassie Hunt (5th, 21:09)
2003	Michigan (31)	7th (188)	Cassie Hunt (12th, 21:36.9)
2002	Michigan (70)	9th (255)	Jamie Turilli (39th, 18:29.1)
2001	Michigan State (35)	T-7th(153)	Cecelia Dietzen (21st, 18:00.4)
2000	Wisconsin (34)	4th (116)	Cecelia Williams (7th, 17:36)
1999	Wisconsin (25)	10th (258)	Tara Mendoza (21st, 17:58.16)
1998	Wisconsin (31)	8th (194)	Tara Mendoza (15th, 18:26)
1997	Wisconsin (25)	6th (165)	Danielle Fonizino (29th, 18:41)
1996	Wisconsin (28)	6th (223)	Candace Nicholson (20th, 18:38)
1995	Wisconsin (37)	9th (239)	Becky Garrett (21st, 18:29)
1994	Michigan (29)	4th (133)	Karen Morris (17th, 18:11.0)
1993	Michigan (39)	6th (169)	Karen Morris (10th, 17:56.22)
1992	Michigan (33)	7th (175)	Laura Simmering (10th, 17:29)
1991	Wisconsin (49)	7th (138)	Laura Simmering (7th, 18:20)
1990	Indiana (37)	6th (170)	Laura Simmering (15th, 18:17.9)
1989	Indiana (47)	7th (183)	Helen Mastoris (30th, 18:26)
1988	Wisconsin (26)	T- 8th(221)	Laura Simmering(18th, 18:01)
1987	Wisconsin (42)	8th (206)	Melissa Straza (7th, 17:30)
1986	Wisconsin (30)	7th (152)	Leslie Hawkins (11th, 17:17)
1985	Wisconsin (22)	T-3rd (120)	Leslie Hawkins (8th, 18:18)
1984	Wisconsin (27)	2nd (79)	Kelly McNee (6th, 17:40)
1983	Wisconsin (52)	6th (145)	Julie Lantis (13th, 17:22)
1982	Iowa (70)	6th (150)	Marianne Dickerson (6th, 17:49)
1981	Michigan State (40)	9th (227)	Marianne Dickerson (16th, 18:17.5)
1980	Purdue (51)	9th (219)	Marianne Dickerson (28th, 18:05)
1979	Wisconsin (30)	9th (208)	Anita Moyer (35th, 19:36)

## BIG TEN ATHLETE OF THE YEAR

2005 Cassie Hunt

## INDIVIDUAL BIG TEN CHAMPION

2005 Cassie Hunt

## BIG TEN FRESHMAN OF THE YEAR

2007 Danelle Woods  
2005 Katie Engel  
2003 Cassie Hunt

## BIG TEN ATHLETE OF THE WEEK/MONTH

Oct. 28, 2014 Colette Falsey  
Oct. 29, 2013 Katie Porada  
Sept. 18, 2012 Courtney Yaeger  
Oct. 26, 2010 Meghan Frigo  
Oct. 20, 2009 Angela Bizzarri  
Oct. 28, 2008 Amber Stack  
Sept. 23, 2008 Kristin Sutherland  
Sept. 26, 2006 Angela Bizzarri  
Sept. 20, 2005 Maggie Carroll  
Oct. 12, 2004 Cassie Hunt  
Oct. 5, 2004 Cassie Hunt  
Oct. 3, 2000 Amber Hunt  
September 1991 Laura Simmering

## ACADEMIC ALL-BIG TEN

2014: Colette Falsey, Amanda Fox, Megan Lemersal, Chloe Schmidt, Alyssa Schneider  
2013: Amanda Fox, Rachel Irion, Katie Porada, Alyssa Schneider, Natalie Wynn  
2012: Madeline Aufmann, Meagan Hynes, Rachel Irion, Katie Porada, Chloe Schmidt, Alyssa Schneider, Kelsey Seiler, Hannah Worman, Courtney Yaeger  
2011: Madeline Aufmann, Meghan Frigo, Katie Porada, Courtney Yaeger  
2010: Chantelle Groenewoud, Stacy Hague, Maggie Mulchrone, Kristin Sutherland, Ashley Thompson, Courtney Yaeger  
2009: Stephanie Baliga, Angela Bizzarri, Elizabeth Boyle, Theresa Brokaw, Jamie Brusa, Chantelle Groenewoud, Maggie Mulchrone, Shannon Phelan, Kristin Sutherland, Ashley Thompson, Danelle Woods  
2008: Stephanie Baliga, Christina Beard, Angela Bizzarri, Elizabeth Boyle, Theresa Brokaw, Maggie Carroll, Chantelle Groenewoud, Stacy Hague, Maggie Mulchrone, Ashley Thompson, Kate Tysse  
2007: Stephanie Baliga, Angela Bizzarri, Theresa Brokaw, Rachel Hernandez, Abby Shunk  
2006: Maggie Carroll, Rachel Hernandez, Cassie Hunt, Liz Mengyan  
2005: Maggie Carroll, Katie Coopin, Rachel Hernandez, Cassie Hunt, Lisa Phillips  
2004: Cassie Hunt, Jaime Turilli, Lisa Phillips, Lindsey Reu  
2003: Cassie Simpson, Jaime Turilli  
2002: Mary Bice, Celi Dietzen, Erin Frakes, Amy Guard, Amber Hunt, Leigh Ann Kenyon, Cassie Simpson, Jaime Turilli  
2001: Mary Bice, Celi Dietzen, Erin Frakes, Amber Hunt  
2000: Lyndsey Dunnavan, Katie Hennessey, Amber Hunt, Katie Kennedy, Celi Williams  
1999: Danielle Fonizino, Katie Hennessey, Tara Mendoza, Jamie Paul, Laura Robbins  
1998: Shannon Burke, Anna Demopoulos, Erin Grabski, Tara Mendoza, Laura Robbins  
1997: Maureen Clark, Erin Grabski, Tara Mendoza, Laura Robbins, Christine Smith  
1996: Jenifer Heise, Jennifer Marine  
1995: K.C. Kraiss, Jennifer Marine, Renae Paul, Brooke Scigousky  
1994: Renae Paul, Jenny Schwab, Brooke Scigousky, Amy Tomlinson  
1993: Jeanne Rimar, Jenny Schwab, Tama Tochihara, Amy Tomlinson  
1992: Samantha Gross, Marian Hollands, Rachel Kelleher, Mary Michal, Jenny Schwab, Laura Simmering, Amy Tomlinson, Jennifer Tweedy, Wendy Welch  
1991: Peggy Campbell, Samantha Gross, Rachel Kelleher, Mary Piotrowski, Laura Simmering, Amy Tomlinson, Jennifer Tweedy, Wendy Welch  
1990: Michelle Donato, Samantha Gross, Anita Hurd, Laura Simmering, Loretta Withrow  
1989: Julie Chicoine, Michelle Donato, Danielle Harpell, Laura Simmering, Loretta Withrow  
1988: Barb Branson, Anne Quenneville

# NCAA REGIONAL CHAMPIONSHIPS HISTORY

## NCAA MIDWEST REGIONAL CHAMPIONS

Year	Runner	Time
2009	Angela Bizzarri	20:07*
2004	Cassie Hunt	20:21

\*also named Midwest Region Athlete of the Year

## TOP-10 INDIVIDUAL REGIONAL FINISHES

Year	Runner	Place	Time
2013	Alyssa Schneider	5th	20:25
2009	Angela Bizzarri	1st	20:07
	Kristin Sutherland	4th	20:44
2008	Angela Bizzarri	2nd	20:39
	Katie Engel	9th	21:07
2007	Angela Bizzarri	2nd	20:03
2006	Angela Bizzarri	2nd	20:47
	Stephanie Simms	5th	21:02
2005	Cassie Hunt	7th	21:06
2004	Cassie Hunt	1st	20:21
2003	Cassie Hunt	5th	21:29
1994	Karen Morris	10th	17:44
1993	Karen Morris	7th	18:22
1991	Laura Simmering	4th	17:28
1984	Kelly McNee	4th	16:36

## ILLINOIS ALL-REGION RUNNERS (SINCE 1997)

Year	Runner	Place	Time
2013	Alyssa Schneider	5th	20:25
2012	Alyssa Schneider	12th	21:04
	Courtney Yaeger	25th	21:30
2010	Stephanie Morgan	20th	20:46
2009	Angela Bizzarri	1st	20:07
	Kristin Sutherland	4th	20:44
	Elizabeth Boyle	12th	21:12
	Chantelle Groenewoud	23rd	21:34
2008	Angela Bizzarri	2nd	20:39
	Katie Engel	9th	21:07
	Chantelle Groenewoud	15th	21:27
	Kristin Sutherland	17th	21:29
	Elizabeth Boyle	24th	21:37
2007	Angela Bizzarri	2nd	20:03
	Katie Engel	12th	20:45
	Danelle Woods	17th	20:54
2006	Angela Bizzarri	2nd	20:27
	Stephanie Simms	5th	21:02
	Maggie Carroll	11th	21:17
	Cassie Hunt	12th	21:19
	Stephanie Baliga	14th	21:30
	Katie Engel	18th	21:44
2005	Cassie Hunt	7th	21:06
	Stephanie Simms	13th	21:24
	Katie Coppin	19th	21:39
	Katie Engel	24th	21:55
2004	Cassie Hunt	1st	20:21
	Jamie Turilli	8th	40:48
2003	Cassie Hunt	5th	21:29
	Pamela Wolf	18th	22:02
	Casie Simpson	19th	22:04
2000	Amber Hunt	14th	21:24
	Breanna Wabick	18th	21:30
	Cecelia Williams	24th	21:38
1998	Tara Mendoza	19th	17:51

## NCAA MIDWEST REGIONAL CHAMPIONSHIPS RESULTS

Year	Champion (Pts.)	Illinois Finish (Pts.)	Top Illini (Finish, Time)
2014	Iowa State (66)	10th (321)	Alyssa Schneider (33rd, 20:59.2)
2013	Iowa State (39)	8th (270)	Alyssa Schneider (5th, 20:25)
2012	Iowa State (63)	9th (290)	Alyssa Schneider (12th, 21:04)
2011	Iowa State (64)	15th (473)	Stacy Hague (77th, 22:45)
2010	Iowa State (35)	9th (236)	Stephanie Morgan (20th, 20:46)
2009	Minnesota (60)	2nd (86)	Angela Bizzarri (1st, 20:07)
2008	Minnesota (57)	2nd (64)	Angela Bizzarri (2nd, 20:39)
2007	Minnesota(79)	2nd (91)	Angela Bizzarri (2nd, 20:03)
2006	ILLINOIS (44)	1st (44)	Angela Bizzarri (2nd, 20:47)
2005	Oklahoma State (71)	T-2nd (90)	Cassie Hunt (7th, 21:06)
2004	Missouri (52)	2nd (93)	Cassie Hunt (1st, 20:21)
2003	Nebraska (60)	3rd (105)	Cassie Hunt (5th, 21:29)
2002	Missouri (63)	11th (289)	Erin Frakes (33rd, 21:45)
2001	Oklahoma State (56)	11th (264)	Amber Hunt (43rd, 22:23)
2000	Kansas State (61)	5th (151)	Amber Hunt (14th, 21:24)
1999	Kansas State (40)	13th (369)	Tara Mendoza (34th, 18:12)
1998	Kansas State (92)	16th (383)	Tara Mendoza (19th, 17:51)
1997	Missouri (76)	9th (253)	Danielle Fonziro (38th, 19:38)
1996	Wisconsin (54)	13th (392)	Kimberly Donohue (48th, 18:28)
1995	Michigan (44)	17th (422)	Jenny Marine (33rd, 18:42)
1994	Michigan (32)	3rd (128)	Karen Morris (10th, 17:44)
1993	Michigan (40)	5th (195)	Karen Morris (7th, 18:22)
1992	Wisconsin (33)	11th (317)	Amy Tomlinson (31st, 18:26)
1991	Wisconsin (55)	5th (166)	Laura Simmering (4th, 17:28)
1990	Indiana (51)	12th (286)	Laura Simmering (32nd, 18:41)
1989	Indiana (56)	15th (377)	Danielle Harpell (49th, 18:44)
1988	Wisconsin (43)	13th (112)	Laura Simmering (49th, 18:56)
1987	Wisconsin (56)	13th (334)	Melissa Straza (28th, 17:53)
1986	Wisconsin (26)	12th (287)	Leslie Hawkins (15th, 17:34)
1985	Wisconsin (39)	DNP	Leslie Hawkins (37th, 19:15)
1984	Wisconsin (31)	2nd (87)	Kelly McNee (4th, 16:36)
1983	Wisconsin (46)	9th (202)	Julie Lantis (15th, 18:43)
1982	Michigan (65)	7th (161)	Marianne Dickerson (6th, 17:19)
1981	Wisconsin (40)	5th (126)	Marianne Dickerson (7th, 17:06)
1980	Purdue (43)	10th (257)	Marianne Dickerson (23rd, 18:06)
1979	Wisconsin (42)	15th (337)	Anita Moyer (53rd, 19:21)



Alyssa Schneider earned All-Region honors in 2013 and qualified for the NCAA Championships.

# NCAA CHAMPIONSHIPS HISTORY

## ILLINOIS NCAA CHAMPION

Year	Runner	Time
2009	Angela Bizzarri	19:46.8

## ILLINOIS ALL-AMERICANS

Year	Runner	Place	Time
2009	Angela Bizzarri	1st	19:46
2008	Angela Bizzarri	6th	19:59
	Katie Engel	22nd	20:31
2007	Angela Bizzarri	14th	20:35
2006	Angela Bizzarri	24th	21:18
2005	Cassie Hunt	11th	20:05
1984	Kelly McNee	21st	16:57
1981	Marianne Dickerson	6th	18:10

## NCAA CHAMPIONSHIPS RESULTS

Year	Champion (Pts.)	ILL (Pts.)	Top Illini (Finish, Time)
2013	Providence (141)	DNC	Alyssa Schneider (93rd, 21:16.3)
2009	Villanova (86)	12th (365)	Angela Bizzarri (1st, 19:46)
2008	Washington (79)	10th (318)	Angela Bizzarri (6th, 19:59)
2007	Stanford (145)	6th (331)	Angela Bizzarri (14th, 20:35)
2006	Stanford (195)	8th (301)	Angela Bizzarri (24th, 21:18)
2005	Stanford (146)	5th (212)	Cassie Hunt (11th, 20:05)
2004	Colorado (63)	20th (443)	Jaime Turilli (35th, 21:20)
2003	Stanford (120)	DNC	Cassie Hunt (201st, 22:03)
1994	Villanova (75)	DNC	Karen Morris (76th, 18:15.1)
1993	Villanova	DNC	Karen Morris (58th, 17:36)
1984	Wisconsin	DNC	Kelly McNee (21st, 16:57.5)
1981	Virginia	DNC	Marianne Dickerson (6th, 18:10)

## USTFCCA ALL-ACADEMIC HONOREE

Year	Runner
2013	Alyssa Schneider
2012	Madeline Aufmann
	Katie Porada
	Alyssa Schneider
	Courtney Yaeger
2009	Angela Bizzarri *Scholar-Athlete of the Year
	Kristin Sutherland
	Elizabeth Boyle
2008	Angela Bizzarri
	Chantelle Groenewoud
2007	Angela Bizzarri
2000	Amber Hunt
	Cecelia Williams
1991	Laura Simmering

## USTFCCA DIVISION I ALL-ACADEMIC TEAMS

Year	Cumulative GPA
2014	3.49
2013	3.48
2012	3.49
2011	3.26
2010	3.27
2009	3.32
2008	3.40
2007	3.28
2002	3.55
2000	3.30
1999	3.44

# ILLINOIS SCHOOL RECORDS

## TOP 10 ILLINOIS PERFORMERS BY DISTANCE

### 5,000 Meters

Name	Time	Date	Meet
1. Kelly McNee	16:36	11/10/84	NCAA Midwest Regionals
2. Angela Bizzarri	16:43	9/28/07	Notre Dame Invite
3. Laura Simmering	16:46	9/20/91	Illinois State Invite
4. Courtney Yaeger	16:48	9/28/12	Notre Dame Invite
5. Cassie Hunt	16:52	9/30/05	Notre Dame Invite
6. Katie Engel	16:54	10/3/08	Notre Dame Invite
7. Ruth Sterneman	16:55	11/10/84	NCAA Midwest Regional
8. Marianne Dickerson	17:00	11/19/82	TAC Nationals
9. Rebekah Garrett	17:04	10/15/94	Auburn Invitational
10. Julie Lantis	17:07	10/1/83	Illinois Invitational
Stephanie Simms	17:07	9/30/05	Notre Dame Invite

### 6,000 Meters

Name	Time	Date	Meet
1. Angela Bizzarri	19:46	11/23/09	NCAA Championships
2. Cassie Hunt	20:05	11/21/05	NCAA Championships
3. Katie Engel	20:23	10/18/08	Pre-Nationals
4. Alyssa Schneider	20:25	11/15/13	NCAA Midwest Regional
5. Stephanie Simms	20:31	11/21/05	NCAA Championships
6. Courtney Yaeger	20:34	10/28/12	Big Ten Championships
7. Kristin Sutherland	20:41	11/1/09	Big Ten Championships
8. Stephanie Morgan	20:46.10	11/13/10	NCAA Midwest Regional
9. Jamie Turilli	20:49	11/13/04	NCAA Midwest Regional
10. Alyssa Schneider	20:49.4	10/17/14	Bradley Invitational

## ANNUAL RECORDS

Year	Big Ten	Region	NCAA	Year	Big Ten	Region	NCAA
<b>Coach: Jessica Dragicevic</b>				<b>Coach: Gary Winckler</b>			
1977	---	4th	---	1994	4th	3rd	---
1978	4th	4th	---	1995	9th	17th	---
1979	9th	15th	---	1996	6th	13th	---
1980	9th	10th	---	1997	6th	9th	---
				1998	8th	16th	---
<b>Coach: Mary Beth Spencer</b>				1999	10th	13th	---
1981	9th	5th	---	2000	4th	5th	---
1982	6th	7th	---	2001	T-7th	11th	---
1983	6th	9th	---				
<b>Coach: Patty Bradley</b>				<b>Coach: Karen Harvey</b>			
1984	2nd	2nd	---	2002	9th	11th	---
				2003	7th	3rd	---
				2004	T-2nd	2nd	20th
<b>Coach: Gary Winckler</b>				2005	2nd	T-2nd	5th
1985	T-3rd	DNP	---	2006	5th	1st	8th
1986	7th	12th	---				
1987	8th	13th	---	<b>Coach: Jeremy Rasmussen</b>			
1988	T-8th	13th	---	2007	4th	2nd	6th
1989	7th	15th	---	2008	4th	2nd	10th
1990	6th	12th	---	2009	2nd	2nd	12th
1991	7th	5th	---	2010	9th	9th	---
				2011	12th	15th	---
<b>Coach: Mary Beth Spencer-Dyson</b>				2012	9th	9th	---
1992	7th	11th	---				
1993	6th	5th	---	<b>Coach: Scott Jones</b>			
				2013	9th	8th	---
				2014	9th	10th	---

# ILLINOIS LETTERWINNERS

**- A -**  
 Kristen Abrahamson ..... 1993, 94  
 Madeline Aufmann ..... 2011, 12

**- B -**  
 Stephanie Baliga ..... 2006, 07, 08, 09  
 Christina Beard ..... 2008  
 Breanne Bethke ..... 1997  
 Mary Bice ..... 2000, 01  
 Angela Bizzarri ..... 2006, 07, 08, 09  
 Audrey Blazek ..... 2013  
**Valerie Bobart** ..... **2014**  
 Elizabeth Boyle ..... 2008, 09  
**Denise Branch** ..... **2014**  
 Joy Braun ..... 2001  
 Theresa Brokaw ..... 2006, 07, 08, 09  
 Adrienne Brooks ..... 1985  
 Carol Bruene ..... 1985, 86  
 Jamie Brusa ..... 2009  
 Becky Bullard ..... 2000  
 Shannon Burke ..... 1998

**- C -**  
 Maggie Carroll ..... 2004, 05, 06, 08  
 Amy Christopher ..... 1997  
 Maureen Clark ..... 1997  
 Audrey Cole ..... 1986, 87

**- D -**  
 Marianne Dickerson ..... 1982  
 Cecelia Dietzen ..... 2001, 02  
 Michelle Donato ..... 1990  
 Kimberly Donohue ..... 1996  
 Lyndsey Dunnavan ..... 1999, 00

**- E -**  
 Katie Engel ..... 2005, 07, 08

**- F -**  
**Colette Falsey** ..... **2011, 14**  
 Danielle Fonzino ..... 1996, 97, 99  
**Amanda Fox** ..... **2012-14**  
 Erin Frakes ..... 2000, 01, 02  
 Meghan Frigo ..... 2010-11

**- G -**  
 Rebekah Garrett ..... 1991, 95  
 Erin Grabski ..... 1998  
 Chantelle Groenewoud ..... 2007, 08, 09, 10  
 Samantha Gross ..... 1991  
 Amy Guard ..... 2001, 02

**- H -**  
 Colleen Hackett ..... 1983, 84, 85  
 Stacy Hague ..... 2008, 10, 11  
 Danielle Harpell ..... 1988, 90, 91  
 Katie Hartman ..... 2000  
 Leslie Hawkins ..... 1985, 86  
 Michelle Hawkins ..... 1987, 88  
 Jennifer Heise ..... 1996  
 Katie Hennessy ..... 1999, 00  
 Rachel Hernandez ..... 2004, 05, 06, 07  
 Amber Hunt ..... 1999, 00, 01, 02  
 Cassie Hunt ..... 2003, 04, 05, 06  
 Meagan Hynes ..... 2012

**- I -**  
 Rachel Irion ..... 2012, 13

**- K -**  
 Leigh Anne Kenyon ..... 2001  
 Katherine Kraiss ..... 1995  
 Jamie Kuhl ..... 2005

**- L -**  
 Michelle Lamantia ..... 2004  
 Julie Lantis ..... 1982, 83  
 Abby Legue ..... 2000  
**Megan Lemersal** ..... **2014**  
 Sharon Locascio ..... 1986, 87, 88

**- M -**  
 Wendy Madsen ..... 1993  
 Gina Marianetti ..... 1996

Jenny Marine ..... 1993, 95, 96  
 Lindsay Martin ..... 1998, 99, 00  
 Kelly McKee ..... 1983, 84, 85  
 Tara Mendoza ..... 1996, 97, 98, 99  
 Sandra Meneses ..... 1996  
 Elizabeth Mengyan ..... 2005, 06  
 Casey Miller ..... 2012  
 Stephanie Morgan ..... 2010, 13  
 Karen Morris ..... 1993, 1994  
 Kathy Morris ..... 1991, 93  
 Margaret Mulchrone ..... 2008, 09, 10  
 Meghan Murphy ..... 2009

**- N -**  
 Candace Nicholson ..... 1996, 97, 98

**- P -**  
 Renae Paul ..... 1993, 95  
**Britten Petrey** ..... **2011, 13-14**  
 Shannon Phelan ..... 2006, 07, 09  
 Lisa Phillips ..... 2003, 04  
 Ellie Pinzarrone ..... 2002  
 Katie Porada ..... 2011, 12, 13

**- R -**  
 Lindsey Rakosnik ..... 2012  
 Lindsey Reu ..... 2004  
 Laura Robbins ..... 1998, 99  
 Donna Russell ..... 1986, 87, 88

**- S -**  
**Chloe Schmidt** ..... **2012, 14**  
 Melissa Schmidt ..... 2010  
**Alyssa Schneider** ..... **2012, 13-14**  
 Jenny Schwab ..... 1993, 94  
 Brooke Scigousky ..... 1995  
 Kelsey Seiler ..... 2012  
 Laura Simmering ..... 1988, 90, 91  
 Stephanie Simms ..... 2003, 04, 05, 06  
 Casie Simpson ..... 2001, 02, 03  
 Lindsay Speer ..... 1996, 97, 98  
 Amber Stack ..... 2010  
 Ruth Sterneman ..... 1983, 84, 85  
 Debbie Stetson ..... 1984  
 Terri Stoltz ..... 1985, 86  
 Melissa Straza ..... 1986, 87, 88  
 Kristin Sutherland ..... 2008, 09, 10

**- T -**  
 Tracy Tellin ..... 1991, 93  
 Ashley Thompson ..... 2008, 09, 10  
 Tama Tochiwara ..... 1993, 94  
 Amy Tomlinson ..... 1991  
 Jamie Turilli ..... 2001, 02, 03  
 Jennifer Tweedy ..... 1990  
 Kate Tysse ..... 2008

**- V -**  
 Lorena Villagrana ..... 1995  
 Michelle Vogel ..... 1983, 84  
 Margaret Vogel ..... 1984, 85  
 Tabitha Volling ..... 2002, 03, 04

**- W -**  
 Breanna Wabick ..... 2000  
 Cheryl Ward ..... 1983  
 Wendy Welch ..... 1991  
 Cecelia Williams ..... 1999, 00  
**Hanna Winter** ..... **2013-14**  
 Loretta Withrow ..... 1988, 90  
 Danelle Woods ..... 2007, 09  
 Pamela Wolf ..... 2003  
 Hannah Worman ..... 2012  
 Natalie Wynn ..... 2013

**- Y -**  
 Courtney Yaeger ..... 2009, 10, 11, 12

**- Z -**  
 Julie Zobel ..... 1986