

MICHIGAN STATE

SPARTAN CROSS COUNTRY

ON THE COURSE



2023 NCAA CROSS COUNTRY CHAMPIONSHIPS

The Michigan State women's cross country team and Andrew Nolan from the Spartan men's team will compete at the 2023 NCAA Championships in Charlottesville, Va. on Saturday, Nov. 18. The women's 6K and men's 10K races will both be held at the historic Panorama Farms cross country course, with the women starting at 10:20 a.m. ET and the men beginning at 11:10 a.m. ET. The Spartan women will compete in their 23rd-straight NCAA Cross Country Championship as a team, while Nolan will aim for All-American honors in his first NCAA Cross Country Championships race.

FOLLOWING THE MEET

// Live Coverage //

Watch the NCAA Championships on ESPN

Live results will be available at <https://live.ptttime.com/>

FIVE THINGS TO KNOW

1 | FAMILIAR TERRITORY FOR THE SPARTANS

This is the 23rd-straight appearance for the Spartan women at Nationals. Grad Katie Osika (33rd), senior Makenna Veen (115th), junior Kate Stewart-Barnett (164th), grad Lauren Freeland (166th), grad Grace Molloy (175th) and senior Emily Bardwell (200th) all return from last year's 20th-place team, many with improved personal best 6K times in 2023. During the regular season the Spartan women raced the Panorama Farms 5K course at the Virginia Invitational on Sept. 23, placing 7th.

2 | A BIG CHAMPIONSHIP DYNASTY

Spartan women's cross country repeated as champions and won their fourth title in five years at October's Big Ten Championships, led by Veen and Osika who were third and fourth respectively. Freeland and Molloy collected second team all-conference honors with 10th and 14th place finishes respectively. Bardwell just missed out on all-conference honors but ensured that all five scorers landed in the top 15. The men placed third while Nolan was First Team All-Big Ten in 6th place while Owen Huard and Alex Penski collected second team.

3 | ALL-REGION HONORS ROLL IN


For the second time in the last three years, seven Spartans between both teams claimed All-Region honors at the Great Lakes Regional last time out, the 13th time in the last 15 seasons with six-plus earning the accolade. While the women placed third and the men fifth, Osika (3rd), Veen (4th), Freeland (10th) and Bardwell (22nd) earned the honors while Nolan ensured his individual bid to the NCAA Championships. Also clinching the honor Penski and grad Josh Smith concluded their breakout seasons.


4 | COACHING STAFF BLEEDS GREEN


Director of Cross Country/Track & Field Lisa Breznau is an alumnus of the program, as are assistant coaches Aaron Simoneau and Max Benoit and director of operations Rebekah Smeltzer-Pickard. Breznau was an All-American in cross country and track (5000m) during her senior year in 2008-09. Simoneau was a two-time national qualifier in the 3,000m steeplechase from 2007-12. Benoit was an 2018 All-American in the steeplechase and holds the school record in that event with a time of 8:44.46 in the 2015 NCAA Regionals, while Smeltzer-Pickard was a three-time All-Region pick in cross country from 2008-11.


5 | BREZNAU IS LEAGUES TOP COACH AGAIN


Breznau was unanimously awarded by the league's coaches Big Ten Women's Cross Country Coach of the Year on Nov. 1. It is her third time being recognized with the honor in the last four seasons spent as the Director of Cross Country/Track and Field. Also earning the honor of BIG Coach of the Year in 2020 and '22, the MSU alum advances in prestigious company with her third award of the type, second most in program history only behind her own former coach Walt Drenth's five.


**JEFF DRENTH MEMORIAL**
Sept. 1 // Shepherd, Mich.
Men - 1st, Women - 3rd


**SPARTAN INVITATIONAL**
Sept. 15 // East Lansing, Mich.
Men - 1st, Women - 1st

**VIRGINIA INVITATIONAL**
Sept. 23 // Charlottesville, Va.
Women - 7th


**JOE PIANE INVITATIONAL**
Sept. 29 // South Bend, Ind.
Men - 5th, Women - 2nd (open)

**NUTTYCOMBE INVITATIONAL**
Oct. 13 // Madison, Wis.
Men - 25th, Women - 9th

**EMU FALL CLASSIC**
Oct. 20 // Dexter, Mich.
Men - 1st, Women - 1st

**BIG TEN CHAMPIONSHIPS**
Oct. 27 // Madison, Wis.
Men - 3rd, Women - 1st

**GREAT LAKES REGIONALS**
Nov. 11 // Terre Haute, Ind.
Men - 5th, Women - 3rd

**NCAA CHAMPIONSHIPS**
Nov. 18 // Charlottesville, Va.
Women - 10:20 a.m.; Men - 11:10 a.m.



QUICK FACTS

General

Location East Lansing, Michigan
 Program Founded 1938
 Conference Big Ten
 Enrollment 51,316
 Nickname Spartans
 Colors Green (1C453B) & White
 Twitter Handle @MSUTrackFieldXC
 Instagram MSUTFXC
 Facebook URL <https://www.facebook.com/MSUTF>
 Interim President Teresa Woodruff
 Director of Athletics Alan Haller
 Senior Women's Administrator Jennifer Smith
 Program Director, Year Lisa Breznau, 4th

Men's

Head Coach, Year Aaron Simoneau, 4th
 Assistant Coach Max Benoit
 2023 Big Ten Finish Fifth
 2023 All-Big Ten .. Three (Nolan/6th, Penski/13th, Huard/23rd)
 2022 Regional Finish Fifth
 2022 All-Region. Three (Nolan/11th, J. Smith/21st, Huard/20th)
 National Championships Eight (last: 1959)
 All-Americans 48 (last: Beadlescomb 2021)
 Big Ten Championships 14 (last: 1971)
 Big Ten Athlete of the Year None
 Big Ten Freshman of the Year Four (last: Madrigal 2011)

Women's

Head Coach, Year Lisa Breznau, 4th
 Assistant Coach Max Benoit
 2023 Big Ten Finish First
 2023 All-Big Ten. Four (Veen/3rd, Osika/4th, Freeland/10th, Molloy/14th)
 2023 Regional Finish Third
 2023 All-Region Four (Osika/3rd, Veen/4th, Freeland/10th, Bardwell/22nd)
 National Championships One (last: 2014)
 All-Americans 30 (last: Osika 2022)
 Big Ten Championships 11 (last: 2023)
 Big Ten Athlete of the Year Five (last: O'Connor 2014)
 Big Ten Freshman of the Year Five (last: Hynes 2021)

SPARTANS™

Follow the Spartans on Twitter @msutrackfieldxc and Instagram @msutfxc. To get the latest on all of Michigan State's athletic teams, be sure to follow @MSU_Athletics.

The Spartans are on Facebook as well! Like the Michigan State Track & Field and Cross Country page.

All results and press releases about the Spartans will be posted to [MSUSpartans.com](https://msuspartans.com). To have releases emailed to you, send requests to cross country/track & field contact, Maggie Hudson at mhudson@ath.msu.edu.

All interview requests for student-athletes and coaches should be directed toward Max Fritsch at mfritsch@ath.msu.edu.

ADDITIONAL SPARTAN RACE NOTES

LAST TIME OUT AT NCAA's

The MSU women finished 20th at the 2022 NCAA Championships on the OSU Cross Country Course in Stillwater, Oklahoma back on Nov. 19, 2022. Michigan State was led by junior Katie Osika who finished 33rd, earning the Spartans lone All-American title in 2022.

CONFERENCE AND REGION HONORS ROLL IN

Four women and three men finished with all-region and all-conference honors as nine different Spartans earned the respective awards at the Great Lakes Regional and Big Ten Championships. The Spartans finishing with the top recognitions at both postseason races were Katie Osika, Makenna Veen and Lauren Freeland on the women's side while Andrew Nolan and Owen Huard did so for the men.

OSIKA STARTS SEASON AS NATIONAL ATHLETE OF THE WEEK

Grad-senior Katie Osika was named NCAA Division I Women's Cross Country National Athlete of the Week by the U.S. Track & Field and Cross Country Coaches Association on Sept. 19, the first Spartan to be tabbed with the honor since Rachele Schulist on Sept. 9, 2014. Osika also earned Big Ten Co-Athlete of the Week as the recognitions followed Osika's first career win where she topped the competition by eight seconds on MSU's home turf at the Spartan Invitational, boosting the Michigan State women to their first win of the season.



LISA BREZNAU**DIRECTOR OF CROSS COUNTRY/TRACK & FIELD (SECOND SEASON)****// RESUME //**

- 2009-10 - Purdue Assistant Coach
- 2010-15 - Michigan State Assistant Coach
- 2015-20 - Michigan State Associate Head Coach
- 2020-Pres. - Michigan State Director of Cross Country/Track & Field

// BREZNAU BIO //

Former Spartan standout Lisa Breznau (Senakiewich) is in her 14th year overall as a member of the MSU coaching staff.

In November of 2020, she was named Interim Director of Track & Field/Cross Country after five years as the associate head coach, and had the interim tag removed during the summer of 2021.

In her first season as the program's director, she led the MSU women's cross country team to a Big Ten title and a fourth-place finish at the NCAA Championship, while the cross country men finished fourth in the conference and earned a berth in the NCAAs as well. Breznau's teams combined to earn four All-American distinctions in cross country during her first campaign. In 2022, she coached Jenna Magness and Morgan Beadlescomb to All-American honors in cross country, indoor track, and outdoor track.

While an assistant, Breznau played a key role in the development of 10 women's cross country All-Americans, including two-time honorees, Annie Fuller and Rachele Schulist. On the track, Senakiewich helped mentor Leah O'Connor to six All-American honors and Rachele Schulist to five.

A native of Davison, Michigan, Breznau's primary focus is with the cross country and indoor and outdoor distance programs.

**// COACHING HONORS //**

- 2023 Big Ten Cross Country Coach of the Year
- 2022 Big Ten Cross Country Coach of the Year
- 2020 USTFCCCA Great Lakes Region Coach of the Year
- 2020 Big Ten Cross Country Coach of the Year
- 2019 USTFCCCA Great Lakes Region Women's Assistant Coach of the Year
- 2015 USTFCCCA Great Lakes Women's Indoor Assistant Track Coach of the Year

// The Spartan Staff //**Aaron Simoneau**

Head Men's Cross Country Coach
10th Season at MSU

**Rebekah Smeltzer-Pickard**

Director of Operations
Third Season at MSU

**Max Benoit**

Assistant Coach - Distance
Fifth Season at MSU

// SOCIAL CORNER //

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2023 Women's Cross Country Attached Roster

Name	Year	Hometown/Last School
Lizzie Babcock	Jr.	Novi, Mich./Novi
Julia Bajt	Sr.	Spring Lake, Mich./Spring Lake
Emily Bardwell	Sr.	Brunswick, Ohio/Brunswick Senior
Cookie Baugh	So.	Ann Arbor, Mich./Ann Arbor Pioneer
Meghan Beute	So.	Grand Rapids, Mich./Grand Rapids Covenant Christian
Sophia Bonnema	So.	Holland, Mich./West Ottawa
Katie Carothers	So.	Brighton, Mich./Brighton
Abbey Carvey	Jr.	Farmington, Mich./Farmington
Allison Chmielewski	So.	Roscommon, Mich./Roscommon
Sarah Coyne	So.	Plymouth, Mich./Plymouth
Adit Dau	So.	Grand Rapids, Mich./Ottawa Hills
Taylor Ewert	Jr.	Beavercreek, Ohio/Arkansas
Sarah Forsyth	So.	Ann Arbor, Mich./Ann Arbor Pioneer
Madison Foster	So.	Lambertville, Mich./Temperance Bedford
Lauren Freeland	Gr.	Kent City, Mich./Kent City
Fatima Giron	Gr.	Round Lake, Ill./Round Lake
Shae Harbaugh	Gr.	Clarkston, Mich./Clarkston
Kaitlyn Hynes	Jr.	DeWitt, Mich./DeWitt
Eleanor Kendell	Sr.	Huntington Woods, Mich./Royal Oak Shrine
Kaya Kuokkanen	Sr.	Waukesha, Wis./Waukesha West
Abigail Lee	Gr.	Fenton, Mich./Fenton
Sophia Lucki	Jr.	Toronto, Ontario/Bishop Allen
Avery McLean	Jr.	Traverse City, Mich./Traverse City Central
Olivia Millen	Jr.	Plymouth, Mich./Salem
Natalie Miller	Sr.	Pickford, Mich./Pickford
Grace Molloy	Gr.	Linlithgow, Scotland/The Mary Erskine School/University of Oxford
Katie Osika	Gr.	Waterford, Mich./Waterford Mott
Taylor Pangburn	Fr.	Grand Ledge, Mich./Grand Ledge
Tess Piper	Jr.	Holt, Mich./Holt
Reese Powers	So.	Marysville, Mich./Marysville
Madison Price	Sr.	Trenton, Mich./Trenton
Judith Rector	Gr.	Hanover, Mich./Hanover-Hortin
Kate Stewart-Barnett	Jr.	New Westminster, B.C./St. Thomas More Collegiate
Makenna Veen	Sr.	Kalamazoo, Mich./Plainwell
Taylor Visscher	Sr.	Caledonia, Mich. / Caledonia
Chloe Wall	So.	Waterford, Mich. / Waterford
Alison Ziehl	Gr.	Oxford, Mich. / Stoney Creek

PRONUNCIATION GUIDE

Lisa Breznau - BREZ-nah, like gnaw
 Meghan Beute - like beaut in beautiful
 Fatima Giron - Fah-TEEM-ah Jeh-RON
 Grace Molloy - muh-loy
 Katie Osika - Oh-SEE-kah
 Taylor Visscher - VISH-er



2023 Men's Cross Country Attached Roster

Name	Year	Hometown/Last School
Patrick Byrnes	Jr.	Plymouth, Mich./Plymouth
Timothy Cherry	So.	Glenelg, Md./Glenelg
Quinn Cullen	So.	Brighton, Mich./Portland
Brendan Favazza	Sr.	Clarkston, Mich./Clarkston
Owen Gilbert	So.	Battle Creek, Mich./Harper Creek
Riley Hough	So.	Hartland, Mich./Hartland
Owen Huard	Sr.	Dexter, Mich./Dexter
Gage Killewald	Jr.	Rochester Hills, Mich./Rochester Adams
Jeremy Kloss	Gr.	Harbor Springs, Mich./Harbor Springs
Parker Lambers	So.	Holland, Mich./Holland
Andrew Lane	Sr.	East Lansing, Mich./East Lansing
Nathan Larson	Sr.	Dexter, Mich./Dexter
Brady McArdle	So.	Davison, Mich./Davison
Noah Morrow	So.	Manton, Mich./Manton
Andrew Nolan	Sr.	Oxford, Mich./Lake Orion
Jack Pennewell	Jr.	St. Clair, Mich./St. Clair
Alexander Penski	Sr.	Holt, Mich./Holt
Luke Perelli	Sr.	Plymouth, Mich./Detroit Central Catholic
Tyler Pritchett	Sr.	Midland, Mich./Midland
Drew Seabase	Jr.	Traverse City, Mich./Traverse City Central
Aden Smith	Gr.	Alpena, Mich./Alpena
Joshua Smith	Gr.	Alpena, Mich./Alpena
Cole Toney	So.	St. Joseph, Mich./St. Joseph
Fraser Wilson	Gr.	Bailey, Mich./Kent City
Hunter Zartman	Sr.	Kalamazoo, Mich./Otsego
Matthew Zeleke	So.	East Lansing, Mich./East Lansing

PRONUNCIATION GUIDE

Aaron Simoneau - sim-IN-oh

Owen Huard - WHO-urd

Jack Pennewell - pen-eh-well

