

# A Letter To High School Athletes About Race Walking In College

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High School track and field athletes in general and high school race walkers in particular, need to be made aware that there is a shortage of race walkers in the USA. There are currently more colleges needing race walkers for their Track & Field teams than there are HS walkers in the USA. As a result, some colleges are now recruiting race walkers from other countries to walk here in the USA. This fact is presented only to stress the point that high school race walkers are an important commodity to many colleges.

What does it take to be a collegiate walker? The current qualifying times for the collegiate nationals in the race walk are illustrated in the table below. Looks pretty easy? Well only about a dozen men and a dozen women make the qualifying time – on average – each year. So it is challenging. Especially for those young men and women who first take up this track & field event at the collegiate level. That is why HS athletes who already know how to walk are in high demand:

RW Qualifying Standards For 2015 Collegiate T&F Nationals				
Race Distance	Men		Women	
	Automatic	Provisional	Automatic	Provisional
INDOORS: 3,000 meters for men & women	<b>14:15.00</b>	<b>15:15.00</b>	<b>16:30.00</b>	<b>17:30.00</b>
OUTDOORS: 5,000m for men & women	<b>24:00.00</b>	<b>25:00.00</b>	<b>27:45.00</b>	<b>28:15.00</b>

**There are scholarships** available for aspiring high school athletes who are experienced race walkers. Not many, 5 to 15 per year, but they exist. They are not easy to find, nor given out to just anybody.

But what colleges have the race walk? It isn't easy for a high school athlete to find out. But look at it from a college coach's point of view. Many media outlets don't print results of any HS competitions anymore; much less the results of a race walk competition. Why, because in their eyes it isn't a high school event. Thankfully this is something the National Federation of State High School Associations (NFHS) and USA Track & Field (USATF) is working on. But until then, many college coaches don't know where to look to find that walker that can score points for their teams. Therefore, the point of this article is to help college coaches and prospective athletes connect.

## Searching the Internet:

When a high school student-athlete starts the search for their future college the first thing that young man or woman should do is to create a list of institutions that offer the area(s) of study he, or she, is interested in. This is the most important thing to do. After all, you go to college to get a good education. Athletics, including race walking, should be secondary.

There are many web sites on the internet that can help search the 2,500 or so colleges and universities in the USA for the ones that have the course of study desired. They can be found by going to any of the popular search engines like yahoo.com and google.com and typing in "College Search" and clicking on the SEARCH button.

Two good web sites that can help with this are:

- ❑ Find a College - College Search - Majors and Careers – <http://www.collegeboard.com/csearch/>
- ❑ USNews.com: America's Best Colleges 2010: Custom College Finder – <http://colleges.usnews.rankingsandreviews.com/college>

The list returned by these searches can then be refined by limiting the search parameters by the size, location, distance, price, and type of college.

But before eliminating any schools, student-athletes may want to create a sub-list of all schools that have both the degree program sought and are athletically compatible - which means a school that offers race walking. This second step requires a great deal more time and effort. This article should help the athlete accomplish this task.

### **Some background information on scholarships:**

Every athlete is interested in getting a scholarship to college. So it may come as a shock, but in today's collegiate environment rarely does any student-athlete receive a "Full Ride" or scholarship to college. "Quarter" and "Third" scholarships are more the norm in athletics. These are often divided along the lines of separate awards for tuition, board, and books. An athlete may receive one, or two, but rarely all three. Financial need and academic standing are also determining factors.

Further complicating the recruiting situation is the window afforded individual colleges for making contact with potential student athletes. Four sets of governing rules are in effect. The rules vary between the three divisions within the National Collegiate Athletics Association (NCAA). Plus the National Association of Intercollegiate Athletics (NAIA) has its own set.

Generally, college coaches can't talk about recruiting and scholarship commitments until the summer after athlete's junior year in high school. But throughout the junior year a high school student can initiate communication with a college by filling out one of the on-line forms that most college & university athletic departments offer on their web sites. Optionally, you can email a coach directly and request information about their college and track and cross country programs.

One last, very important consideration when seeking that athletics scholarship – there is more money available via academic scholarships for good grades and test scores than for athletic prowess. So while you are focusing on that set of 20 fast 400 meter repeats in practice, remember it is even more important to be getting top notch marks in the class room!

### **More information on Obtaining College Financial Aid:**

The typical first step in getting financial aid is completing the Free Application for Federal Student Aid (FAFSA). This document provides guidelines to how much financial aid the student-athlete is eligible for outside of any (athletic or academic) merit based scholarships. This is obtained at:

**[www.fafsa.ed.gov](http://www.fafsa.ed.gov)**

Most colleges require this before awarding any merit based scholarships or need-based grants and loans. This includes the Pell grants and the Perkins and Stafford loan programs.

You should also check into the special interest and regional scholarships that are available at the colleges you have narrowed your choices down too. And don't forget there is also a Federal Department of Education searchable database. The data base can provide additional places to apply for scholarships:

**<https://www.studentaid.ed.gov/>**

Finally, don't forget to consult with the counselors at your high school and the admissions advisors at the colleges you are considering. They have additional resources available to them for assisting you – particularly in answering any questions about information concerning the programs mentioned in this document.

## How Good Are You ?

The High School Race Walk web site is a good place for college coaches, athletes, and parents of athletes to peruse. It provides recognition to the top HS Race Walkers in the US as well as providing a ranking of the top HS race Walkers in the indoor and outdoor seasons each year. See where you are ranked at:

<http://www.hsrw.net/>

## WHAT COLLEGES ARE LOOKING FOR RACE WALKERS?

The **National Association of Intercollegiate Athletics (NAIA)** has been conducting the race walk as a scored event at its National Track & Field Championships for over 40 years. Since 1980 nearly 75% of all race walkers on the USA Olympic Team have graduated from NAIA member colleges and universities.

The NAIA has always been the forward thinking, driving force for the inclusion, not exclusion, of all Olympic Events at the collegiate level. Not only are the race walks a scoring event at both the indoor and outdoor National T&F Championships but the NAIA also includes the marathon with its outdoor T&F championships.

There are many advantages to competing in the NAIA as a race walker. Besides the benefit of the close-knit communities and small class sizes typically found on a NAIA member school campus, NAIA athletics offer:

- 1) A maximum opportunity to participate in regular season competitions and National Championships
- 2) Greater opportunities to transfer without losing a season of eligibility
- 3) The focus is on education and character development of the student athlete
- 4) Fewer recruiting restrictions

The NAIA is comprised of almost 300 member institutions, each dedicated to the ideals of excellence in character and respect in both athletics and academics. About 200 of these schools have T&F programs. And of particularly good news to HS race walkers is the fact that only about two dozen of those schools currently have race walkers. The rest are looking for that one walker that will lead their program. This paper identifies many of these schools and the coach's email address. But to obtain a complete listing of all NAIA member colleges click on over to the NAIA's revamped website and click on "SCHOOLS":

<http://www.naia.org/>

The NAIA recruitment process is less cumbersome, with fewer restrictions on the contact between a student-athlete and a coach. More frequent communication aids in assuring that the student-athlete is comfortable with the choice of an institution. More on athletic aid in the NAIA is available by visiting the NAIA Eligibility Center at:

<http://www.playnaia.org/>

What about **National Collegiate Athletic Association (NCAA)** schools? Regretfully, there isn't much that can be said positively about the NCAA. The NCAA does not recognize the race walk as a track & field event at any level. Current NCAA rules prohibit student athletes who are race walkers from receiving financial assistance from the athletic departments at their colleges. Therefore there are **NO** athletic scholarships for race walking within the NCAA ranks. That said, there still exists some opportunities for race walking at certain NCAA universities because of extremely supportive coaches at those institutions.

These schools are mainly on the east coast where race walking is historical strong at the HS level:

### **NCAA Division I:**

- Currently there are no race walk friendly coaches at the NCAA Division I level. In fact the NCAA & the USOC has allowed many DI member institutions to drop track & field as a sport with barely a nod of resistance.

### **NCAA Division II:**

- Mansfield University in Mansfield, Pennsylvania, is a good location for track & field athletes who race walk. Three-time Olympian in the race walk - Michelle Rohl – assists her husband; head coach Mike Rohl, in coaching at Mansfield University. Contact Coach Rohl at: <mrohl@mnsfld.edu> (570) 662-4645
- If you are both a race walker and a XC runner in New England contact 2008 Olympic Race Walker Joanne Dow. She is the head cross country coach for both the men and the women at Southern New Hampshire University. Coach Dow's contact info is: <j.dow@snhu.edu> (603) 645-9773

### **NCAA Division III:**

- Division III coaches are NOT allowed to give scholarships based upon athletic (race walking/running) abilities. But if you are a top notch academic student this may be the place for you. Long-time RW coach John Izzo has worked with many race walkers at the University of Rochester, in Rochester, NY. <jizzo@sports.rochester.edu>

Many of the NCAA limitations are also determined by the athlete's gender. The combined Scholarship Limits for an entire program at the NCAA Division I level for Track & Field/Cross Country athletes are 18 for the women and 12.6 for the men. Race walkers have been ruled ineligible by the NCAA's Compliance Office to receive any of these athletic scholarships.

## **Junior Colleges in California**

There is currently one junior college in California where a high school athlete can get the cross country, track & field and race walking opportunities that should be afforded him or her nationwide. In 2010, two-time Olympian Tim Seaman was hired as a head Track and cross country coach at Cuyamaca College near San Diego, California. You can contact Coach Seaman at: <Tim.Seaman@Olympian.org>

## **NAIA Success Stories**

While based in the geographical center of the USA there are over 300 NAIA colleges and universities scattered across the country. But few are in the northeast (go figure) where race walking is popular among HS students in New York and Maine. Therefore student-athletes will often need to look out-of-state to continue their education. Luckily, most will find that cost of education will be lower at the NAIA member institution than at an in-state school in New England and New York.

Competitively, the race walk is conducted as a scoring event at the NAIA indoor and outdoor collegiate national T&F championships. Further, the NAIA encourages its member conferences to include the walks at invitational meets as well as individual Conference Championships. Results from recent NAIA Collegiate National T&F Championships are included in the Appendix and provide a reference point for which colleges currently have athletes on campus and on what it takes to earn All American (top 8) ranking.

Below is a list of colleges and college coaches who are actively recruiting race walkers for their T&F teams. Those colleges prefixed with an asterisk (\*) currently have race walkers on their T&F team. Recent signees, if known, are listed separately. Please contact the coaches directly for more information about their program and availability of scholarships:

1. (\*) Baker University (Kansas) Tim Byers <tbyers@bakeru.edu> (785) 594-4581
2. (\*) Benedictine College (Kansas) Rex Lane <rlane@benedictine.edu> (913) 360-7606
3. (\*) Benedictine University (Springfield, Illinois) Josh White <jawhite@ben.edu> (217) 718-5000
4. Biola University (California) Jonathan Zimmerman <jonathan.zimmerman@biola.edu> (562) 944-0351 x5929

5. Calumet College of St. Joseph (Hammond, Indiana) Kevin Paterson <kpaterson@ccsj.edu> (219) 473-4265
6. Campbellsville University (Kentucky) Hilary Lakes <halakes@campbellsville.edu> (270) 789-5298
7. Cardinal Stritch (Milwaukee, Wis) Joel Pearson <jrap85@msn.com> 360-223-0264
8. (\*) Central Methodist U (Missouri) Mark Nelson <mnelson@centralmethodist.edu> (660)-248-6312
9. Concordia University (Irvine, California) Daniel Bowman <daniel.bowman@cui.edu> (949) 214-3242
10. (\*) Cornerstone University (Grand Rapids, Michigan) Nate Van Holten <doctor\_nate@hotmail.com > (616) 821-3470
11. Culver-Stockton Univ. (Canton, Missouri) Dr. Andrew Walsh <awalsh@culver.edu> (573) 288-6376
12. (\*) Dakota Wesleyan University (S.Dakota) Patrick Belling <pabellin@dwu.edu> (605) 995-2954
13. Davenport University (Grand Rapids, Michigan) Scott Cook <scook@davenport.edu> (616) 871-6190
14. Eastern Oregon University (Oregon) Ben Welch <ben.welch@eou.edu> (541) 962-3851
15. (\*) Embry-Riddle University (Daytona Beach, Fla) Peter Hopfe <hopfe485@erau.edu> (386) 266-7099
16. (\*) Evangel College (Missouri) Lynn Bowen <> (417) 865-2815 ext. 7359
17. Evergreen State Univ. (Olympia, Wash) Chris Ertman <ertmanc@evergreen.edu> (360) 867-6520
18. Friends University (Kansas) Damian Smithhisler <damian\_smithhisler@friends.edu> (316) 295-5624
19. (\*) Goshen College (Indiana) Doug Yoder" <doug@yoder.edu> (574) 535-7495
20. Graceland University (Iowa) Reece Vega <rvegal@graceland.edu> (641) 784-5464
21. Grand View University (Des Moines, Iowa) Jerry Monner <jmonner@grandview.edu> (515) 263-6046
22. Hannibal-LaGrange (Missouri) Ashley Thomas <ashley.thomas@hlg.edu> (573) 629-3229
23. (\*) Hastings (Nebraska) Ryan Mahoney <rmahoney@hastings.edu> (402) 461-7333
24. Haskell Indian Nations University (Lawrence, Kansas) Al Gipp <agipp@haskell.edu> (785) 830-2758
25. Judson College (Elgin, Illinois) Tim Ciochon <timothy.ciochon@judsonu.edu> (847) 628-2066
26. (\*) Kansas Wesleyan University (Salina KS) Brent Bailey <brent.bailey@kwu.edu> (785) 827-5541 ext#1166
27. Lindenwood - Belleville University (Illinois) Chris Sandefur <csandefur@lindenwood.edu> (618) 239-6055
28. (\*) Lindsey Wilson (Kentucky) Jamaine Gordon <gordonj@lindsey.edu> (270) 384-8175
29. Marian University (Indiana) Michael Holman <mholman@marian.edu> (317) 955-6585
30. Marymont University (California) Martin Gonzalez <mgonzalez1@marymountcalifornia.edu > (714) 376-2944
31. Midland University (Nebraska) Mark Kostak <kostek@midlandu.edu> (402) 841-6319
32. (\*) Missouri Baptist (St. Louis, Missouri) Katie Cline <clinek@mobap.edu> (314) 744-5318
33. (\*) Missouri Valley (Marshall, Missouri) Nathan Christianson <christiansonn@moval.edu> (660) 831-4095
34. Moncreat University (North Carolina) Justin Herbert <jherbert@montreat.edu> (828) 669-8011 ext #3425
35. Mt Marty College (Yankton, South Dakota) Randy Fischer <randall.fischer@mtmc.edu> (605) 668-1263
36. Oklahoma City University (Oklahoma City, Ok) Conor Holt <cholt@okcu.edu> (405) 208-5319
37. Our Lady of the Lake University (San Antonio, Texas) Steve Sherman <ssherman@ollusa.edu> (210) 288-736
38. (\*) Roosevelt University (Chicago, Illinois) Sam Vazquez <svazquez03@roosevelt.edu> (312) 341-4164
39. (\*) St. Ambrose (Davenport, IA) Dan Tomlin <tomlindaniield@sau.edu> (563) 333-6236
40. St. Andrews College (Laurinburg, NC) Bill Cason <casonwm@sapc.edu> 910-277-3965
41. (\*) St Xavier College (Chicago, Ill) Kyle Rago <rago@sxu.edu> (773) 298-3306; Lisa Ebel <l.ebel@sxu.edu>
42. Southern Oregon ( Ashland, Oregon ) Grier Gatlin <gatling@sou.edu> (541) 552-6500
43. University of Jamestown (N. Dakota) Ed Crawford <ecrawfor@jc.edu> & Jim Clark <clark@jc.edu>
44. (\*) University of Rio Grande (Rio Grande, Ohio) Steven Gruenberg <gruenberg@rio.edu> (740) 245-7487
45. University of Saint Mary (Leavenworth, Kansas) David Dominguez <Dominguez06@stmary.edu> (913) 758-4353
46. (\*) University of the Cumberland (Kentucky) Floyd Stroud <floyd.stroud@ucumberland.edu> 606-539-4139
47. Viterbo University (La Cross, Wisconsin) John Metelko <jpmetelko@viterbo.edu> (608) 796-3840
48. Westmont University (Santa Barbara, California) Russell Smelley <smelley@westmont.edu> (805) 565-6108
49. William Penn University (Iowa) Allen Friesen <friesena@wmpenn.edu> (641) 673-1706

## Recruiting Questions to ask:

Once you have settled on a college (or three) to visit, have a set of questions to ask the coach and any members of the team you get to meet. Some sample questions are: Who actually coaches the race walkers. What competitions will the team be going to that include race walking? Will there an opportunity to go to race walk only competitions? Are there study tables for academic assistance?

Additional questions to other athletes at the college include: Do you like the coach? Does the team do activities together away from practices and meets? How are injured athletes treated by the coach and medical staff?

## NAIA Colleges that signed race walkers (2014-2015):

- Goshen College (Goshen, Indiana) – **Nathaniel Roberts** (Salem, Oregon). Nathaniel was the 2013 Junior National Champion in the race walk and one of Oregon's top HS distance runners and **Geraldo Bebe Flores** (Pharr, TX) Geraldo is a multiple All American in race walking and a huge success story for the South Texas Walking Club coach by AC Jaime.
- Baker University (Baldwin, Kansas) – **Brenda McCollum** (Bluestem HS, Leon, KS), Winner of the USA World Cup Trials and a multiple Junior Olympic All American in RWing and **Caitlin Apollo** (New Rochelle, New York). Caitlin was one of suburban New York's top walkers in 2014.
- St Ambrose (Davenport, IA) has signed **Anthony Peters** from Bartlett HS (Illinois). Anthony has qualified to compete in the IAAF World Cup in China in May as a RWer and won the 2014 USA Junior Nationals. He competed in RWing for the Elgin Sharks TC. St Ambrose also signed **Jennifer Lopez** of the Elgin Sharks TC to a T&F scholarship as a race walker.
- Benedictine University (Springfield, Illinois) – signed **Emilio Mancha**, from Elgin HS (Illinois). Emilio is another long time race walker from the Elgin Sharks TC – a club coached by Diane Graham Henry.
- Roosevelt University (Chicago, Illinois) – **Miriam Andablo**, a quick learner at the annual race walk camp in Pharr, Texas, last January, has moved on from Morton East HS in Cicero, Illinois, to the cross country and track teams at Roosevelt University as a race walker.

## Additional contact people in race walking:

Hopefully you have found this article useful in identifying the colleges that are race walk friendly. In addition to the author, the following individuals can assist you with questions you have about race walking locally, or at the high school or collegiate levels.

- Dave McGovern (New York) – Vice Chair USATF National RW Committee - [RayZwocker@aol.com](mailto:RayZwocker@aol.com)
- Maryanne Daniel (Connecticut) - Women's RW Development Chair - [ctracewalk@sbcglobal.net](mailto:ctracewalk@sbcglobal.net)
- Tim Seaman (California) – Men's RW Development Chair - [Tim.Seaman@Olympian.org](mailto:Tim.Seaman@Olympian.org)

## WEB SITES WITH INFORMATION

All national championships as well as additional information on race walking is available thru the national website:

- **USATF Web Site:** <http://www.usatf.org/Sports/Race-Walking.aspx>

Facebook page for USATF Race Walking:

- <http://www.facebook.com/USATF.RaceWalking>

Locations for the latest in information on HS race walking:

- <http://www.hsrw.net>
- [http://www.facebook.com/home.php?sk=group\\_50948072343](http://www.facebook.com/home.php?sk=group_50948072343)

Four great web sites with information on race walking including technique, books, etc., are:

- <http://www.racewalk.com/defaultRW.asp>
- <http://www.eracewalk.com/>
- <http://www.narionline.org/nari/default.asp>
- <http://www.racewalking.org/>

Web Site containing information on the Al Heppner Scholarship for collegiate race walkers:

- <http://www.narionline.org/nari/Programs/AlHeppner.asp>

# 2014 NAIA National Collegiate Indoor Track & Field Championships

Friday, March 7<sup>th</sup>, 2014

Spire Institute Sports Complex, Geneva, Ohio

The 2014 Men's national collegiate indoor championships in the race walk featured the same big three names in collegiate race walking as the record breaking year of 2013. And '14 then proceeded to outdo '13 with Risch, first across the line again. Only this time he employed a smarter drive to the finish. And without the red cards that kept him out of the record book in '13. Risch smashed the collegiate record (both NCAA & NAIA) of 11:59.73 with his winning time of 11:57.96. The hard pace set by Risch left both Chavez and Christie in his wake.

## Event 11 Men 3000 Meter Race Walk

Record	Tag	Time	Athlete	Affiliation	Date
American	A	11:16.30	Ray Sharp	East Side TC	02/03/1984
College	C	11:59.73	Nick Christie	Missouri Baptist	03/01/2013
Spire	S	11:59.73	Nick Christie	Missouri Baptist	03/01/2013
Championship:	N	11:59.73	Nick Christie	Missouri Baptist	03/01/2013
2013 Champ:	*	11:59.73	Nick Christie	Missouri Baptist	03/01/2013
Meet Qualifying: 15:15.00					

1.	Cody Risch	SR-4	Cornerstone	11:57.96	CSN	10
2.	Alejandro Chavez	JR-3	Missouri Baptist	12:12.41		8
3.	Nick Christie	JR-3	Missouri Baptist	12:24.49		6
4.	Mitchell Brickson	JR-3	Goshen	13:58.62		5
5.	Kolton Nay	JR-3	Goshen	14:03.80		4
6.	James Hafner	SR-4	Evangel	14:25.66		3
7.	Brad Sandlin	JR-3	Goshen	14:31.45		2
8.	Bernard Graham	JR-3	Lindsey Wilson	14:41.10		1
9.	Nick Horton	FR-1	Hastings	14:48.15		-
10.	Sam Beal	FR-1	Cumberlands	15:57.88		-
--	Will Baird	SO-2	Hastings		DQ	-

Molly Josephs, a sophomore hailing from the New York, was actually the surprise winner over teammate, and pre-race favorite Mereth Zalba. Cornerstone's Monica Lawrence had a huge career best to finish 3<sup>rd</sup>. Early race leader, and 2012 USATF Junior Walker of the Year, frosh Maite Moscoso, finished 4<sup>th</sup>. Not only did race walkers from 11 different colleges make this year's finals, but the 8th place All American, finishing in 15:37, was the fastest 8th place ever in NAIA history!

## Women 3000 Meter Race Walk

Record	Tag	Time	Athlete	Affiliation	Date
American	A	12:20.79	Debbi Lawrence	Natural Sport	03/12/1993
College	C	13:53.63	Nicole Bonk	Embry-Riddle (Fl)	03/01/2013
Spire	S	13:53.63	Nicole Bonk	Embry-Riddle (Fl)	03/01/2013
Championship:	N	13:53.63	Nicole Bonk	Embry-Riddle (Fl)	03/01/2013
2013 Champ:	*	13:53.63	Nicole Bonk	Embry-Riddle (Fl)	03/01/2013
Meet Qualifying: 17:30.00					

1.	Molly Josephs	SO-2	Missouri Baptist	14:15.74		10
2.	Mereth Zalba	SO-2	Missouri Baptist	14:20.66		8
3.	Monica Lawrence	SR-4	Cornerstone	14:24.72		6
4.	Maite Moscoso	FR-1	Embry-Riddle	14:55.49		5
5.	Abby Dunn	SO-2	Goshen	15:09.64		4
6.	Reini Brickson	SR-4	Lindsey Wilson	15:10.64		3
7.	Brianna Griffiths	JR-3	Cornerstone	15:22.62		2
8.	Nicole Court-Menendez	SO-2	Dakota Wesleyan	15:37.49		1
9.	Natalia Alfonzo	FR-1	Missouri Baptist	15:49.73		-
10.	Kayla Ovokaitys	SO-2	Cornerstone	15:50.02		-
11.	Jourdann Green	SO-2	Lindsey Wilson	15:58.24		-
12.	Ioulia Barakou	FR-1	Missouri Baptist	16:04.82		-
13.	Amanda Bland	JR-3	Lindsey Wilson	16:17.19		-
14.	Kaitlyn Loeffler	JR-3	Central Methodist	16:18.30		-
15.	Melissa Manlan	SO-2	Cornerstone	16:23.26		-
16.	Kayla Gray	FR-1	Goshen	16:32.66		-
17.	Courtney Kiernan	FR-1	Missouri Baptist	16:32.88		-
18.	Keara Lenard	FR-1	Kansas Wesleyan	16:45.30		-
19.	Michelle Moyer	JR-3	Goshen	16:58.49		-
20.	Nikki Worsham	FR-1	Rio Grande	17:30.60		-
21.	Teresa Graybill	SR-4	Benedictine (Kan.)	17:57.30		-

# 2014 NAIA National Collegiate Outdoor Track & Field Championships

Friday, May 25<sup>th</sup>, 2014

M. Miller Stadium, Gulf Shores, Alabama

**Mereth Zalba repeats as the women's national champion as the meet moves to Gulf Shores, Alabama, for the national championships in 2014. Mid afternoon temperatures and humidity affected many of the competitors. Indoor champion Molly Josephs kept it close throughout.**

## Women 5000 Meter Race Walk

Record	Tag	Time	Athlete	Affiliation	Date
American	A	20:56.88	Michelle Rohl	LaGrange RWers (GA)	04/27/1996
Collegiate:	C	23:18.91	Nicola Evangelista	British Columbia (CAN)	05/27/2011
Championship:	N	23:18.91	Nicola Evangelista	British Columbia (CAN)	05/27/2011
2013 Champ:	*	25:17.87	Mereth Zalba	Missouri Baptist (MO)	05/24/2013

Meet Qualifying: 28:15.00

Name	Year	School	Finals
1 Zalba, Mereth	SO	Missouri Baptist	26:38.36
2 Josephs, Molly	SO	Missouri Baptist	26:43.26
3 Griffiths, Brianna	JR	Cornerstone	27:23.79
4 Lawrence, Monica	SR	Cornerstone	27:52.12
5 Ovokaitys, Kayla	SO	Cornerstone	27:52.96
6 Brogan, Bailey	FR	Cornerstone	28:08.40
7 Dunn, Abby	SO	Goshen	28:11.63
8 Court-Menendez, Nicole	SO	Dakota Wesleyan	28:30.46
9 Brickson, Reini	SR	Lindsey Wilson	28:37.88
10 Loeffler, Kaitlyn	JR	Cen Methodist	29:23.33
11 Alfonzo, Natalia	FR	Missouri Baptist	30:00.70
12 Barakou, Ioulia	FR	Missouri Baptist	31:12.25
-- Moscoso, Maite	FR	Embry-Riddle	DNF
-- Manlan, Melissa	FR	Cornerstone	DNF
-- Bland, Amanda	JR	Lindsey Wilson	DNF

**Nick Christie adds the 2014 outdoor crown to the indoor title he won in 2013. Again the humidity and midafternoon heat effected the overall times but not the 1-2 scoring punch achieved by Missouri Baptist.**

## Men 5000 Meter Race Walk

Record	Tag	Time	Athlete	Affiliation	Date
American	A	19:28.66	Timothy Seaman	New York AC	06/07/2003
Collegiate:	C	20:02.25	Evan Dunfee	British Columbia (CAN)	05/27/2011
Championship:	N	20:02.25	Evan Dunfee	British Columbia (CAN)	05/27/2011
2013 Winner:	*	21:03.92	Alejandro Chavez	Missouri Baptist (MO)	05/24/2013

Meet Qualifying: 25:00.00

Name	Year	School	Finals
1 Christie, Nick	SR	Missouri Baptist	21:22.72
2 Chavez, Alejandro	JR	Missouri Baptist	21:49.50
3 Hutcherson, Doug	FR	Cen Methodist	25:21.48
4 Hafner, James	SR	Evangel	25:42.93
5 Brickson, Mitchell	JR	Goshen	26:15.20
6 Nay, Kolton	JR	Goshen	27:38.27
7 Graham, Bernard	JR	Lindsey Wilson	29:38.96



# 2013 NAIA National Collegiate Indoor Track & Field Championships

Friday, March 1<sup>st</sup>, 2013

Spire Institute Sports Complex, Geneva, Ohio

The 2013 indoor championship race for the men was won by the 2012 Olympic Trials bronze medalist in the race walk Nick Christie, of Missouri Baptist College, in a new NAIA Championship and Spire track record of 11:59.73 for the 3,000m walk. He survived the red card filled final straight sprint to take the title over Cody Risch who actually crossed the line first. There were many lead changes throughout the race as both Risch and Christie attempted break away moves.

Nicole Bonk, also the lead-off runner on her school's All-American 4x800 squad, defended her 2012 women's title in the 3,000m walk. But despite appearances it wasn't a solo effort by the Embry-Riddle senior. The new Collegiate, NAIA Championship and Spire stadium record time was set up by Mereth Zalba as Bonk walked a 45 second PR. Zalba, a frosh at Missouri Baptist from Chihuahua, Mexico, set out with a 76 second first lap and a 7:25 mile with Bonk tucked in tightly behind. Bonk, a 2012 Olympic Trials finalist, like Christie in the men's race, made her move with 3 laps to go. Mereth wasn't able to respond. 2012 Maine HS champ Abby Dunn broke up a tight 6 women pack battling for spots 3-8 with a strong second mile to claim third.

## Women 3000 Meter Race Walk

Record	Tag	Time	Athlete	Affiliation	Date
American	A	12:20.79	Debbi Lawrence	Natural Sport	03/12/1993
College	C	13:56.06	Amber Antonia	Wisconsin Parkside	2002
Spire	S	14:12.05	Jessica Ching	Lindenwood	03/04/2011
Championship:	N	13:56.06	Amber Antonia	Wisconsin Parkside	2002
2012 Champ:	*	14:41.95	Nicole Bonk	Embry-Riddle (Fl)	03/02/2012

Meet Qualifying: 17:30.00

1	Bonk, Nicole	SR Embry-Riddle (FL)	13:53.63	<b>CSN</b>	10
2	Zalba, Mereth	FR Missouri Baptist (MO)	14:15.18*		8
3	Dunn, Abby	FR Goshen (IN)	15:16.09		6
4	Lawrence, Monica	JR Cornerstone (MI)	15:20.17		5
5	Helmuth, Erin	SR Goshen (IN)	15:25.19		4
6	Josephs, Molly	FR Missouri Baptist (MO)	15:47.84		3
7	Brickson, Reini	JR Lindsey Wilson (KY)	15:51.94		2
8	Court-Menendez, Nicole	FR Dakota Wesleyan (SD)	16:06.32		1
9	Breithaupt, Lauren	SR Baker (KS)	16:15.47		
10	Mancha, Mercedes	SR St. Xavier (IL)	16:28.92		
11	Green, Jourdann	FR Lindsey Wilson (KY)	16:39.33		
12	Griffiths, Brianna	SO Cornerstone (MI)	16:41.38		
13	Loeffler, Kaitlyn	SO Cen. Methodist (MO)	16:44.02		
14	Graybill, Teresa	JR Benedictine (KS)	17:20.67		
15	Townsend, Julia	SO Concordia (CA)	17:32.51		
--	Ovokaitys, Kayla	FR Cornerstone (MI)	DQ		
--	Bland, Amanda	SO Lindsey Wilson (KY)	DQ		

## Event 11 Men 3000 Meter Race Walk

Record	Tag	Time	Athlete	Affiliation	Date
American	A	11:16.30	Ray Sharp	East Side TC	02/03/1984
College	C	12:15.95	Chris Tegtmeier	Concordia (Neb.)	03/04/2011
Spire	S	12:15.95	Chris Tegtmeier	Concordia (Neb.)	03/04/2011
Championship:	N	12:15.95	Chris Tegtmeier	Concordia (Neb.)	03/04/2011
2012 Champ:	*	12:40.27	Alejandro Chavez	Missouri Baptist	03/02/2012

Meet Qualifying: 15:15.00

1	Christie, Nick	JR Missouri Baptist	11:59.73	<b>CNS</b>	10
2	Chavez, Alejandro	SO Missouri Baptist	12:00.57	<b>CNS</b>	8
3	Vanderwall, Nathan	SO Cornerstone	13:16.87		6
4	Gunderkline, Jacob	SR Goshen	13:23.61		5
5	Hafner, James	JR Evangel	13:27.70		4
6	Komuro, Yasuaki	FR Benedictine	13:49.13		3
7	Brickson, Mitchell	JR Goshen	14:44.57		2
8	Withrow, Isaac	SO Cornerstone	14:45.01		1
--	Jakobsen, Aleksander	SR Ashford	DQ		
--	Risch, Cody	SR Cornerstone	DQ		

# 2013 NAIA National Collegiate Outdoor Track & Field Championships

Friday, May 24<sup>th</sup>, 2013

Indiana Wesleyan University, Marion, Indiana

The women's field was young, yet experienced. And the weather was cool. Therefore fast times were expected and the athletes didn't disappoint. Newcomer Lauren Breithaupt from Baker University in Kansas set the initial pace with the field jammed up tight behind her two flat initial lap. Then Goshen's Abby Dunn took the lead. Dunn, a Maine HS State champion in the mile walk was challenged by defending NAIA champ Nicole Bonk. Bonk, who graduated from HS in Pennsylvania, kept the pace honest and close to 2 minutes per lap. By the halfway mark the lead group was down to four; Bonk, Dunn and Missouri Baptist teammates Molly Josephs and Mereth Zalba. Then Zalba broke the race open with Bonk responding. Josephs, from New York, fell back to third with Dunn in fourth. Zalba, one of the top junior athletes in Mexico, kept Bonk to the outside. But Bonk, also an NAIA All American in the 4x800 Relay, swept by with a fast finish over the last 150 meters that drew the eye and ire of three judges. A red paddle after the finish gave Zalba the win.

## Women 5000 Meter Race Walk

Record	Tag	Time	Athlete	Affiliation	Date
American	A	20:56.88	Michelle Rohl	LaGrange RWers (GA)	04/27/1996
Collegiate:	C	23:18.91	Nicola Evangelista	British Columbia (CAN)	05/27/2011
Championship:	N	23:18.91	Nicola Evangelista	British Columbia (CAN)	05/27/2011
2012 Champ:	*	26:43.05	Nicole Bonk	Embry-Riddle (FL)	05/25/2012
Meet Qualifying:		28:15.00			

Name	Year	School	Finals
1 Zalba, Mereth	FR	Missouri Baptist	25:17.87 *
2 Josephs, Molly	FR	Missouri Baptist	25:34.33 *
3 Dunn, Abby	FR	Goshen	26:07.49 *
4 Lawrence, Monica	JR	Cornerstone	26:28.55 *
5 Griffiths, Brianna	SO	Cornerstone	26:53.78
6 Breithaupt, Lauren	FR	Baker	27:31.91
7 Brickson, Reini	JR	Lindsey Wilson	27:40.81
8 Court-Menendez, Nicole	FR	Dakota Wesleyan	27:50.88
9 Ovokaitys, Kayla	FR	Cornerstone	28:29.11
10 Mancha, Mercedes	SR	St. Xavier	28:56.07
11 Bland, Amanda	SO	Lindsey Wilson	29:24.53
12 Loeffler, Kaitlyn	SO	Gen. Methodist	29:28.97
13 Graybill, Teresa	JR	Benedictine	29:38.84
14 Green, Jourdann	FR	Lindsey Wilson	30:19.67
-- Bonk, Nicole	SR	Embry-Riddle	DQ Rule 232.2

Nick Christie, the indoor champ in the walk and the bronze medalist at the 2012 Olympic Trials was the heavy favorite to win his first outdoor title at the collegiate level. But it wasn't his day as he fell off the lead halfway thru. This left John Cody Risch and Alex Chavez to battle it out. The pace remained fast, at under 1:45 per lap, but got even faster over the last kilometer as Chavez, many times member of the USA Junior National Team, upped the tempo. Cody, also a 5,000 & 10,000 meter runner, had no problem holding on to second as all three top finishers bettered 2012's winning time. It was Chavez's second national title as he won indoors as a freshman.

## Men 5000 Meter Race Walk

Record	Tag	Time	Athlete	Affiliation	Date
American	A	19:28.66	Timothy Seaman	New York AC	06/07/2003
Collegiate:	C	20:02.25	Evan Dunfee	British Columbia (CAN)	05/27/2011
Championship:	N	20:02.25	Evan Dunfee	British Columbia (CAN)	05/27/2011
2012 Winner:	*	22:41.13	Ben Thorne	British Columbia (CAN)	05/25/2012
Meet Qualifying:		25:00.00			

Name	Year	School	Finals
1 Chavez, Alejandro	SO	Missouri Baptist	21:03.92 *
2 Risch, Cody	SR	Cornerstone	21:27.40 *
3 Christie, Nick	JR	Missouri Baptist	22:20.56 *
4 Gunderkline, Jacob	SR	Goshen	23:29.45
5 Vanderwall, Nathan	SO	Cornerstone	24:26.25
6 Hafner, James	JR	Evangel	24:44.32
7 Brickson, Mitchell	SO	Goshen	26:05.50
8 Withrow, Isaac	SO	Cornerstone	27:56.94

**2012 NAIA National Collegiate Indoor Track & Field Championships**  
**Friday, March 2<sup>nd</sup>, 2012**  
**Geneva, Ohio**

Both stricter qualifying standards and a large number of graduating seniors in the 2011 race affected the field size at this year's championships. That allowed much improved Embry-Riddle junior Nicole Bonk, ninth in 2011, to dominate this year's field for the win. Erin Helmuth, from Goshen College in Indiana, dismantled a close race for second with a strong last lap over Cornerstone's Monica Lawrence.

What was neat about this year's race is that every finisher was from a different state and school.

Women 3000 Meter Race Walk

=====  
American: A 12:20.79 3/12/1993 Debbie Lawrence, Natural Sport TC  
Collegiate: C 13:56.06 2002 Amber Antonia, Wisconsin Parkside  
Championship: N 13:56.06 2002 Amber Antonia, Wisconsin Parkside  
2011 Champ: \* 14:12.05 3/4/2011 Jessica Ching, Lindenwood  
Meet Qualifying: 18:50.00

Name	Year	School	Seed	Finals	Points	
1	187	Bonk, Nicole	JR Embry-Riddle (FL )	14:54.19	14:41.95	10
2	208	Helmuth, Erin	JR Goshen (IN)	15:47.14	15:18.07	8
3	126	Lawrence, Monica	SO Cornerstone (MI)	15:43.26	15:34.60	6
4	281	Brickson, Reini	SO Lindsey Wilson (KY)	16:00.23	16:24.36	5
5	10	Lagerhausen, Eller	FR Ashford (IA)	17:02.28	17:03.58	4
6	427	Mancha, Mercedes	JR St. Xavier (IL)	16:48.23	17:05.17	3
7	98	Townsend, Julia	FR Concordia (Cal.)	17:04.00	17:27.23	2

Cody Risch is a new comer to race walking, with much less than a year's experience. Alex Chavez, though just a frosh, has been on many international teams representing the USA in race walking. Risch, from Michigan's Cornerstone University, went out hard and fast, but couldn't maintain his advantage. Chavez, whose hometown is Pharr, Texas, caught Risch with 4 laps of the 300m track to go, then pulled away to victory over the last 500. Ricardo Vergara outlasted the fast finishing Jake Gunderkline for third.

Men 3000 Meter Race Walk

=====  
American: A 11:16.3 2/3/1984 Ray Sharp, East Side TC  
Collegiate: C 12:15.95 3/4/2011 Chris Tegtmeier, Concordia (Neb)  
Championship: N 12:15.95 3/4/2011 Chris Tegtmeier, Concordia (Neb)  
2011 Champ: \* 12:15.95 3/4/2011 Chris Tegtmeier, Concordia (Neb)  
Meet Qualifying: 16:30.00

Name	Year	School	Seed	Finals	Points	
1	791	Chavez, Alejandro	FR Missouri Baptist (MO)	12:33.58	12:40.27	10
2	632	Risch, Cody	JR Cornerstone (MI)	12:30.53	12:49.76	8
3	783	Vergara, Ricardo	JR Lindsey Wilson (Ky)	13:05.83	13:05.87	6
4	724	Gunderkline, Jacob	JR Goshen (IN)	13:22.04	13:06.03	5
5	784	Vergara, Roberto	JR Lindsey Wilson (KY)	14:03.19	13:42.57	4
6	723	Brickson, Mitchell	FR Goshen (IN)	14:33.44	14:16.54	3
7	519	Jakobsen, Aleksand	JR Ashford (IA)	14:53.15	14:18.85	2
8	713	Hafner, James	SO Evangel (MO)	14:59.39	15:46.05	1
--	634	Steigenga, Tyler	FR Cornerstone (MI)	14:43.45	DQ	
--	725	Horst, David	SR Goshen (IN)	14:23.04	DQ	
--	636	Withrow, Isaac	FR Cornerstone (MI)	14:38.99	DQ	

**2012 NAIA Outdoor Track & Field Championships**  
**Indiana Wesleyan University, Marion, Indiana**  
 Friday, May 25<sup>th</sup>, 2012

Canada's west coast has always produced strong race walkers. And British Columbia University has often benefited from this strength. 2012 would be one of those years as Benjamin Thorne, a frosh, surprised Cody Risch from Cornerstone University to win on a blazing hot afternoon in Indiana.

MENS 5,000m RACEWALK

=====  
 American: A 19:28.66 06/07/2003 Timothy Seaman, New York AC  
 Collegiate: C 20:02.25 05/27/2011 Evan Dunfee, British Columbia (CAN)  
 Championship: N 20:02.25 05/27/2011 Evan Dunfee, British Columbia (CAN)  
 2011 Champ: \* 20:02.25 05/27/2011 Evan Dunfee, British Columbia (CAN)  
 Meet Qualifying: 25:00.00

Name	Year	School	Finals	Points
1. Ben Thorne	(FR)	British Columbia (CAN)	- 22:41.13	10
2. Cody Risch	(JR)	Cornerstone Univ (MI)	- 22:57.70	8
3. Alex Chavez	(SO)	Missouri Baptist (MO)	- 23:19.44	6
4. Jacob Gunderkline	(JR)	Goshen College (IN)	- 24:20.70	5
5. Mitchell Brickson	(FR)	Goshen College (IN)	- 24:28.68	4
6. Roberto Vergara	(SR)	Lindsey Wilson (KY)	- 24:34.43	3
7. Ricardo Vergara	(SR)	Lindsey Wilson (KY)	- 24:58.07	2
8. Nathan Vanderwall	(FR)	Cornerstone (MI)	- 26:23.33	1
9. Aleksander Jakobsen	(JR)	Ashford Univ. (IA)	- 27:19.77	
10. Isaac Withrow	(FR)	Cornerstone Univ (MI)	- 28:40.69	
11. Tyler Steigenga	(FR)	Cornerstone Univ (MI)	- DQ	

Very hot & muggy mid-afternoon conditions and stricter standards made for a small, slow field. But it did provide an opportunity for Nicole Bonk to claim both the indoor and outdoor national championships in the race walk for 2012.

WOMENS 5,000m RACEWALK

=====  
 American: A 20:56.88 04/27/1996 Michelle Rohl, LaGrange RWers (GA)  
 Collegiate: C 23:18.91 05/27/2011 Nicola Evangelista, British Columbia (CAN)  
 Championship: N 23:18.91 05/27/2011 Nicola Evangelista, British Columbia (CAN)  
 2011 Champ: \* 23:18.91 05/27/2011 Nicola Evangelista, British Columbia (CAN)  
 Meet Qualifying: 28:00.00

Name	Year	School	Finals	Points
1. Nicole Bonk	(JR)	Embry-Riddle Univ (FL)	- 26:43.05	10
2. Janelle Brown	(SR)	Cornerstone Univ (MI)	- 27:07.29	8
3. Reini Brickson	(SO)	Lindsey Wilson (KY)	- 28:30.65	6
4. Monica Lawrence	(SO)	Cornerstone Univ (MI)	- 29:12.67	5
5. Mercedes Mancha	(JR)	St. Xavier Univ (IL)	- 32:11.25	4

**2011 NAIA National Collegiate Indoor Track & Field Championships**  
**Friday, March 4<sup>th</sup>, 2011**  
**Geneva, Ohio**

In the woman's race incoming list leader Janelle Brown went immediately to the lead, building a 20 meter advantage. Jessica Ching, Katie Burnett and Megan Furnish formed a chase pack. After the first kilometer Ching took charge, shook off a challenge from Penn's Katie Burnett to win her second indoor title in a row. Ching is a native of Hong Kong and represents that country internationally.

Women's 3000 Meter Race Walk

=====  
 Championship: N 13:56.06 2002 Amber Antonia, Wisconsin-Parkside  
 2010 Champ: \* 14:25.38 3/6/2010 Jessica Ching, Lindenwood  
 =====

Finals

1	Jessia Ching	JR Lindenwood	14:12.05 *	10
2	Katie Burnett	SR William Penn	14:22.70 *	8
3	Janelle Brown	SR Cornerstone	14:32.13	6
4	Megan Furnish	SR Lindsey Wilson	15:09.38	4
5	Chelsea Conway	SO Lindsey Wilson	15:37.55	2
6	Erin Helmuth	SO Goshen	15:51.70	1
7	Alexis Gutterman	SR Lindenwood	16:01.97	
8	Reini Brickson	FR Lindsey Wilson	16:15.33	
9	Nicole Bonk	SO Embry-Riddle	16:46.44	
10	Mercedes Mancha	SO St. Xavier	17:01.08	
11	Monica Lawrence	FR Cornerstone	17:01.13	
12	Carissa Eichmeyer	SR Hannibal-LaGrange	18:44.26	
--	Sunny DeJong	FR Cornerstone	DQ	

**NEW COLLEGIATE RECORD ESTABLISHED**

Chris Tegtmeier who won the national indoor title in 2008, came all the way back from being DQed in 2009 and missing the entire 2010 season because of a severe illness to not only win the national title in 2011, but to break the existing collegiate record of 12:16.56. Lachlan McDonald, of Wisconsin-Parkside, had held that mark since 2002. Tegtmeier's win, however, was in doubt as both Wiseman and Shear held sway prior to the last lap as it was that duo who aggressively set the record pace till tiring in the last half lap.

Men's 3000 Meter Race Walk

=====  
 Championship: N 12:16.56 2002 Lachlan McDonald, Wisconsin-Parkside  
 2010 Champ: \* 13:19.50 3/6/2010 Mike Mannozi, Notre Dame (Ohio)  
 =====

Finals

1	Chris Tegtmeier	SR Concordia (Neb.)	12:15.95 NR	10
2	Kris Shear,	SR Cornerstone	12:20.49 *	8
3	Josh Wiseman	SR Cedarville	12:23.54 *	6
4	Ricardo Vergara	SO Lindsey Wilson	12:54.98 *	4
5	Roberto Vergara	SO Lindsey Wilson	13:22.49	2
6	Joel Pfahler	SO Cedarville	13:50.92	1
7	Matthew Forgues	FR Ashford	13:55.02	
8	Jacob Gunderkline	SO Goshen	14:07.58	
9	Aleksand Jakobsen	SO Ashford	14:19.77	
10	Paul Lindemann	SR Lindenwood	14:57.57	
--	Paul Ikeda	SR Cedarville	DQ	

# 2011 NAIA Outdoor Track & Field Championships

Indiana Wesleyan University, Marion, Indiana

Friday, May 27<sup>th</sup>, 2011

A cool-ish day and athletes prepared to compete at their very best resulted in some very fast times in both the mens and womens races. Nicola Evangelista – from Canada’s British Columbia University (BCU) – repeated as champion and lowered the women’s NAIA record in the 5000 meter race walk. Evangelista broke away from Hong Kong native Jessica Ching with 400 meters to go.

## Event 36 Women 5000 Meter Race Walk

```
=====
Collegiate:    C 25:11.56  2010      Nicola Evangelista, British Colum
NAIA Champs.: N 25:11.56  2010      Nicola Evangelista, British Colum
2010 Winner:  * 25:11.56  5/28/2010 Nicola Evangelista, British Colum
Name          Year School          Finals  Points
=====
```

### Finals

```
1 Evangelista, Nicola      SR British Columbia      23:18.91*  10
2 Ching, Jessica          JR Lindenwood             23:33.34*   8
3 Burnett, Katie          SR William Penn           23:51.83*   6
4 Clark, Kelly            SR Southern Oregon        25:20.39    5
5 Bonk, Nicole            SO Embry-Riddle           25:52.63    4
6 Conway, Chelsea         SO Lindsey Wilson         26:36.80    3
7 Helmuth, Erin           JR Goshen                 26:46.05    2
8 Furnish, Megan          SR Lindsey Wilson         26:55.28    1
9 Lawrence, Monica        FR Cornerstone            27:30.06
10 Brickson, Reini        FR Lindsey Wilson         27:41.61
11 Mancha, Mercedes       SO St. Xavier             28:35.79
-- Brown, Janelle         SR Cornerstone            DNF
-- Gutterman, Alexis      SR Lindenwood             DNS
```

Cedarville’s Josh Wiseman was the only athlete to chase after BCU’s Evan Dunfee as the Canadian broke Al Heppner’s long standing NAIA meet and collegiate record. Tegtmeier, the indoor championship record holder, finishes second after Wiseman finished and then received a red paddle for his bold effort.

## Event 12 Men 5000 Meter Race Walk

```
=====
American:     A 19:28.66  2003      Timothy Seaman, New York AC
Collegiate:   C 20:07.38  1997      Al Heppner, Wisconsin-Parkside
NAIA Champs.: N 20:07.38  1997      Al Heppner, Wisconsin-Parkside
2010 Winner: * 20:30.35  5/28/2010 Inaki Gomez, British Columbia
Name          Year School          Finals  Points
=====
```

### Finals

```
1 Dunfee, Evan            JR British Columbia      20:02.25N  10
2 Tegtmeier, Chris        SR Concordia (Neb.)      20:42.02    8
3 Shear, Kris             SR Cornerstone           22:05.66    6
4 Forgues, Matthew        FR Ashford               22:20.59    5
5 Vergara, Ricardo        JR Lindsey Wilson        22:39.91    4
6 Gunderkline, Jacob      SO Goshen                23:19.37    3
7 Vergara, Roberto        JR Lindsey Wilson        23:31.08    2
8 Hively, Kyle            SR Rio Grande            23:35.08    1
9 Pfahler, Joel           SO Cedarville            23:50.29
10 Risch, Cody            SO Cornerstone           24:29.98
11 Stine, Brian           FR Ave Maria             24:36.81
-- Ikeda, Paul            SR Cedarville            DQ      Bent Knee
-- Jakobsen, Aleksander   SO Ashford               DQ      Bent Knee
-- Wiseman, Josh          SR Cedarville            DQ      Bent Knee
-- Horst, David           SR Goshen                DQ      Bent Knee
```