

### **(Neb.)-CSC Women Place Sixth At RMAC Meet**

By: Dennis and Kathi Brown Posted at: 10/26/2013 05:05 PM

SILVER CITY, New Mexico— Led by three runners who finished among the top 32, the Chadron State College women placed sixth among the 14 teams during the Rocky Mountain Athletic Conference Cross Country Championships at Silver City, N.M., on Saturday.

Seniors Stacy Girard and Ashley Riesen finished 22nd and 26th, respectively, to pace the Eagles, while sophomore Rebecca Volf was 32nd among the 113 women in the race. Freshman Nicky Applegarth was 63rd and sophomore Jayme Nunes 68th for the Eagles.

The meet was the first since high school for Girard, who concluded an outstanding career as a distance runner at Chadron State in 2009. Since she has continued to run after graduating from CSC, is taking graduate courses from the college, and has one semester of collegiate athletic eligibility remaining, she recently decided to join the CSC cross country team. Her time was 22 minutes, 55.9 seconds.

Riesen, who had never run cross country, even in high school, until Chadron State revived the sport a year ago following a 27-year absence, finished the 6 kilometer race in 23:09.9 Volf's time was 23:29.0.

The CSC men were 11th among the 13 teams. Their top finisher was sophomore Evan Koech, who was 36th among the 107 entries over the 8 kilometer course in 26:28.0. Two freshmen were next for the Eagles. Robert Ricks was 54th in 27:23.4 and Dylan Stansbury was 59th in 27:30.9.

Adams State won the women's team title with 37 points, while Western State was second with 45. Adams State junior Lauren Martin was the individual winner in 21:20.4. That was 12.5 seconds ahead of runner-up Janelle Lincks, a sophomore from Metro State.

Western State took the men's championship with 26 points by placing all five of its fastest runners among the top eight. Adams State was second with 45 points.

Western's Vegard Olstad won the race in 23:56.5. Adams State's Kevin Batt was the second in 23:58.8. Both are sophomores.

Next up for the RMAC teams will be the NCAA South Central Region Championships in Canyon, Texas, on Sunday, Nov. 3.

Women's Team Scores—1, Adams State, 37; 2, Western State, 45; 3, Metro State, 105; 4, Colorado-Colorado Springs, 110; 5, Colorado Mines, 163; 6, Chadron State, 212; 7, Fort Lewis, 215; 8, New Mexico Highlands, 234; 9, Western New Mexico, 245; 10, Colorado Mesa, 274; 11,

Colorado Christian, 295; 12, Regis, 315; 13, Black Hills State, 345; 14, Colorado State-Pueblo, 378.

CSC's results—22, Stacy Girard, 22:55.9; 26, Ashley Riesen, 23:09.2; 32, Rebecca Volf, 23:29.0; 63, Nicky Applegarth, 24:51.8; 68, Jayme Nunes, 25:00.7; 80, Callie Johnson, 25:43.6; 85, Sara Townsend, 26:01.1.

Men's Team Scores—1, Western State, 26; 2, Adams State, 45; 3, Colorado Mines, 79; 4, New Mexico Highlands, 145; 5, Metro State, 150; 6, Colorado-Colorado Springs, 182; 7, Fort Lewis, 212; 8, Black Hills State, 229; 9, Colorado Mesa, 246; 10, Colorado Christian, 271; 11, Chadron State, 298; 12, Regis, 346; 13, Western New Mexico, 381.

CSC's results—36, Evans Koech, 26:28.0; 54, Robert Ricks, 27:23.3; 59, Dylan Stansbury, 27:30.9; 72, Simon Gudeta, 28:26.3; 77, Hank Jackson, 28:44.5; 81, Nathan Faulkner, 28:48.4; 83, Josef Gertner, 29:06.0.