



Upper Midwest Athletic Conference - 2009 Cross Country Awards

Men's All-Conference			
<i>Name</i>	<i>Institution</i>	<i>Year</i>	<i>Place Finish</i>
Daniel Bare*	North Central University	Senior	1 st
Nathan Loersch	Martin Luther College	Junior	2 nd
Loren Milbrath	Martin Luther College	Senior	3 rd
Nick Mangan	College of St. Scholastica	Junior	4 th
Matthew Behmer	Bethany Lutheran College	Sophomore	5 th
Pat Biagouette	College of St. Scholastica	Sophomore	6 th
David Blumer	Bethany Lutheran College	Freshman	7 th
Derek Schlager	Northwestern College	Freshman	8 th
Tony Bye	College of St. Scholastica	Sophomore	9 th
Dave Calhoun	North Central University	Sophomore	10 th
Andrew Rehmann	University of Minnesota-Morris	Junior	11 th
Luke Toso	University of Minnesota-Morris	Junior	12 th

*** Individual Champion**

Coach of the Year Award – Steve Pfingsten (College of St. Scholastica)

Women's All-Conference			
<i>Name</i>	<i>Institution</i>	<i>Year</i>	<i>Place Finish</i>
Linda Keller*	University of Minnesota-Morris	Freshman	1 st
Katelyn Meger	College of St. Scholastica	Senior	2 nd
Jessie Lovering	College of St. Scholastica	Junior	3 rd
Catherine Mead	North Central University	Junior	4 th
Michelle Hubbell	North Central University	Freshman	5 th
Kristen Gronbeck	College of St. Scholastica	Freshman	6 th
Hannah Marie Fanney	Northland College	Freshman	7 th
Libby Haasch	Martin Luther College	Sophomore	8 th
Tara Connolly	College of St. Scholastica	Senior	9 th
Rachel Grammer	Northwestern College	Senior	10 th
Melissa Kempenich	College of St. Scholastica	Sophomore	11 th
Jenna Stauffer	College of St. Scholastica	Freshman	12 th

*** Individual Champion**

Coach of the Year Award – Steve Pfingsten (College of St. Scholastica)