



# LONE STAR CONFERENCE CROSS COUNTRY

## WEEKLY RELEASE | OCTOBER 17, 2013

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### LSC CROSS COUNTRY RUNNERS OF THE WEEK

#### MALE

**Dorian McCradic, Texas A&M University - Commerce, SO, Georgetown, Texas, Georgetown HS**

McCradic won the second event of his career this past Saturday, capturing the Southern Arkansas Lois Davis Invitational. McCradic won the 8K race with a time of 25:33, his fastest time of the season, beating the nearest competitor by 45 seconds. It marks the second-straight year McCradic has won the individual championship at the event as he now has five top-five showings during his brief A&M-Commerce career.

#### FEMALE

**Katelin Huckabee, Tarleton State University, SO, Belton, Texas, Belton HS**

Huckabee paced the Tarleton TexAnns at Tuesday night's ASU Blue and Gold, finishing in second-place overall to lead the region's No. 8 ranked team to a second-place team finish in San Angelo. Huckabee ran the 6K 22:26.46 - setting a new career-best for a 6K race. She was the top Lone Star Conference runner in the race and 5.22 seconds ahead of the closest LSC competitor. This is the best finish of Huckabee's career and the third top-10 finish.

### OTHER TOP RUNNERS

Kaspars Briska, Eastern New Mexico University, turned in a first-place performance in the Wagonwheel Duel Meet, to lead the Greyhounds to a win over 11th-ranked West Texas A&M. He completed the 8k run with a time of 25:47.9, which was the 20th best in ENMU history.

Steve Lagat, West Texas A&M University, had an excellent showing on Tuesday evening for the Buffs as he finished second overall at the ENMU Wagonwheel Dual. The freshman crossed first for WT in the 8K at 26:34.36.

Dylan Willett, Tarleton State University, led the pack at the ASU Blue and Gold Tuesday - winning the men's race with a time of 25:51.46 in the 8K event in just his second race of the season. He finished 2.65 seconds ahead of the second-place runner. This is Willett's first career cross country win and the third top-10 finish of his young career - joining a sixth place finish at UT and a second-place finish at ASU as a freshman.

Ashley Flores, Midwestern State University, claimed her first collegiate individual 6K win while helping 17th-ranked Mustangs to a perfect score at the MSU Cross Country Carnival. The 5-2 senior from Haltom City completed the course in 23:12.6 to finish hand-in-hand with teammate Gabby Ruiz. The steady frontrunner has finished as one of MSU's top two finishers in each of her last 17 outings.

Amber Saiz, Eastern New Mexico University, turned in a fourth-place finish at the Wagonwheel Dual Meet and was the Zias top finisher. She completed the 6k run with a season-best time of 23:19.78.

Mireia Guarner, West Texas A&M University, propelled the No. 21 Lady Buffs to a first place victory over Eastern New Mexico in the Wagonwheel Dual in Portales on Tuesday evening. The sophomore crossed the line first in the 6K with a time of 22:47.08.

Terra Truitt, Texas A&M University - Commerce, continued to be the Lions' top runner on the season, finishing second at the Southern Arkansas Lois Davis Invitational Saturday. Truitt posted a time of 19:27 to capture the runner-up finish, her second-best time of the season while helping lead A&M-Commerce to a second-place team finish at the event.

### LSC CROSS COUNTRY NOTES (Submitted by LSC SID's)

#### Angelo State

#### Cameron

##### Eastern New Mexico

Both ENMU cross country teams entered the week ranked in the USTFCCCA South Central poll, with the Zias holding at seventh and the Hounds entering the poll at ninth. Kaspars Briska led the Greyhounds to an upset of nationally 11th-ranked West Texas A&M at the Wagonwheel Dual Meet, winning the race with a time of 25:47.9. The Zias dropped their first home meet since 2006 to the 21st-ranked Lady Buffs, and were paced by Amber Saiz's season-best 23:19.78 in the 6k run. Next up for ENMU is the Lone Star Conference Championships, to be held next Saturday at Blackwater Draw.

##### Midwestern State

Midwestern State claimed its third team meet title of the season by amassing a perfect score of 15 at the MSU Cross Country Festival Saturday in Wichita Falls... The meet victory is the third of the season for the Mustangs who also won the MSU/Strohman Dental Stampede (4K) and WTAMU Stampede (6K)... Midwestern has claimed 18 meet wins over the last six seasons... Senior Ashley Flores and junior Gabby Ruiz crossed the finish line hand-in-hand to lead Midwestern State completing the MSU Cross Country Carnival 6K course in 23:12.6... The Mustangs remained 17th in the USTFCCCA Division II rankings and stayed at No. 5 in the South Central Region... MSU goes for its fifth Lone Star Conference title in the last six years next Saturday in Portales, N.M...

##### Tarleton State

Tarleton State traveled to the ASU Blue and Gold Tuesday night where the TexAnns finished second on a career night from Katelin Huckabee while the men finished third overall despite having the No. 1 runner in the meet, Dylan Willett. Huckabee set a 6K personal record of 22:26.46 and had the highest finish of her career while Willett won his first career race with a time of 25:51.46, beating the second-place runner by 2.56 seconds.

##### Texas A&M-Commerce

A&M-Commerce competed at the Southern Arkansas Lois Davis Invitational this past Saturday as the Lion men repeated as the team champion at the event ... Dorian McCradic captured the individual

### POSTSEASON SCHEDULE

**Saturday, October 26, 2013**

LSC Championships, Portales, NM

**Saturday, November 09, 2013**

NCAA South Central Regional, Canyon, Texas

**Saturday, November 23, 2013**

NCAA Division II National Championships, Spokane, Wash.

### WEEKLY AWARDS

#### Male Runner

- S-12 Thomas Toth, CU
- S-19 Dorian McCradic, A&M-C
- S-26 Thomas Toth, CU
- O-3 Thomas Toth, CU
- O-10 Dylan Doss, WTAMU  
Mikey Davila, ENMU
- O-17 Dorian McCradic, A&M-C

#### Female Runner

- S-12 Gabby Ruiz, MSU
- S-19 Terra Truitt, A&M-C
- S-26 Mireia Guarner, WTAMU
- O-3 Ashley Flores, MSU
- O-10 Mireia Guarner, WTAMU  
Amber Saiz, ENMU
- O-17 Katelin Huckabee, TSU



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championship, repeating his performance from the season before, running a season-best time of 25:33 and beating his nearest competitor by 45 seconds ... Five Lions finished among the top-five as McCradic was joined by Everett Wilder (2nd), Luis Romero (4th), Fredrick Kipsang (5th) and Tyler Hemenway (7th) ... On the women's side, A&M-Commerce placed second overall, led by Terra Truitt's runner-up finish ... Kelsey Grier placed sixth in her return to Southern Arkansas while Mary Hammonds placed eighth and Caroline Cotsakis finished 10th ... It was the final tune-up before the Lone Star Conference Championships on October 26th in Portales, N.M.

### Texas A&M-Kingsville

#### West Texas A&M

The No. 11 Buffs and No. 21 Lady Buffs competed against Eastern New Mexico in the Wagonwheel Dual on Tuesday night in Portales. The women had a decisive victory in the 6K while the men took a close second place in the 8K event. Freshman Steve Lagat paved the way for the Buffs with a second place finish and a time of 26:34.66. As she often does, reigning Lone Star Conference Co-Runner of the Week, sophomore Mireia Guarner, crossed the line first for the Lady Buffs in first place overall with a time of 22:47.08. WT will enter postseason competition as it next returns to action in Portales on Saturday, Oct. 26, for the 2013 Lone Star Conference Championships.