



# LONE STAR CONFERENCE CROSS COUNTRY

## WEEKLY RELEASE | SEPTEMBER 19, 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 finished third in the Non-Division I section at the Vanderbilt Commodore Classic in Nashville, Tenn. McCradic completed the 8K race with a time of 25:57.61, leading A&M-Commerce to a first-place team showing. It was the fourth top-five showing of his career.

#### FEMALE

**Terra Truitt, Texas A&M University - Commerce, FR, Pampa, Texas, Pampa HS**

Truitt got her collegiate career off in style, placing fifth in the Non-Division I section at the Vanderbilt Commodore Classic in Nashville, Tenn. Truitt posted a time of 19:21.49 over the 5K course, helping lead A&M-Commerce to a third-place finish.

### OTHER TOP RUNNERS

Dylan Doss, West Texas A&M University, had an outstanding run on Friday night in Lubbock at the Texas Tech Red Raider Open. The junior crossed the finish line in the men's 8K at sixth overall out of a 125 runners with a time of 26:23.88. Doss led the Buffs to a third place finish and was only the second Division II runner to cross the line.

Justin Samaniego, Eastern New Mexico University, completed the 8k run at the Texas Tech Red Raider Open, with a time of 27:53.34, to finish 34th. His performance led Eastern to a sixth-place finish.

Mireia Guarner, West Texas A&M University, propelled the Lady Buffs to a second-place finish right behind Texas Tech in the 2013 Texas Tech Red Raider Open last Friday. In the women's 5K, the sophomore crossed the line at seventh overall and was the first Division II athlete to finish. She recorded a time of 19:37.09.

Ana Lopez, Northwestern State University, clocked a personal 5K record time of 19:33.30 to lead 16th-ranked Northwestern State to a second-place showing at the UTA Season Opener/Gerald Ritchey Invitational Saturday at Lynn Creek Park in Grand Prairie. The sophomore from Hereford bettered her previous 5K best time by 30 seconds as she paced a 20:01.30 last season at the Missouri Southern Stampede.

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

#### Angelo State

#### Cameron

#### Eastern New Mexico

Justin Samaniego's 34th-place performance in the 8k run at the Texas Tech Red Raider Open. Chance Beausoliel was close behind, with a 35th-place finish. Eastern's next competition will be Saturday, Sept. 21 in Canyon, Texas at the West Texas A&M NCAA South Central Preview Meet at 10:30 a.m.

#### Midwestern State

Midwestern State claimed a second-place showing posting a total of 52 points at the UTA Season Opener/Gerald Ritchey Invitational at Lynn Creek Park in Grand Prairie... Sophomore Ana Lopez clocked a personal best 5K time of 19:33.30 to finish sixth overall followed by fellow sophomore Brittany Adams, who completed the loop in 19:43.10 to claim seventh... Junior Lucia Trejo finished 10th (20:28.00) followed by sophomore Maira Salinas (12th/20:43.60)

and redshirt freshman C.J. Frizzell (20th/21:45.40)... Midwestern State dropped from 16th to 18th in the USTFCCA Division II Poll and from 5th to 6th in the South Central Region Rankings... The Mustangs compete in the West Texas A&M Invitational (6K) Saturday in Canyon...

#### Tarleton State

#### Texas A&M-Commerce

The Lion men notched three top-10 finishers and six among the top-20, tallying 43 points to finish five points ahead of second-place Ohio Northern. A&M-Commerce beat out 12 other schools, marking the Lions' first team victory since capturing the Southern Arkansas Lois Davis Invitational last season. A&M-Commerce was led by sophomore Dorian McCradic's time of 25:27.61 in the 8,000 meter run, placing third in the individual standings. McCradic was joined in the top-10 by senior Everett Wilder (26:16.36) and freshman Mark Gonzalez (26:22.71), who finished sixth and eighth respectively. Sophomore Luis Romero just missed another top-10 finisher for A&M-Commerce, placing 11th with a time of 26:26.64. Senior Fredrick Kipsang posted a time of 26:39.21 to place 15th overall, just ahead of fellow senior Tyler Hemenway, who came in at 18th with a mark of 26:49.69. On the women's side, freshman Terra Truitt came out strong in her first collegiate meet, posting a time of 19:21.49 in the 5,000 meter run and finishing fifth overall. Sophomore Kelsey Grier also notched a solid performance in her first meet as a Lion, placing 14th overall with a time of 19:37.13. Two other Lions cracked the 20-minute mark as junior Brooke Farris notched a time of 19:57.13, finish 27th overall, just edging out junior teammate Caroline Cotsakis' time of 19:59.73 as she finished 29th. Sophomore Mary Hammonds just missed cracking the 20-minute mark, finishing at 20:00.67, good enough for a 32nd-place showing.

#### Texas A&M-Kingsville

#### West Texas A&M

The West Texas A&M men's and women's cross country teams traveled down to Lubbock, Texas, Friday evening to compete in the 2013 Texas Tech Red Raider Open. The event featured an 8K on the men's side and a 5K for the women. The Buffs came in third overall as a team, right behind Texas Tech and New Mexico Highlands, respectively. They finished with a team-total 61 points for the meet. Their total time on the night was 2:14:37.59, just over 22 seconds behind second place, with an average time of 26:55.52 per runner. Juniors Dylan Doss, Anthony

### THIS WEEK'S SCHEDULE

Saturday, September 21, 2013

Cameron at Missouri Southern State Stampede  
Eastern New Mexico at WTAMU Stampede  
Midwestern State at WTAMU Stampede  
Tarleton State at WTAMU Stampede  
West Texas A&M at WTAMU Stampede

### WEEKLY AWARDS

#### Male Runner

S-12 Thomas Toth, CU  
S-19 Dorian McCradic, A&M-C

#### Female Runner

S-12 Gabby Ruiz, MSU  
S-19 Terra Truitt, A&M-C



Baumal and Baptiste Moreu led the way for the Buffs with tremendous performances. Doss finished sixth overall with a time of 26:23.88. Baumal crossed the line next at 26:33.53 for seventh place. The Lady Buffs put forth an excellent performance at the meet by claiming second place as a team with a total of 62 points. WT's women finished with a total time of 1:41:21.13, featuring an average time of 20:16.23 per runner. Sophomore Mireia Guarner led the way for the Lady Buffs by finishing seventh overall with a time of 19:37.09. She was the first Division II runner to finish at the meet. Senior Amber Moore crossed the line next for WT at 20:09.81 in 11th place. All eight of the Lady Buffs' runners placed in the top-30 out of 122 entrants. The Buffs and Lady Buffs return to action on Saturday, Sept. 21, as they host the 2013 WTAMU Stampede. The event will take place at The Range, WT's new on-campus cross country course. It is scheduled to begin at 9:30 a.m.