

## NCAA Midwest Regional Times

Top 5 Men (10Km)			Top 5 Women (6Km)		
PLACED	PLAYER	TIME	PLACED	PLAYER	TIME
23	Brad Hart	31:32.7	64	Laura Tarantino	22:45.6
61	Jordan Wheeler	32:51.4	78	Emma Trenhaile	23:03.2
111	Tyler Gardner	33:59.9	91	Jesse Dinkins	23:16.8
130	Brice Pavey	35:27.7	96	Michaela Hylan	23:22.8
136	Sam Naeger	34:37.0	99	Victoria Soncasie	23:27.0

# Cross Country runs in regionals

BY GRACE BUECKENDORF  
Features Editor

Truman State's women's and men's cross country teams traveled to Evansville, Indiana, Nov. 22 to compete in the Midwest Regional and placed 15th out of 30 and 18th out of 29 respectively.

The women accumulated 419 points in the 6K race with a 1-5 spread of 42 seconds. On the men's side, the team scored 454 points in the 10K race with a 1-5 spread of 3:05.

"Everyone kind of just did their job, both on the men's and women's side," said Tim Schwegler, head coach. "The girls just kind of did what they normally do. They ran well, so I was pretty happy with that."

Seven women's teams were ranked in the top 25 in the country, not all of which advanced to Nationals, Schwegler said. Five men's teams were ranked in the top 25, and not all advanced, he said.

"It was a very tough region," Schwegler said. "It's the toughest in the country, unfortunately for us."

Nonetheless, Schwegler said the women's team did a good job speeding up their 1-5 pack, which he said was a goal throughout the season. The women had a good season overall, giving the team momentum to work with during the track season, Schwegler said.

"I'm happy how that worked out," he said. "In future years, we just got to keep moving that pack up and add some girls to it."

The men's team improved greatly during regional meet and the conference meet on Nov. 8, Schwegler said. He said he's excited about what that might mean for the indoor track season.

Overall, Schwegler said he looks forward to what the cross country performance means for the spring 2015 track season.

Individually, senior Brad Hart finished 23rd with a time of 31:32 for a 10K and received All-Regional honors.

Junior Emma Trenhaile placed 78th with a time of 23:03. For Trenhaile, regionals was the last race of her college cross country career.

"I was just glad to be on the line with the people on my team — I couldn't have asked for a better team," Trenhaile said. "Just thinking about all the Regionals I've been in, you just can't forget from your freshman year to your senior year all the people who have been with you and ran with you and supported you."

Trenhaile said she doesn't remember the race, but knows she ran fast and the course was flat.

"I can't be too torn up about it," Trenhaile said. "You can always find places to improve on, but now is the time to start looking forward. It's a new season and I'll try to get that ticket to Nationals for track."

Freshman Victoria Soncasie ran a 23:27 and placed 99th.

"Regionals was so competitive," Soncasie said. "It was a different field than I've been in, where I kind of felt like I was back at freshman year of high school at the state meet and being much farther back than I was used to."

Soncasie said while the race was a wake-up call about the difficulty level of college running, she said she thought the season went well. She said she thought the team's freshmen adjusted successfully to college running throughout the season. She said she's excited for the intensity of the competition.

"I was pleasantly surprised by how much I have improved," Soncasie said. "It was really exciting and really motivating to keep working throughout the season, so now I'm looking forward to the next three years and track season."



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