



Feb. 5, 2007

## **Esther Komen of Western State honored as Division II All-Academic Women's Cross Country Athlete of Year**

Esther Komen showed last fall that she's the top Division II women's cross country performer in the country. The Western State star won the NCAA Division II women's cross country title in November, finishing six seconds in front of the field.

Komen is hardly one-dimensional, however. With a 3.507 grade-point average, she's also the NCAA Division II All-Academic Women's Cross Country Athlete of the Year.

The U.S. Track and Field and Cross Country Coaches Association (USTFCCCA) announced today that Komen is one of 170 female student-athletes to earn Division II Cross Country All-Academic Women's Individual Awards.

Komen, a sophomore from Iten, Kenya, was named the NCAA Division II Women's Cross Country Athlete of the Year following a season in which she placed first in her three biggest meets – the Rocky Mountain Athletic Conference Championships, North Central Regionals, and the NCAA Championships. Komen finished second in each of those races in 2005 as a Western State freshman.

To qualify for Division II All-Academic honors, student-athletes must have a minimum cumulative grade-point average of 3.25 (on 4.0 scale) and finish in the top 30 at the regional cross country championships.

Adams State, the 2006 NCAA Division women's cross country champions, had four athletes earn All-Academic individual honors. Tanya Gaurmer, Lavena Mullenbach, Brittany Somers and Heather Wood helped the Grizzlies earn recognition last week as the Division II All-Academic Women's Cross Country Team of the Year.

Fourteen All-Academic women's honorees had 4.0 GPAs.

Kim Hogarth of Western State is the Division II All-Academic Men's Cross Country Athlete of the Year.

For more information, see [www.ustfccca.org](http://www.ustfccca.org).

**2006 NCAA Division II All-Academic Women's Cross Country  
Individual Honors**

Hayley Garner	Abilene Christian University
Tanya Gaurmer	Adams State College
Lavenna Mullenbach	Adams State College
Brittany Somers	Adams State College
Heather Wood	Adams State College
Emily Harden	Alabama Huntsville, University of
Andrea Kruszka	Alabama Huntsville, University of
Erin Zellers	Alabama Huntsville, University of
Trista McIntyre	Angelo State University
Becky Yoder	Ashland University
Traci Lyn Gimbel	Barton College
Brooke Richardson	Barton College
Irine Chepkoech	Benedict College
Meg Bouchard	Bentley College
Melissa Nash	Bentley College
Samantha Robbins	Bentley College
Caroline Sheedy	Bentley College
Sarah Bounds	Bloomsburg University
Amber Hackenberg	Bloomsburg University
Karen Hause	Bloomsburg University
Bethany Schwing	Bloomsburg University
Tonia Zangari	Bloomsburg University
Kerri Drennan	C.W. Post Campus at Long Island University
Natalie Johnston	C.W. Post Campus at Long Island University
Karla Alburez	Cal State LA
Rebecca Southworth	Cal State University San Bernardino
Erin Frier	California State University Stanislaus
Rori Godsey	Catawba College
Laura Adams	Central Missouri, University of
Sandy Davidson	Central Missouri, University of
Alison Kelly	Central Missouri, University of
Gina Kennison	Central Missouri, University of
Danielle Nagel	Central Missouri, University of
Dani Wagaman	Central Missouri, University of
Rachel Bleakney Bailey	Central Washington University
Katie Hummel	Central Washington University
Kate Ehrensberger	Clarion University
Erin Richard	Clarion University
Autumn Shaffer	Clarion University
Tasha Wheatley	Clarion University
Shannon Townley	Coker College
Veronica Bible	Drury University
Elizabeth Hurford	Drury University

Jessica Zephyrs  
Beatriz Hernandez  
Amanda Bradbury  
Jess Chong  
Cari Ann Gerbino  
Tiff Sauber  
Rachael Lanzel  
Robyn Lee  
Mikinzie Stuart  
Emily Gauger  
Samantha Herdrich  
Jessica Latham  
Alana Margraf  
Brittany Zellner  
Cadie Sly  
Katy Steffan  
Megan Pierce  
Carolyn Salois  
Jamie Wagner  
Bridget Brown  
Ashlee Orr  
Monica Bishop  
Jessica Quigley  
Emily Roser  
Laura Aderman  
Lauren Bader  
Kelly Gibbons  
Sarah Jaquith  
Stacey Kandas  
Suzie Rivard  
Ashley Wharton  
Mary Brown  
Gosia Drazkowska  
Jess Fisher  
Laura Devine  
Jennifer Gunderson  
Alissa Hall  
Kathleen Smith  
Nicole Blaesser  
Maureen Newell  
Cheryl Dingman  
Joanna Horstmann  
Stephanie Williams  
Katie Scott  
Kelsey R. Ryan  
Genna Eisenmann

Drury University  
East Central University  
East Stroudsburg University  
East Stroudsburg University  
East Stroudsburg University  
East Stroudsburg University  
Edinboro University  
Emporia State University  
Ferris State University  
Findlay, University of  
Findlay, University of  
Findlay, University of  
Findlay, University of  
Findlay, University of  
Florida Gulf Coast University  
Florida Gulf Coast University  
Florida Tech  
Florida Tech  
Florida Tech  
Fort Hays State University  
Fort Hays State University  
Fort Lewis College  
Fort Lewis College  
Fort Lewis College  
Grand Valley State University  
Grand Valley State University  
Grand Valley State University  
Grand Valley State University  
Grand Valley State University  
Grand Valley State University  
Grand Valley State University  
Harding University  
Harding University  
Harding University  
Hillsdale College  
Hillsdale College  
Hillsdale College  
Hillsdale College  
Indiana University of Pennsylvania  
Indiana University of Pennsylvania  
Kutztown University  
Kutztown University  
Kutztown University  
Lake Superior State University  
Le Moyne College  
Lenoir-Rhyne College

Terran Wertz  
Alyssa Douma  
Shala Simms  
Rachel Hall  
Tricia Learn  
Elizabeth Head  
Keely Hollahan  
Ashley McCauley  
Katherine Prichard  
Sarah Brassard  
Sarah Merullo  
Amanda Sousa  
Jacquelyn Chase  
Alison O'Brien  
Kristina Owen  
Jessica Pontius  
Priscilla Jennings  
Lauren Pettis  
Kristin Zinsmaster  
Abbey Adams  
Jacquelyn Dibbern  
Alissa Von Schmidt  
Rachelle Duerre  
Amanda Gefroh  
Kristy Keithley  
Margaret Landberg  
Callie Malone  
Julianne Hoekzema  
Kelly Ahern  
Laura Dewitt  
Stephanie Mishica  
Brooke Rediger  
Karah Spencer  
Ashley Puga  
Stefi Cevallos  
Courtney Clearwaters  
Bridget Haley  
Julie Jones  
Venessa Lee  
Rachel Sneddon  
Amy VanGundy  
Katherine Carmen  
Amber McClain  
Jena McClure  
Rebecca Rudey  
Oghogho Aifuwa

Lewis University  
Lock Haven University  
Lock Haven University  
Mansfield University  
Mansfield University  
Mars Hill College  
Mars Hill College  
Mars Hill College  
Mars Hill College  
Massachusetts Lowell, University of  
Massachusetts Lowell, University of  
Massachusetts Lowell, University of  
Merrimack College  
Merrimack College  
Michigan Tech University  
Michigan Tech University  
Millersville University  
Millersville University  
Minnesota Duluth, University of  
Missouri Southern State University  
Nebraska Kearney, University of  
New Haven, University of  
North Dakota, University of  
North Dakota, University of  
North Dakota, University of  
North Dakota, University of  
North Dakota, University of  
Northern Kentucky University  
Northern Michigan University  
Northern Michigan University  
Northern Michigan University  
Northern Michigan University  
Northwest Missouri State University  
Northwest Nazarene University  
Nova Southeastern University  
Nova Southeastern University  
Nova Southeastern University  
Pittsburg State University  
Pittsburg State University  
Pittsburg State University  
Pittsburg State University  
Queens University of Charlotte  
Queens University of Charlotte  
Queens University of Charlotte  
Saginaw Valley State University  
Sciences in Philadelphia, University of the

Karin Rohde	Seattle Pacific University
Suzanne Strickler	Seattle Pacific University
Megan Wrightman	Seattle Pacific University
Rebecca Fowler	Shippensburg University
Allison Rineer	Shippensburg University
Kim Smith	Slippery Rock University
Raissa Weiss	Slippery Rock University
Melissa Burgin	Southern Indiana, University of
Kathy Goebel	Southern Indiana, University of
Allison Shafer	Southern Indiana, University of
Courtney Ayers	Southwest Baptist University
Amy Broadhurst	Southwest Baptist University
Alyssa Maggart	Southwest Baptist University
Tessa Franz	St. Andrew's Presbyterian College
Veronica Gobeyn	St. Andrew's Presbyterian College
Leah Nicolson	St. Andrew's Presbyterian College
Alyson Trovato	St. Andrew's Presbyterian College
Jill Allen	Stonehill College
Dana DeIngenis	Stonehill College
Jennifer Gardynsla	Stonehill College
Jacquie Faust	Truman State University
Sarah Alston	Tusculum College
Megan Hallinan	West Chester University
Kristie Kershaw	West Chester University
Rebecca MacNeill	West Chester University
Lauren Brooks	West Florida, University of
Jisel Bailon	West Texas A&M University
Esther Komen	Western State College
Agnes Kroneraff	Western State College
Amber Hines	Wingate University
Ashley Hubbard	Wingate University
Naomi Fulton	Wisconsin Parkside, University of
Valerie Kelly	Wisconsin Parkside, University of
Jessica Lamp	Wisconsin Parkside, University of
Jill Winkler	Wisconsin Parkside, University of