



## **National champion Adams State College named All-Academic Women's Cross Country Team of the Year**

The honors keep coming for Adams State's powerhouse cross country program. On the heels of its victory at the NCAA Division II Women's Cross Country Championships, the Grizzlies were named the Division II All-Academic Women's Cross Country Team of the Year.

The U.S. Track and Field and Cross Country Coaches Association (USTFCCCA) announced Thursday that Adams State and 91 other women's programs are Division II All-Academic Teams for the 2006 cross country season.

Adams State won its fourth straight NCAA Division II cross country championship in November in Pensacola, Fla., scoring 94 points to edge arch-rival Western State for the title.

In the classroom, the Grizzlies had a cumulative grade-point average of 3.440. For schools to qualify as an All-Academic Team, the student-athletes on their NCAA squad list must have a cumulative team GPA of 3.0 or higher.

The All-Academic Team of the Year is awarded to the highest-finishing school at the NCAA Championships that meets All-Academic team qualifications.

Adams State's cross country team consisted of Tanya Gaurmer, Bridget Herron, Janette McCarroll, Lavenna Mullenbach, Brittany Somers and Heather Wood.

The Grizzlies are coached by Damon Martin, the USTFCCCA Division II Women's Coach of the Year. Martin has won 14 NCAA Division II women's cross country titles in his 18 seasons at the Alamosa, Colo., school.

The University of Tampa had the highest team GPA of the All-Academic Teams with a cumulative 3.774.

Western State College was named the Division II All-Academic Men's Cross Country Team of the Year. For more information, see [www.ustfccca.org](http://www.ustfccca.org).

**USTFCCCA Division II All-Academic Women's Cross Country Teams  
(cumulative team GPAs in parentheses)**

*Adams State College*

*3.440*

*Coach:*

*Damon Martin*

*Team Members:*

*Tanya Gaurmer*

*Bridget Herron*

*Janette McCarroll*

*Lavenna Mullenbach*

*Brittany Somers*

*Heather Wood*

Adelphi University (3.135)

Alabama Huntsville, University of (3.340)

Angelo State University (3.340)

Augustana College (3.180)

Bentley College (3.430)

Bloomsburg University (3.060)

Cal State Los Angeles (3.230)

Cal State University San Bernardino (3.380)

Caldwell College (3.470)

California State University Stanislaus (3.430)

California University of Pennsylvania (3.280)

Central Missouri, University of (3.770)

Central Washington University (3.580)

Christian Brothers University (3.370)

Colorado Colorado Springs, University of (3.588)

Colorado School of Mines (3.465)

Concord University (3.095)

Concordia University - St. Paul (3.360)

Cornell University (3.190)

Drury University (3.719)

East Central University (3.450)

East Stroudsburg University (3.123)

Eastern New Mexico University (3.020)

Edinboro University (3.300)

Emporia State University (3.100)

Findlay, University of (3.534)

Florida Gulf Coast University (3.230)

Florida Tech (3.100)

Fort Hays State University (3.350)

Fort Lewis College (3.310)

Gannon University (3.689)

Grand Valley State University (3.640)

Harding University (3.330)

Hillsdale College (3.179)

Incarnate Word, University of the (3.360)

Indiana University of Pennsylvania (3.230)

Kutztown University (3.140)

Lake Superior State University (3.515)

Le Moyne College (3.176)

Lees-McRae College (3.560)

Lenoir-Rhyne College (3.151)

Lewis University (3.660)

Limestone College (3.410)

Lock Haven University (3.166)

Long Island University C.W. Post Campus (3.408)

Mansfield University (3.170)

Mars Hill College (3.670)

Massachusetts Lowell, University of (3.127)

Mercyhurst College (3.223)

Merrimack College (3.079)

Michigan Tech University (3.560)

Millerville University (3.330)

Minnesota Duluth, University of (3.613)

Missouri Rolla, University of (3.550)

Missouri Southern State University (3.470)

Montana State University Billings (3.540)

Northern Kentucky University (3.410)

Northern Michigan University (3.230)

Northern State University (3.043)

Northwest Missouri State University (3.310)

Northwood University (3.200)

Nova Southeastern University (3.210)

Pittsburg State University (3.610)

Queens University of Charlotte (3.100)

Saginaw Valley State University (3.415)

Saint Martin's University (3.630)

San Francisco State University (3.490)

Sciences in Philadelphia, University of the (3.485)

Seattle Pacific University (3.640)

Seattle University (3.661)

Seton Hill University (3.470)

Shippensburg University (3.054)

Slippery Rock University (3.324)

South Dakota, University of (3.660)

Southern Arkansas University (3.610)

Southern Illinois University Edwardsville (3.412)

Southern Indiana, University of (3.532)

Southwest Baptist University (3.628)

St. Andrews Presbyterian College (3.607)

Stonehill College (3.310)

Tampa, University of (3.774)

Tiffin University (3.360)

Truman State University (3.640)

University of Massachusetts Lowell (3.127)

Wayne State College (3.217)

West Chester University (3.602)

West Florida, University of (3.670)

Western State College (3.401)

Wheeling Jesuit University (3.280)

Wingate University (3.314)

Winona State University (3.280)

Wisconsin Parkside, University of (3.470)