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For immediate release

Ferris State's Jenny Irwin & Saginaw Valley State's Adam Roach Named 2005-06 GLIAC Scholar-Athletes of the Year

BAY CITY, Mich. — Ferris State University's **Jenny Irwin** (Scottville, Mich./Mason County Central), who competes in women's cross country and track and field, and Saginaw Valley State University's **Adam Roach** (Port Huron, Mich./Port Huron), who competes in men's cross country and track and field, were named 2005-06 Great Lakes Intercollegiate Athletic Conference (GLIAC) female and male "Scholar-Athlete of the Year," respectively, in voting conducted by the league's faculty-athletic representatives.

Among Irwin's accomplishments is becoming the first women's cross country All-American in FSU history. At the 2005 D-II Women's Cross Country Championships, she ran the six kilometer race in a time of 22:11.7, placing 20th. She has earned All-American honors in track and field this past season by placing fourth in the mile run with a time of 4:49.13 at the NCAA-II Indoor Track and Field Championships, and fourth in the 1,500 meter run with a time of 4:38.11 at the NCAA-II Outdoor Track and Field Championships.

Irwin, who recently completed her senior season, was crowned the 2006 GLIAC Outdoor Champion in both the 800 and 1,500 meter runs, posting times of 2:11.11 and 4:39.33, respectively. Her skill earned her the GLIAC women's outdoor track "Most Valuable Athlete" award and an NCAA-II Cross Country All-Region selection. She was named to ESPN the Magazine's first-team Academic All-American and has been on the GLIAC All-Academic team for the past three years. She received the Ferris State Scholar-Athlete award, team "Most Valuable Athlete" honors, and the Helen Bennett Top-Female Student-Athlete award for both her athletic prowess and her 3.83 cumulative grade point average (4.0 scale).

Roach has compiled a long list of running and academic accomplishments. In 2005, he was voted "Most Valuable Athlete" for the SVSU men's cross country team. He qualified for both the Indoor and Outdoor D-II Championships in 2006, posting an 11th- place finish in the Indoor mile run and a 12th- place finish in the Outdoor steeplechase. At the 2006 GLIAC Indoor Championships, he placed third in the mile run and fourth in the 5,000 meter run. At the 2006 GLIAC Outdoor Championships, he placed sixth in the steeplechase.

Roach, who has served as co-captain for his team the past two seasons, helped the Cardinals to one of the best campaigns in school history, finishing fifth as a team at the D-II Championships. He set the SVSU Indoor mile record during the 2006 season with a time of 4:09.40. He was voted to the United States Track & Field and Cross Country Coaches Association All-Academic team in 2006 as well as the GLIAC All-Academic team. He has maintained a cumulative 3.92 GPA by being named to the President's List for four semesters (4.0 GPA) and the Dean's List for four semesters (3.4+ GPA).

Both Irwin and Roach will be entered in the Division II Scholar Awards regional ballot co-sponsored by Disney's Wide World of Sports Complex (TM) and the Division II Conference Commissioners Association.

The awards allow Division II to showcase the outstanding academic and athletic achievements of its student-athletes. To be nominated for consideration, a student-athlete must have a 3.0 cumulative grade point average and have demonstrated outstanding athletic talent.