



This Week's Schedule:

UC Riverside Invitational - 5K/6K
Ags/Ops Course - Riverside, Calif.
Sat., Sept. 12 - 9:30 a.m.

Next Week:

Missouri Southern Stampede - 5K
MSSU XC Course - Joplin, Mo.
Sat., Sept. 19 - TBA

Cowboy Preview

Sophomore Kelsey Schrader picked up where she left off last season and led a group of young Razorbacks to a second place team finish as the No. 1 finisher in head to head competition against Oklahoma and Tulsa and the No. 5 finisher against Oklahoma State.

California Trio

Veteran group of Kaitlin Flattmann, Valerie Reina and Regan Ward will open their seasons this weekend at the UC Riverside Invitational. Last year saw Reina (fourth) and Ward (sixth) finish in the top 10 at the UC Irvine adidas Invitational, a meet in which Flattmann finished fifth at two years prior.

Freshman Force

True freshman Safee Belbina was the lead newcomer in the Razorbacks season opener in Stillwater last week crossing the line as Arkansas' second finisher on the Oklahoma State's 3K course. Belbina (sixth) was followed closely by redshirt freshman Sydney

2015 Roster

Alyssa Allison	Fr.	Herculaneum, Mo. (Festus HS)
Katie Adams	So.	Marengo, Ill. (Marengo HS/Oregon)
Safee Belbina	Fr.	Flower Mound, Texas (Flower Mound HS)
Logan Bishop	Jr.	Batesville, Ark. (Batesville HS)
Sydney Brown	R-Fr.	Double Oak, Texas (Marcus HS)
Devin Clark	Fr.	Spring Branch, Texas (Smithson Valley HS)
Sara Claycomb	Fr.	Warren, Ark. (Monticello HS)
Chandler Crumblish	So.	Fort Worth, Texas (Nolan Catholic HS)
Kaitlin Flattmann	R-Sr.	Benton, La. (Benton HS)
Therese Haiss	R-So.	Solon, Ohio (Solon HS/Oregon)
Gina Hauptman	R-So.	Colorado Springs, Colo. (Liberty HS)
Sabrina Herrmann	Fr.	Rancho Santa Margarita, Calif. (Trabuco Hills HS)
Nikki Hiltz	R-So.	Santa Cruz, Calif. (Aptos HS/Oregon)
Micah Huckabee	Fr.	Cabot, Ark. (Cabot HS)
Emily Jeacock	Fr.	Northampton, England (Marcus HS)
Kara Kalisz	R-So.	Oswego, Ill. (Rosary HS)
Grace Klausen	Fr.	Lee's Summit, Mo. (Blue Springs South HS)
Kristen Larkan	Fr.	Greenland, Ark. (Greenland HS)
Samantha Mohler	R-Jr.	Mountain Home, Ark. (Mountain Home HS)
Rachel Nichwitz	Fr.	Fishers, Ind. (Hamilton Southeastern HS)
Valerie Reina	R-Jr.	Tontitown, Ark. (Springdale Har-Ber HS)
Kailee Sawyer	Fr.	Ontario, Canada (Bluevale Collegiate Institute)
Kelsey Schrader	So.	Dekalb, Ill. (Dekalb HS)
Dominique Scott	R-Sr.	Capetown, South Africa (Rhenish Girls HS)
Autumn Sehy	Jr.	Texarkana, Texas (Texas HS)
Annika Sisson	R-Fr.	Kansas City, Mo. (Lee's Summit West HS)
Braelyn Smith	Fr.	Rogers, Ark. (Rogers HS)
Katie Tarver	R-Fr.	Germantown, Tenn. (Houston HS)
Grace Taylor	R-Fr.	Canton, Ohio (Jackson HS)
Abby Tedford	R-Fr.	Fairview, Texas (Lovejoy HS)
Claudia Verstraten	Fr.	Geelong Australia (Sacred Heart College)
Regan Ward	Jr.	Okmulgee, Okla. (Beggs HS)

2015 Schedule and Results:

9.1.15	Cowboy Preview	Stillwater, Okla.	3K
Team Finish: 2nd of 4			
Top UA Finisher: Kelsey Schrader (5th overall)			
9.12.15	UC Riverside Invitational	Riverside, Calif.	5K
Team Finish:			
Top UA Finisher:			
9.19.15	MSSU Stampede	Joplin, Mo.	5K
Team Finish:			
Top UA Finisher:			
10.3.15	Chile Pepper Festival	Fayetteville, Ark.	5K
Team Finish:			
Top UA Finisher:			
10.16.15	Wis. adidas Invitational	Madison, Wis.	6K
Team Finish:			
Top UA Finisher:			
10.30.15	SEC Championships	College Station, Texas	6K
Team Finish:			
Top UA Finisher:			
11.13.15	NCAA Reg. Champ.	College Station, Texas	6K
Team Finish:			
Top UA Finisher:			
11.21.15	NCAA Championship	Louisville, Ky.	6K
Team Finish:			
Top UA Finisher:			

Arkansas Razorback Women's Cross Country

Cross Country Quick Facts

Head Coach.....	Lance Harter
Athletic Trainer.....	Mark Hinton
Office Phone.....	479-575-6384
Office Fax.....	479-575-3716
Mailing Address.....	10 S. Razorback Road John McDonnell Field Fayetteville, AR 72701

Facility.....	Razorback Cross Country Course
2014 SEC Finish.....	1st
2014 NCAA Regional Finish.....	1st
2014 NCAA Finish.....	5th

Athletic Media Relations

Assistant MRD/Cross Country Contact..	Joy Ekema-Agbaw
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Mailing Address.....	Frank Broyles Athletic Center PO Box 7777 Fayetteville, Ark. 72702



Brown (seventh) and a pair of true freshman in Rachel Nichwitz (ninth) and Sabrina Herrman (14th).

Collegiate Debut

Texas standout and FloTrack 5-star runner Devin Clark will make her collegiate debut on the UC Riverside course. The 2014 Texas 6A cross country state champion has a PR in the 5K of 16:40.57 which she ran last October at the Texas 6A District 25 meet.

Clark capped the 2014 season with a third place finish at the Nike Cross Nationals South Regionals Championships and an 11th place finish at the Nike Cross National Championships.

5K Racers

R-Fr Sydney Brown
R-So Therese Haiss
Fr Sabrina Herrmann
R-So Nikki Hiltz
Fr Rachel Nichwitz
Fr Claudia Verstraten

6K Racers

Fr Safee Belbina
Fr Devin Clark
R-Sr Kaitlin Flattmann
R-Jr Samantha Mohler
R-Jr Valerie Reina
So Kelsey Schrader
Jr Regan Ward

2014 UC Riverside Results

UC Santa Barbara's Daniella Moreno was the top finisher in last year's invitational 6K crossing the line in 20:25.50 over Raquel Hefflin of the host team. Both Hefflin and Moreno had senior classification lending the top returning time to Maxine Goyette of UC Riverside who claimed the third spot in 21:00.50.

Utah Valley posted the top team finish in the invitational 6K with 95 points over UC Santa Barbara's 113. Their top three runners completed the race among the top 20 while their bottom two finishers were insided the top 30.



Last year's invitational 6K was comprised of 172 runners representing 20 schools/clubs.

Kate Bouvatte out of Cal State San Marcos was the top collegiate runner in the 5K collegiate open in 17:55.80. Bouvatte was followed by teammate Raelyn Werley (18:06.20) who was the second collegian to complete the race. Both Bouvatte and Werley have eligibility and will most likely be in the hunt for the top five in this year's race.

247 runners took part in the 5K representing a combination of 20 schools and unattached competitors.

On Tap

Up next the Razorbacks travel to Riverside, Calif. for the UC Riverside Invitational Sept. 12, head to Joplin, Mo. for the MSSU Stampede Sept. 19, return home to run the Chile Pepper Festival in Fayetteville (Oct. 3) and venture to Madison, Wis. for the Wisconsin adidas Invitational Oct. 16.

The championship season begins with SECs in College Station, Texas Oct. 30, followed by the NCAA South Central Regional Championships in College Station, Texas Nov. 13. It all culminates with the NCAA Championships Nov. 21 in Louisville, Ky.

SEC Championship Results Since 1991

Year (Site)	Team Champion	Pts.	Runner-up	Pts.	Individual Champion	Distance	Time
1991 (Athens, Ga.)	Arkansas	30	Georgia	80	Deena Drossin, AR	5K	17:40.00
1992 (Lexington, Ky.)	Arkansas	52	Alabama	80	Deena Drossin, AR	5K	18:06.80
1993 (Baton Rouge, La.)	Arkansas	37	Alabama	83	Becki Wells, UA	5K	16:54.00
1994 (Fayetteville, Ark.)	Arkansas	31	Alabama	80	Megan Flowers, AR	5K	17:01.30
1995 (Starkville, Miss.)	Arkansas	40	Auburn	46	Becki Wells, UF	5K	17:16.00
1996 (Oxford, Miss.)	Florida	52	Arkansas	77	Becki Wells, UF	5K	17:04.70
1997 (Columbia, S.C.)	Florida	37	Arkansas	68	Amy Yoder, AR	5K	16:56.80
1998 (Maryville, Tenn.)	Arkansas	25	Florida	48	Amy Yoder, AR	5K	16:52.22
1999 (Nashville, Tenn.)	Arkansas	15	Florida	96	Amy Yoder, AR	5K	16:54.00
2000 (Tuscaloosa, Ala.)	Arkansas	43	Georgia	74	Lilli Kleinmann, AR	6K	20:11.08
2001 (Auburn, Ala.)	Arkansas	35	Tennessee	71	Andreina Byrd, AR	6K	19:07.29
2002 (Gainesville, Fla.)	Arkansas	39	Kentucky	78	Christin Wurth, AR	6K	21:04.87
2003 (Athens, Ga.)	Tennessee	57	Georgia	95	Angela Homan, AU	6K	21:49.76
2004 (Fayetteville, Ark.)	Tennessee	55	Arkansas	57	Angela Homan, AU	6K	20:25.92
2005 (Columbia, S.C.)	Tennessee	48	Arkansas	51	Angela Homan, AU	6K	19:40.00
2006 (Baton Rouge, La.)	Arkansas	17	Georgia	64	Brooke Upshaw, AR	6K	20:14.90
2007 (Lexington, Ky.)	Arkansas	39	Tennessee	84	Sarah Madebach, UG	6K	20:49.11
2008 (Starkville, Miss.)	Arkansas	46	Florida	53	Catherine White, AR	6K	20:07.26
2009 (Oxford, Miss.)	Florida	24	Tennessee	80	Rebecca Lowe, UF	6K	20:57.35
2010 (Columbia, S.C.)	Florida	61	Arkansas	61	Kristie Krueger, UG	6K	20:41.25
2011 (Maryville, Tenn.)	Vanderbilt	30	Arkansas	61	Kristen Gillespie, AR	6K	20:19.84
2012 (Nashville, Tenn.)	Florida	61	Arkansas	70	Cally Macumber, UK	6K	20:23.29
2013 (Gainesville, Fla.)	Arkansas	32	Texas A&M	123	Dominique Scott, AR	6K	20:02.81
2014 (Tuscaloosa, Ala.)	Arkansas	32	Vanderbilt	85	Dominique Scott, AR	6K	19:22.74



TOP TIMES OF 2014

Two-Mile Run

Name	Class	Date	Site	Time
Regan Ward	So.	08/31/14	Hurricane XC Festival - Tulsa, Okla.	11:13.00
Valerie Reina	So.	08/31/14	Hurricane XC Festival - Tulsa, Okla.	11:14.00
Chandler Crumblish	R-Fr.	08/31/14	Hurricane XC Festival - Tulsa, Okla.	11:23.00
Samantha Mohler	So.	08/31/14	Hurricane XC Festival - Tulsa, Okla.	11:25.00
Kelsey Schrader	Fr.	08/31/14	Hurricane XC Festival - Tulsa, Okla.	11:31.00
Aubree Worden	Jr.	08/31/14	Hurricane XC Festival - Tulsa, Okla.	11:40.00
Annika Sisson	Fr.	08/13/14	Hurricane XC Festival - Tulsa, Okla.	12:33.00

5,000-Meter Run

Name	Class	Date	Site	Time
Dominique Scott	Jr.	10/04/14	Chile Pepper Festival - Fayetteville, Ark.	16:01.00
Grace Heymsfield	Sr.	10/04/14	Chile Pepper Festival - Fayetteville, Ark.	16:12.00
Shannon Klenke	Sr.	10/04/14	Chile Pepper Festival - Fayetteville, Ark.	16:25.70
Diane Robison	Jr.	10/04/14	Chile Pepper Festival - Fayetteville, Ark.	16:27.70
Regan Ward	So.	10/04/14	Chile Pepper Festival - Fayetteville, Ark.	16:39.60
Samantha Mohler	So.	10/04/14	Chile Pepper Festival - Fayetteville, Ark.	16:55.90
Kelsey Schrader	Fr.	10/04/14	Chile Pepper Festival - Fayetteville, Ark.	16:55.90
Valerie Reina	So.	09/20/14	Missouri Southern Stampede - Joplin, Mo.	17:15.22
Chandler Crumblish	R-Fr.	10/04/14	Chile Pepper Festival - Fayetteville, Ark.	17:46.10

6,000-Meter Run

Name	Class	Date	Site	Time
Dominique Scott	Jr.	10/31/14	SEC Championships - Tuscaloosa, Ala.	19:22.74
Grace Heymsfield	Sr.	10/31/14	SEC Championships - Tuscaloosa, Ala.	19:32.21
Jessica Kamilos	Sr.	10/31/14	SEC Championships - Tuscaloosa, Ala.	20:05.8
Diane Robison	Jr.	10/31/14	SEC Championships - Tuscaloosa, Ala.	20:16.17
Shannon Klenke	Sr.	10/31/14	SEC Championships - Tuscaloosa, Ala.	20:24.6
Kelsey Schrader	Fr.	10/31/14	SEC Championships - Tuscaloosa, Ala.	20:42.7
Regan Ward	So.	10/31/14	SEC Championships - Tuscaloosa, Ala.	20:54.21
Valerie Reina	So.	11/14/14	NCAA Regionals - Fayetteville, Ark.	20:58.2
Samantha Mohler	So.	11/14/14	NCAA Regionals - Fayetteville, Ark.	20:58.8
Kaitlin Flattmann	Jr.	10/31/14	SEC Championships - Tuscaloosa, Ala.	21:29.91





COACHES/SUPPORT STAFF



HEAD COACH - 26th Season
LANCE HARTER

SEC XC COACH OF THE YEAR
1991, 1992, 1993, 1994, 1995
1998, 1999, 2000, 2001, 2002
2006, 2007, 2008
2013, 2014

The most successful coach in University of Arkansas and Southeastern Conference women's cross country and track and field history, Lance Harter is in his 26th year at the helm of the Razorback program. Harter's individual honors include four-time National Coach of the Year and 24-time SEC Coach of the Year accolades. His Razorbacks have racked up 18 NCAA event titles, 149 SEC event titles and 395 All-America certificates through the 2015 outdoor season.

In recognition of his standout career and accomplishments, Harter was inducted into the USTFCCA Coaches Hall of Fame on December 15, 2014, at the organization's convention in Phoenix. He is also a member of the Arkansas Sports Hall of Honor, Mt. SAC Relays Hall of Fame and Cal Poly Hall of Fame.

During his tenure, Arkansas has collected 11 NCAA podium (top four) finishes including the 2015 NCAA Indoor Championships team title and four national runner-up performances in cross country. Harter has also guided his team to 25 SEC titles (15 cross country, five indoor track and five outdoor track) including six of the last eight conference championships dating back to the 2013 SEC indoor meet. His title haul at Arkansas also includes 19 NCAA Regional Championships in cross country.

In winning the 2015 NCAA indoor team crown, Harter and the Razorbacks secured the first-ever national title by any women's program at the University of Arkansas. With its 63 points, Arkansas scored the third-highest team total in meet history and scored in each of the 15 events it had entries. The 2015 indoor season marked another first for the Razorback women when the program received its first-ever No. 1 ranking when the USTFCCA released the Feb. 16 national poll.

Overall, Harter has guided Arkansas to 29 top-10 NCAA finishes (10 cross country, 12 indoor track and seven outdoor) in his tenure including 16 top-five performances. Through the 2015 outdoor season, the Razorbacks have finished third or better in 78 percent (56 of 72) of SEC Championship meets under his watch. Arkansas has never finished lower than third at an SEC cross country meet.

Former Razorback track All-American Megan (Jackson) Elliott re-joined the Arkansas cross country/track coaching staff as Director of Operations in August 2014 after a brief one-year stint as an assistant coach at IUPUI. The Middlebury, Ind., native will assist Head Coach Lance Harter in all facets of leading the program, including training, recruiting, fund raising and academic oversight.

Elliott earned her B.S.E. in Kinesiology in 2010, majoring in P-12 Teaching Physical Education from the University of Arkansas and also completed her Master's degree in Kinesiology/Exercise Science from the U of A in 2013 after serving as a graduate assistant. As a GA with the Hogs, Elliott was involved in practice structuring, individual workouts and on-campus recruiting. She was also heavily involved with the University of Arkansas Track Camps.

She earned All-American honors in the steeplechase in 2008 and was an Academic All-American throughout her college career. She also served on the Arkansas Student-Athlete Advisory Committee (SAAC) and was a two-time team captain for both the cross country and track programs.

She earned SEC All-Academic First Team accolades every year of her collegiate career as well as being named to the Athletic Director's Honor Roll all four years. She was also involved in the Fayetteville community, participating with the Arkansas Athletes Outreach (AAO) and Sweat Haws program. She also took part in the Lee Spencer Cup, given annually to the Arkansas team which demonstrates the strongest commitment to life skills initiatives, academic success and athletic excellence.



DIRECTOR OF OPERATIONS
2nd Season
MEGAN ELLIOTT