



This Week's Schedule:

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

Next Week:

Chile Pepper Festival - 5K
Agri Park - Fayetteville, Ark.
Sat., Oct. 3 - 10:20 a.m.

UC Riverside Invitational

The Razorbacks were led by the legs of freshman Devin Clark and Claudia Verstraten who were Arkansas' top finishers in the 6K invitational and 5K collegiate open. Clark finished second overall in what was the first 6K of her career while Verstraten was the top collegiate finished in the 5K section.

The 6K top five included Regan Ward (second), Valerie Reina (third), Kelsey Schrader (fourth) and Kaitlin Flattmann (fifth). The 5K top five included Sydney Brown (second), Rachel Nichwitz (third), Nikki Hiltz (fourth) and Therese Haiss (fifth)

The Razorbacks finished first as a team in both races scoring 27 points in the 6K and 21 points in the 5K.

Top 10

While only five runners can score last weekend showed us that even without the seniors of 2014 Arkansas still has depth on the roster.

Safee Belbina and Sydney Brown remain two of the top young runners on the team making sure to not get lost in fray of talented

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.	6K
5K			
Team Finish: 1st of 15 1st of 17			
Top UA Finisher: Devin Clark (2nd - 6K) Claudia Verstraten (1st - 5K)			
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:			

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

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newcomers. Both Belbina and Brown have stayed with the lead pack through two meets collecting back to back top 10 finishes in their first season of collegiate competition.

Devin Clark and Claudia Verstraten have proved themselves to be runners to watch out for and both could potentially be permanent fixtures in the Razorbacks' scoring five. Three more meets are left in the regular season and Arkansas continues to develop their bench players into starting form.

SEC Notes

Following their performance at the UC Riverside Invitational Claudia Verstraten (seven), Sydney Brown (eight), and Rachel Nichwitz (10) have found themselves inside the SEC Top 10 5K times.

In the 6K Arkansas' top five plus freshman Safee Belbina who finished 10th at UC Riverside occupy spots three through eight in the SEC Top 10 6K times.

Clark was selected as the SEC Runner of the Week for finishing 2nd out of 97 at last weekend's race.

Southern Stampede Past and Present

The 2014 Stampede saw Arkansas' top five race to the team title with all five finishing within the top 10 of the competition out of 54 runners in the 5K university section.

The Razorbacks were led by Two-time All-American Dominique Scott who sped past the field by over 25 seconds to win the race in 16:32.78. Arkansas' Shannon Klenke was the next to cross the finish coming through as the only other sub-17 runner in 16:58.52. The top five was rounded out by Diane Robison, Regan Ward and Valerie Reina.

Heading to Joplin this year are Razorback newcomers with two veteran runners in Logan Bishop and Samantha Mohler. UC Riverside 5K champion Claudia Verstraten will be competing in her second race of the season alongside a strong freshman crew in Sabrina Herrmann and Rache Nichwitz as well as redshirt freshman Sydney Brown.

5K University Section Entries



Regan Ward

zorbacks 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.

Jr Logan Bishop
R-Fr Sydney Brown
R-So Therese Haiss
Fr Sabrina Herrmann
R-So Nikki Hiltz
R-Jr Samantha Mohler
Fr Rachel Nichwitz
R-Fr Annika Sisson
R-Fr Grace Taylor
Fr Claudia Verstraten

On Tap

Two successful weeks of competition have come and gone for Arkansas. Still early in the season for the women's cross country team the program will continue to work towards their pursuit of post-season titles. Up next the Ra-

Kelsey Schrader



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 2015

3,000-Meter Run

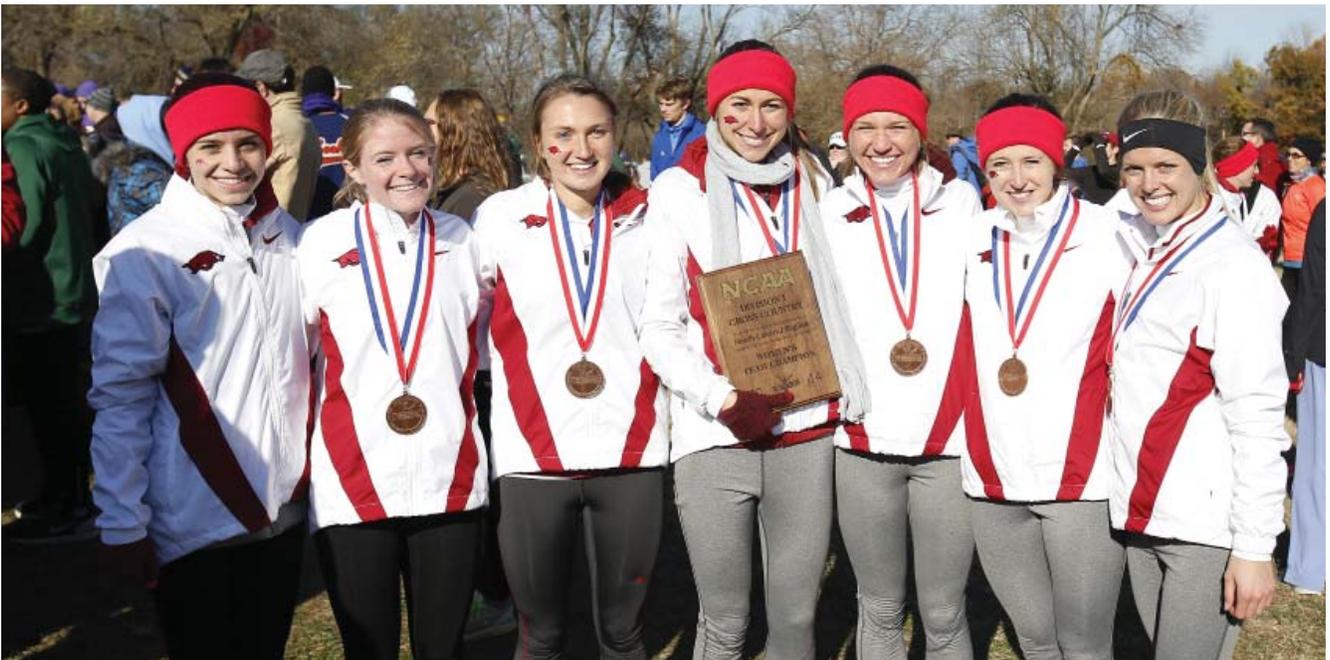
Name	Class	Date	Site	Time
Kelsey Schrader	So.	09/01/15	Cowboy Preview - Stillwater, Okla.	10:36.70
Safee Belbina	Fr.	09/01/15	Cowboy Preview - Stillwater, Okla.	10:39.10
Sydney Brown	R-Fr.	09/01/15	Cowboy Preview - Stillwater, Okla.	10:40.10
Rachel Nichwitz	Fr.	09/01/15	Cowboy Preview - Stillwater, Okla.	10:44.10
Samantha Mohler	R-Jr.	09/01/15	Cowboy Preview - Stillwater, Okla.	11:00.30
Sabrina Herrmann	Fr.	09/01/15	Cowboy Preview - Stillwater, Okla.	11:06.50
Logan Bishop	Jr.	09/01/15	Cowboy Preview - Stillwater, Okla.	11:24.40
Grace Taylor	R-Fr.	09/01/15	Cowboy Preview - Stillwater, Okla.	11:34.40

5,000-Meter Run

Name	Class	Date	Site	Time
Claudia Verstraten	Fr.	09/12/15	UC Riverside Invitational - Riverside, Calif.	17:32.10
Sydney Brown	R-Fr.	09/12/15	UC Riverside Invitational - Riverside, Calif.	17:32.50
Rachel Nichwitz	Fr.	09/12/15	UC Riverside Invitational - Riverside, Calif.	17:33.80
Nikki Hiltz	R-So	09/12/15	UC Riverside Invitational - Riverside, Calif.	17:53.70

6,000-Meter Run

Name	Class	Date	Site	Time
Devin Clark	Fr.	09/12/15	UC Riverside Invitational - Riverside, Calif.	20:39.0
Regan Ward	Jr.	09/12/15	UC Riverside Invitational - Riverside, Calif.	20:40.3
Valerie Reina	R-Jr.	09/12/15	UC Riverside Invitational - Riverside, Calif.	20:49.10
Kelsey Schrader	So.	09/12/15	UC Riverside Invitational - Riverside, Calif.	20:55.3
Kaitlin Flattmann	R-Sr.	09/12/15	UC Riverside Invitational - Riverside, Calif.	20:57.3
Safee Belbina	Fr.	09/12/15	UC Riverside Invitational - Riverside, Calif.	21:03.00
Samantha Mohler	R-Jr.	09/12/15	UC Riverside Invitational - Riverside, Calif.	21:42.50





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 USTFCCCA 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 USTFCCCA 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 Hawgs 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