



This Week's Schedule:

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

Next Up:

Wis. adidas Invitational - 6K
Thomas Zimmer Course - Madison, Wis.
Fri., Oct. 16 - 11:00 a.m.

Missouri Southern Stampede

Redshirt freshman Sydney Brown paced the Razorbacks to their third team title of the season (two at UC Riverside) finishing first among division I runners and third overall in the meet in 17:08.17. Brown was also highest finishing underclassman as the first and second runners in front of the Texas native were seniors.

Claudia Verstraten finished right behind Brown to take fourth place in 17:10.33. It was both Brown and Verstraten's second consecutive races in the top five.

Nikki Hiltz (17:25.20), Rachel Nichwitz (17:30.78) and Samantha Mohler (17:34.05) rounded out the top five for the Razorbacks all three claiming the eighth, ninth and tenth spots respectively.

SEC Notes

Arkansas women have five runners with top-10 6K times so far this season.

Freshman Devin Clark has the top 6K time for the Razorbacks and is currently fourth in the SEC with 20:39.00 from UC Riverside. The performance earned her SEC Runner of the week on

2015 Roster

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: **1st of 25**
Top UA Finisher: **Sydney Brown (3rd overall)**

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
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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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Sept. 15.

Regan Ward (5th), Valerie Reina (7th), Kelsey Schrader (8th) and Kaitlin Flattmann (9th) round out the top 10 with their times from UC Riverside. Freshman Safee Belbina also made the list coming in at No. 12.

Heading into this weekend's 5K, four Razorbacks are represented on the top times list at that distance with Sydney Brown leading the way in fifth following the Missouri Southern Stampede. Verstraten is right behind Brown in seventh followed by Nikki Hiltz (13th) and Rachel Nichwitz (18th).

Chile Pepper Past and Present

The Razorbacks have a long history of success at the Chile Pepper Festival.

Two-time cross country All-American Dominique Scott was the 2014 winner breaking the program and meet record with a time of 16:01.00 on the 5K course. It was Scott's second consecutive top three finish in the race and eclipsed her time from the previous year by just under a full minute.

A much faster race than that of 2013, the 2014 Chile Pepper Festival had 17 sub-17 performances with seven of the Razorbacks filling those slots. Along with Scott, Arkansas' Grace Heymsfield, Shannon Klenke and Diane Robison occupied the top four spots. Regan Ward posted a seventh place finish at last year's race and is the next fastest returner from last season's team.

Kelsey Schrader (15) and Samantha Mohler (16) who finished among the sub-17 runners last year also will be back on the Agri Park course for the Razorbacks.

Safee Belbina, Sydney Brown, Devin Clark, and Claudia Verstraten are four freshman all with the potential to collect top finishes on the fast 5K course. Belbina, Brown and Verstraten have been progressing with each outing.

Clark with only one race under her belt has emerged as one of the freshman to watch among the SEC programs.

5K Competition Entries:

1. Safee Belbina
2. Sydney Brown



Regan Ward

3. Devin Clark
4. Kaitlin Flattmann
5. Nikki Hiltz
6. Valerie Reina
7. Kelsey Schrader
8. Dominique Scott
9. Claudia Verstraten
10. Regan Ward

On Tap

Three successful weekends of competition have come and gone for Arkansas. Still early in the season for the women's cross country team the program moves forward from their second team title of the season at the Missouri Southern Stampede and

return home to run the Chile Pepper Festival in Fayetteville (Oct. 3). The team will travel 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.

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
Sydney Brown	R-Fr.	09/19/15	Missouri Southern Stampede - Joplin, Mo.	17:08.17
Claudia Verstraten	Fr.	09/19/15	Missouri Southern Stampede - Joplin, Mo.	17:10.33
Nikki Hiltz	R-So.	09/19/15	Missouri Southern Stampede - Joplin, Mo.	17:25.20
Rachel Nichwitz	Fr.	09/19/15	Missouri Southern Stampede - Joplin, Mo.	17:30.78
Samantha Mohler	Jr.	09/19/15	Missouri Southern Stampede - Joplin, Mo.	17:34.05
Therese Haiss	So.	09/19/15	Missouri Southern Stampede - Joplin, Mo.	17:35.82
Annika Sisson	R-Fr.	09/19/15	Missouri Southern Stampede - Joplin, Mo.	17:50.44
Sabrina Herrmann	Fr.	09/19/15	Missouri Southern Stampede - Joplin, Mo.	17:57.60
Logan Bishop	Jr.	09/19/15	Missouri Southern Stampede - Joplin, Mo.	18:15.16
Grace Taylor	Fr.	09/19/15	Missouri Southern Stampede - Joplin, Mo.	18:18.73

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

NCAA TOP 10 FINISHES:
 1991 - 2ND
 1992 - 2ND
 1993 - 2ND
 1994 - 3RD
 1998 - 6TH
 1999 - 2ND
 2002 - 7TH
 2006 - 5TH
 2014 - 5TH

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 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