



MEN'S  
**CROSS  
COUNTRY**

Carleton College



**T**he men's cross country team has accrued an impressive record since its beginning as a club sport in the early 1930s.

In 2007 the Knights made their 17th all-time NCAA Championships appearance. As a team, Carleton harriers have won 26 conference crowns, placed in the top 10 at nationals seven times, and captured a national title. Carleton runners have earned 21 All-America citations, paced by four-time honoree Dale Kramer '78, who also captured two individual national titles. More recently, Dan Bucy '05 and Steve Harris '06 added their names to the list of All-Americans.

Other program highlights include 17 individual conference champions, Matt Hooley '04 qualifying for the 2008 U.S. Olympic Marathon Trials and Phillip Dunn '93 competing in his third Olympics (Beijing in 2008).

The Carleton men's cross country team strives to maintain the long tradition of success in the classroom and in athletic competition. Since 2004 Carleton cross country runners have earned three prestigious NCAA Postgraduate Scholarships.

“At Carleton, we are passionate about our long tradition of outstanding distance runners. Although we frequently qualify for NCAA Nationals, we never forget that we are students first. Our student-athletes excel in the classroom and work hard during training. With 15 miles of running trails in our Arboretum, we have a great training environment. We practice and compete as a team, but our athletes are allowed to retain their own identities and pursue a diverse set of interests.”

DAVE RICKS, HEAD COACH



## MEET THE COACH

After two seasons as the assistant cross country coach, **Dave Ricks** took over the reigns of the Carleton men's program in 2007 and immediately led the Knights to a national ranking and a berth in the NCAA Championships. Ricks is also in charge of the men's track & field team, coaching the squad to top-five conference championships finishes in 2004 and 2006. Before coaching the men's teams, he spent 12 years as an assistant coach for the Carleton women's track & field and cross country teams, helping the women to the 2004 MIAC title.

A 1976 graduate of Union College (N.Y.), Ricks was a two-sport All-American, specializing in the decathlon in track and field and earning All-America honors in the decathlon in 1975. Named the AFLAC National Assistant Coach of the Year in 2004, Ricks also serves as an assistant professor in the physical education, athletics, and recreation department.

## A LOOK AT THE SCHEDULE

Membership in the MIAC provides Carleton with some of the nation's best competition. Approximately seven multi-angular meets and invitational meets—most within an hour's drive of Carleton—are run during September, October, and early November. A 14-day training cycle without competition often is scheduled before major meets.

A typical week includes:

**MONDAY:** Long tempo run or hilly run (alternate weeks)

**TUESDAY:** Regeneration run and strides

**WEDNESDAY:** Anaerobic threshold work or race pace work (alternate weeks)

**THURSDAY:** Regeneration run and strides

**FRIDAY:** Pre-meet day

**SATURDAY:** Race or easy run

**SUNDAY:** Long run

## PROGRAM PHILOSOPHY

Head coach Dave Ricks advocates balance between a rigorous academic experience and competitive athletics encounters. Practices and competitions are scheduled around academic

calendars and the program takes great pride in producing excellent students and athletes.

Runners are provided with appropriately challenging opportunities that enhance their educational experience and serve to build confidence, character, and leadership abilities. Each member's individual contribution is valued within the team framework. The team is encouraged to explore areas beyond its own borders to improve the lot of others in the campus community. An ever-present, genuine concern for the best interests of our students enables them to pursue both academic and athletic excellence.

Athletics should be a vehicle to help attract outstanding students

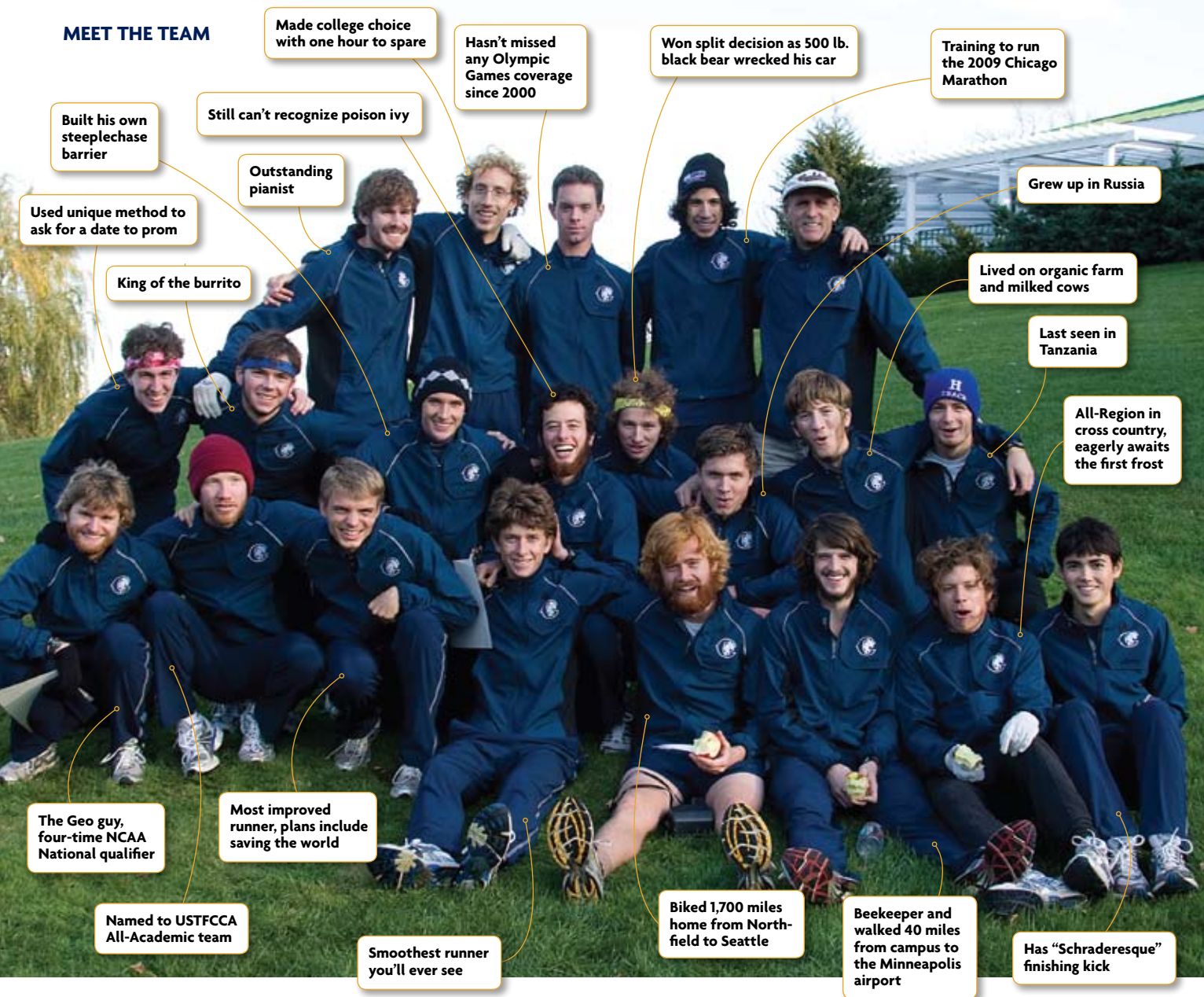
John Nowinski '08 was a four-time qualifier for the NCAA Championships and twice selected to the USTFCCA All-time Academic Team.

to Carleton. Athletic competition serves as an important tool in the personal development of young student-athletes. By providing outstanding coaching and direction, students are allowed to pursue both academic and athletic excellence without sacrifice. At some schools, students must lower their academic aspirations in order to be challenged athletically. Carleton's goal is to provide outstanding opportunities on both academic and athletic fronts.



After a team victory at Lewis & Clark's Pioneer Open in Oregon, Carleton runners visit Pre's Rock to pay their respects to the late Steve Prefontaine.

## MEET THE TEAM



"Carleton is a place where I can run, but not just be a runner. I do not feel defined by any one activity or interest that I have. I feel encouraged by my peers and by Carleton to be a whole person with many passions."

MEEKS BRUCKER '09

Major: Physics | Hometown: Elkins Park, Penn.

"I chose Carleton because I got really good vibes when I visited. It seemed like a 'work hard, play hard' kind of school. Students take learning seriously and genuinely enjoy it. At the same time, we don't take anything too seriously and we know how to strike a good balance between studying and fun."

NICK SMITH '09

Major: Physics | Hometown: Houston, Texas



Cowling Arboretum

## FACILITIES

Carleton College is surrounded by wonderful places to run, including the 880-acre **Cowling Arboretum**, which was named a “rave run” and the best running trail in Minnesota by *Runner’s World* magazine. With 15 miles of wooded trails winding along the Cannon River, the Arb is great for running and relaxing after a day of classes.

In addition, team members utilize dozens of lightly traveled country roads around Northfield, providing the Knights with some of the nation’s best training territory within a very short distance of campus. The team occasionally travels to Minneapolis to run around the city’s chain of lakes, adding variety to training days.

Carleton’s on-campus **Recreation Center** opened in 2000 and features a rock-climbing wall, fitness center,



Recreation Center

aerobics and dance studio, bouldering room, and a field house with a 200-meter indoor track with a Mondo surface. The second level opens onto 25 acres of outdoor fields.

**Laird Stadium** is used more often by the track and field team, but the cross country team occasionally takes advantage of its 400-meter outdoor track, the site of three NCAA Division III Championships.

[carleton.edu/athletics/mcrosscountry](http://carleton.edu/athletics/mcrosscountry)

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