



WOMEN'S
**CROSS
COUNTRY**

Carleton College



Carleton women's cross country program has a winning formula of dedicated student-athletes in a positive team environment. We compete in the Minnesota Intercollegiate Athletic Conference (MIAC), which consists of 13 NCAA Division III private institutions. Competition is strong, and each year several MIAC teams are ranked in the nation's top 10. The Knights have enjoyed great success in the conference, winning back-to-back titles in 2004 and 2005 and top-three finishes in 11 of the past 15 seasons. Carleton was nationally ranked several times over the past seven seasons and earned team berths to the NCAA Championships in 2004, 2005, 2006, and 2008.

The cross country season usually begins with a preseason trip in early September. Past destinations have included Colorado, Montana, Wisconsin, and Northern Minnesota. The team builds a strong bond and training base at these camps before returning to academic life.

While Carleton runners are intense about training and competing, they also are serious about academics and having fun, which results in a strong sense of accomplishment and many lasting memories.

“Distance running and academics have proven to be a winning combination at Carleton. The team has been extremely successful in both realms, repeatedly earning Academic All-American honors and consistently racing at the top of the MIAC, a very competitive conference. Student-athletes at Carleton are very dedicated and, as a result, very successful.”

DONNA RICKS, HEAD COACH



MEET THE COACH

Donna Ricks, a three-time MIAC Coach of the Year who led Carleton to the 2004 and 2005 MIAC Championship titles, has guided the Carleton women's cross country and track & field programs since 1993.

A Carleton professor of physical education, athletics, and recreation, Ricks came to Northfield after six years as cross country and track & field coach at her alma mater, Minnesota State–Mankato.

As a student at Mankato, Ricks was a cross country and track & field All-American performer while earning a BS degree and an MA in athletic administration. In honor of her accomplishments, Mankato State inducted her into its Hall of Fame. In 1996 Ricks served as the U.S. National Women's Heptathlon Coach.



A TYPICAL WEEK

Training at Carleton consists of a variety of workouts, alternating quality days with easier-paced recovery days. Weekly mileage varies as each athlete's plan is tailored to suit her training needs. Coach Ricks advocates strength training for distance runners to help develop overall speed and prevent injury.

MONDAY: Threshold workout

TUESDAY: Pool training, strength building, and core routine

WEDNESDAY: Quality workout

THURSDAY: Regeneration run, strength building, and core routine

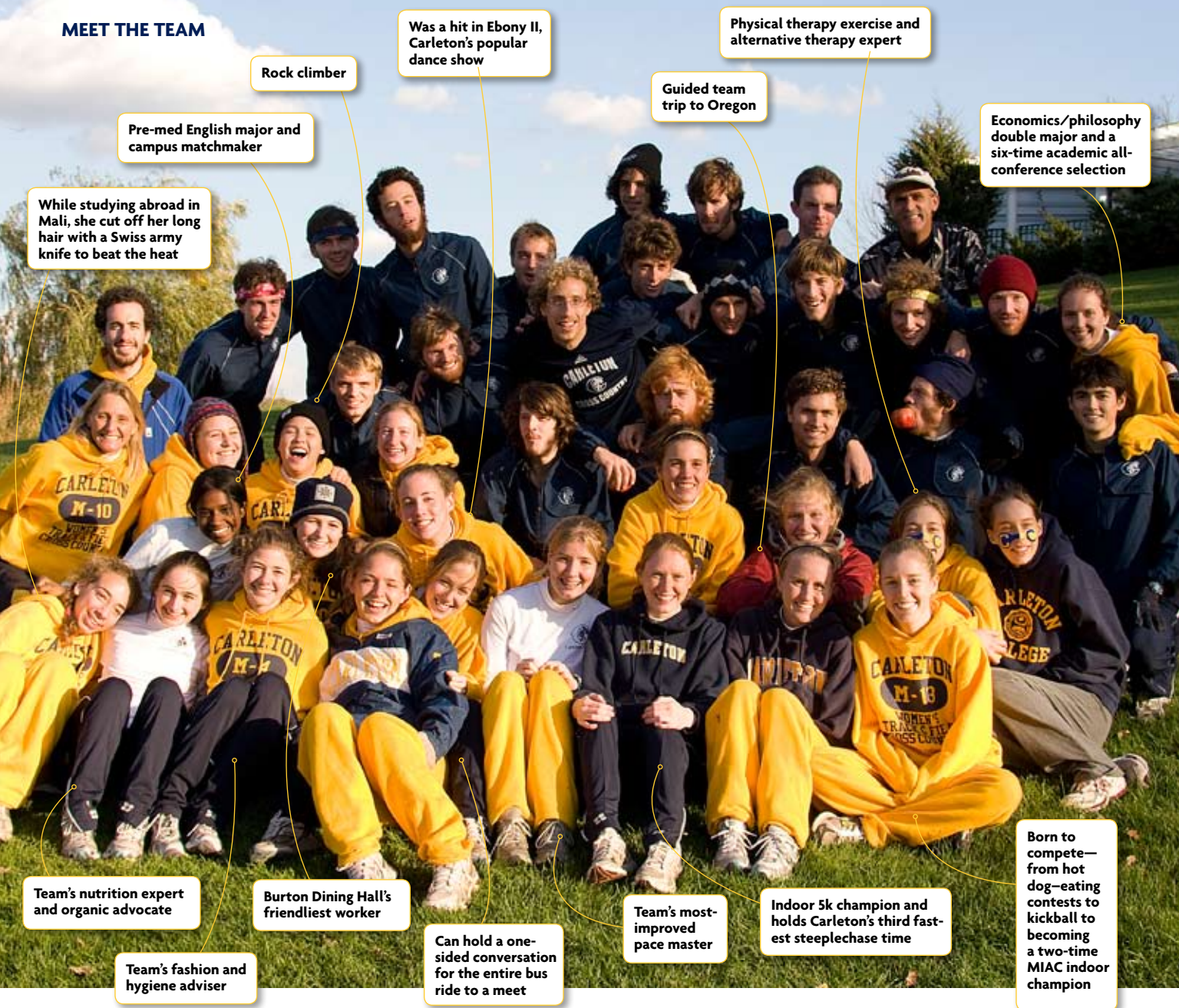
FRIDAY: Pre-meet / off day

SATURDAY: Competition

SUNDAY: Long run



MEET THE TEAM



"I made a list of everything I wanted out of college; it is still tacked to my bulletin board. I knew that I could be happy almost anywhere, but Carleton was the best fit for who I am now, and it will help me become

the person I strive to be. I thrive on respectful intellectual discussion and adventure, and I have found plenty of both at Carleton."

SARAH FORZLEY '10
Major: French and Francophone Studies
Hometown: South Windsor, Conn.



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, workout room, aerobics and dance studio, racquetball and squash courts, and a field house with a 200-meter indoor track around four multipurpose

court surfaces for basketball, volleyball and tennis. 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.



Recreation Center

carleton.edu/athletics/wcrosscountry

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