



CAPITAL ONE ACADEMIC ALL-AMERICA® TEAM **SELECTED BY CoSIDA**

FOR RELEASE:

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Please visit the Capital One Academic All-America® website
<http://www.capitaloneacademicallamerica.com/>

TIM NELSON OF WISCONSIN-STOUT AND MARY MAHONEY OF MOUNT UNION LEAD CAPITAL ONE ACADEMIC ALL-AMERICA® DIVISION III TRACK & FIELD/CROSS COUNTRY TEAMS

TOWSON, Md. – Senior **Tim Nelson** of the University of Wisconsin-Stout and senior **Mary Mahoney** of the University of Mount Union lead the 2013 Capital One Academic All-America® Division III Track & Field/Cross Country Teams, as selected by the College Sports Information Directors of America (CoSIDA).

Nelson and Mahoney have been chosen as the NCAA Division III Academic All-America® of the Year award winners for Men's and Women's Track & Field/Cross Country, respectively.

The Capital One Division II and III Academic All-America® program is being financially supported by the NCAA Division II and III national governance structures, to assist CoSIDA with handling the awards fulfillment aspects for the 2012-13 DII and DIII Academic All-America® teams program.

A business administration major with a 3.70 G.P.A., Nelson completed his illustrious career as a two-time Capital One Academic All-American® of the Year, a two-time Capital One Academic All-America® first team selection, the United States Track & Field and Cross Country Coaches Association (USTFCCCA) NCAA Division III Men's Athlete of the Year and as the organization's Men's Scholar-Athlete of the Year in cross country this season.

A native of Augusta, Wis., Nelson is the 2012 NCAA Division III Men's Cross Country individual national champion and is a three-time champion in track and field as he won the 5,000-meter indoor title and 5,000-meter and 10,000-meter outdoor titles in 2012. Nelson has also been selected as the Wisconsin Intercollegiate Athletic Conference (WIAC) Scholar-Athlete Award in cross country and men's outdoor track & field. He is a seven-time winner of UW-Stout's Chancellor's Award for Academic Excellence and is a three-time member of the WIAC Scholastic Honor Roll.

An environmental studies major with a 3.99 G.P.A., Mahoney is one of 13 repeat Capital One Academic All-America® selections on the 2013 Division III Track & Field/Cross Country Women's First Team. A native of Ashtabula, Ohio, Mahoney earned Capital One Academic All-America® first team notice last spring after earning third team honors as a sophomore. She finished her career as an eight-time NCAA All-American with two national titles.

A 14-time Ohio Athletic Conference champion, Mahoney won the NCAA Indoor Championship in the 400-meter dash in 2013 and NCAA Outdoor Championship in 2012. Overall, Mahoney is a four-time OAC Sprinter of the Year and a two-time USTFCCCA Great Lakes Region Sprinter of the Year.

Capital One Academic All-America® Division III Men's Cross Country, Track & Field 1st Team

Nelson is joined by three other repeat first-team selections in seniors **Eyo Ekpo** of St. Thomas and **Dan Kerr** and **Greg Whittle** of Calvin.

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Nelson, Mahoney Lead Academic All-America® Division III Teams – page 2

Seniors **John Dewitt** of Wisconsin-Oshkosh, **Evan Gates** of Carnegie Mellon and **Daniel Kerley** of North Central each earned a spot on the first team after making second team in 2012. Seniors **Kyle Chowhan** of Virginia Wesleyan, **Kenny Janosko** of Baldwin Wallace and **Tim VanLiew** of Rutgers-Camden were named to the third team last year, along with **Michael LeDuc** of Connecticut College.

Seniors **Isaac Chambers** of Emory, **Johnny Rutford** of Nebraska Wesleyan, and **Greg Patton** of Augustana join graduate student **Paul Yerhot** of Wisconsin-Lacrosse and sophomore **Daniel Bonthius** of Wartburg to complete the 2013 Capital One Academic All-America® first team.

A business and entrepreneurship major with a 3.63 G.P.A., Ekpo finished his career as a seven-time All-American in track after placing third in triple jump and sixth in the high jump at this year's NCAA national meet. A native of Andover, Minn., Ekpo was named as the Minnesota Intercollegiate Athletic Conference Outstanding Indoor Field Athlete for the fourth straight season after winning the high jump, long jump and triple jump.

An exercise science and pre-physical therapy double major with a 3.74 G.P.A., Kerr was named as the Michigan Intercollegiate Athletic Association (MIAA) Most Valuable Runner in cross country for the second year in a row and was tabbed as All-MIAA for the third straight season. A native of Petoksey, Mich., Kerr earned his second straight All-America honor in track when he placed third in the 10,000-meter run at the NCAA III Outdoor Track and Field Championships.

A civil and environmental engineering major with a 3.69 G.P.A., Whittle is a two-time MIAA champion in the 1,500-meters. A native of Galesburg, Ill., Whittle earned his second straight All-American honor in the 1,500-meter run after placing fifth this year. He also earned All-America honors in the mile.

A mathematics and secondary education double major with a perfect 4.00 G.P.A., DeWitt is a three-time Capital One Academic All-America® selection after earning second team in 2012 and third team in 2011. A native of Oshkosh, Wis., DeWitt was named as the 2013 UW-Oshkosh John Taylor Scholar-Athlete award winner. He earned his first All-American honor in cross country this past fall.

A mechanical and biomedical engineering double major with a perfect 4.00 G.P.A., Gates received an NCAA Postgraduate Scholarship in March. A native of Pittsburgh, Pa., Gates became a three-time All-Mideast Region runner in the fall after placing sixth at the regional event for the second consecutive year.

A psychology major with a 3.96 G.P.A., Kerley is the College Conference of Illinois & Wisconsin (CCIW) individual cross country champion and is a three-time CCIW individual champion in track. A native of Vienna, Ill., Kerley was selected as All-CCIW, All-Midwest Region and USTFCCA All-Academic for the third straight season in cross country in 2012. Kerley is an All-American in cross country and a three-time All-American in track.

A history and social studies double major with a 3.95 G.P.A., Chowhan was an eight-time Dean's List honoree and graduated from Virginia Wesleyan summa cum laude. A native of Flanders, N.J., Chowhan is the Marlins' record holder in the pole vault in both indoor and outdoor. Chowhan was an Honors & Scholars student and a member of Omicron Delta Kappa.

While pursuing a master's of accounting degree with a 3.70 G.P.A., Janosko is a multiple All-Ohio and All-Ohio Athletic Conference (OAC) honoree and a two-time Academic All-OAC pick. A native of Mentor, Ohio, Janosko is the Yellow Jacket record holder in the 5,000-meter run and was an All-Ohio champion in the 5,000-meter and 10,000-meter runs in 2013. Janosko was the 2011 OAC Men's Cross Country Runner of the Year and twice earned OAC Male Runner of the Week honors.

Nelson, Mahoney Lead Academic All-America® Division III Teams – page 3

A psychology major with a 3.46 G.P.A., VanLiew repeated as the NCAA Division III javelin champion as he won the event in record fashion by setting the NCAA Division III record, the NCAA Championship record, the University of Wisconsin-La Crosse stadium mark and Rutgers-Camden program record with a toss of 247 feet and 10 inches. A native of Deptford, N.J., VanLiew won both the NJAC and ECAC javelin championships and was named as the USTFCCCA Division III National Men's Field Athlete of the Year. VanLiew was also named to the Capital One Academic All-America® third team in soccer

A botany major with a 3.77 G.P.A., LeDuc is the 2013 NCAA Division III National Champion in the 3,000-meter steeplechase and set the Connecticut College school record in the process. A native of Canton, Conn., LeDuc is a two-time New England Division Champion in the 5,000-meter run. LeDuc is a six-time All-American with five of those coming in track.

A business major with a perfect 4.00 G.P.A., Chambers was selected as Emory's 2013 Scholar-Athlete of the Year after recording a perfect 4.00 GPA during his collegiate career. Chambers finished his career with six all-University Athletic Association (UAA) honors, including a third-place finish as a part of Emory's 4x400-meter relay at the 2013 UAA Indoor Championships. A native of Champaign, Ill., Chambers is the program's record-holder in the indoor 500-meter dash with a time of 1:07.51.

An accounting major with a perfect 4.00 G.P.A., Rutford was the 2013 Great Plains Athletic Conference (GPAC) champion in the outdoor 10,000 and 5,000-meter runs and won the GPAC title in the indoor 5,000-meter run indoors. A native of Lincoln, Neb., Rutford was an NCAA III Qualifier in cross country for the second straight season and was named All-Central Region. Rutford was a four-time GPAC Champion in track & field and earned 11 All-GPAC awards.

An accounting and political science major with a 3.56 G.P.A., Patton was a six-time NCAA Division III All-American at Augustana. A native of Bloomington, Ill., Patton was winner of the College Conference of Illinois & Wisconsin 2013 Jack Swartz Award for academic excellence and athletic achievement. Patton was an eight-time CCIW champion during his career and a 15-time NCAA national meet qualifier.

A biology, biomedical and pre-physical therapy triple major with a 3.90 G.P.A., Yerhot returns to the Capital One Academic All-America® first team after being selected to the same team in 2011. A native of Chaska, Minn., Yerhot is the 2013 Wisconsin Intercollegiate Athletic Conference (WIAC) Indoor Track & Field Scholar-Athlete and is a three-time member of the WIAC Scholastic Honor Roll. Yerhot is an eight-time NCAA Division III All-America, including five indoor and three outdoor awards. He is also a member of three NCAA Division III championship teams with the Eagles, and eight WIAC championship teams.

A biology major with a perfect 4.00 G.P.A., Bonthius placed sixth at the NCAA Division III track meet in the 400-meter run to earn his first All-American honor. A native of Iowa City, Iowa, Bonthius earns his first Capital One Academic All-America® first team and All-District honors.

Four of the 16 members of the 2013 Capital One Academic All-America® Division III Men's Track/Cross Country Team maintain a 4.00 G.P.A. and the team as a whole carries an average G.P.A. of 3.81.

Nelson, Mahoney Lead Academic All-America® Division III Teams – page 4

Capital One Academic All-America® Division III Men's Cross Country, Track & Field 1st Team

Of the 12 other repeat Capital One Academic All-America® selections on the 2013 Division III Track & Field/Cross Country women's first team, nine are seniors.

Seniors **Elizabeth Evans** of Rose-Hulman and **Erin Plews-Ogan** of Wooster join Mahoney as three-time Capital One Academic All-Americans® as each earned the honor twice prior to this year.

A math and electrical engineering major with a 3.47 G.P.A., Evans was named to the Capital One Academic All-America® first team in 2012 and earned second team honors in 2011. A native of Bicknell, Ind., Evans finished her career as a five-time NCAA champion in the high jump with a total of eight All-American performances. Evans' most recent national title came during the 2013 NCAA Outdoor Championship where she entered with a Division III record jump of six feet. For her career, Evans was a six-time Heartland Collegiate Athletic Conference Field Athlete of the Year and a five-time USTFCCA Great Lakes Field Athlete of the Year.

An anthropology major with a perfect 4.0 G.P.A., Plews-Ogan was named to the Capital One Academic All-America® second team last season after earning third team honors in 2011. A native of Charlottesville, Va., Plews-Ogan was the recipient of the NCAA Elite 89 award at this year's NCAA Outdoor Track & Field Championship. Wooster's record-holder in the 3,000-meter steeplechase, Plews-Ogan won the North Coast Athletic Conference championship in the event in league record time. She was an all-conference and all-region performer in cross country in 2012.

Seniors **Mary Kate Breese** of Grove City, **Michelle Favre** of Ramapo, **Kaari Jensen** of Concordia-Moorhead, **Lauren Kuntz** of MIT, **Keri Lambert** of Amherst, **Annie Lydens** of Pomona-Pitzer and **Alison Steinbrunner** of Ohio Northern are making their second appearance on the Capital One Academic All-America® Division III Track & Field/Cross Country team

An accounting major with a 4.0 G.P.A., Breese was a second team Capital One Academic All-America® selection in 2012. A native of Mercer, Pa., Breese was a four-time All-Presidents' Athletic Conference performer in cross country, earning first team status in 2009, 2011 and 2012. On the track, Breese placed third in the PAC Outdoor Championship in both the 5,000-meter and 10,000-meter runs to help the Wolverines to their best conference finish since 2006.

A biology and physical therapy double-major with a 3.95 G.P.A., Favre was selected to the Capital One Academic All-America® third team in 2012. A native of Saddle Brook, N.J., Favre finished her career as a two-time NCAA champion with five All-American performances. In 2013, Favre won the pole vault national title, both indoors and outdoors, en route to being named as the New Jersey Athletic Conference Athlete of the Year and the New Jersey Association of Intercollegiate Athletics for Women Athlete of the Year.

A communication studies and public relations double-major with a 3.82 G.P.A., Jensen picked up Capital One Academic All-America® third team honors in 2012. A native of Pierz, Minn., Jensen earned NCAA All-American honors for the second-straight season in the heptathlon this spring. Jensen's fifth-place finish in the event came on the heels of being named the USTFCCA Central Region Field Athlete of the Year for the second season in a row.

A mechanical engineering and physics double-major with a 4.0 G.P.A., Kuntz was a first team Capital One Academic All-America® honoree in 2012. A native of Pittsburgh, Pa., Kuntz was recently named the New England Women's and Men's Athletic Conference Woman of the Year. An Elite 89 recipient at the 2012 NCAA Indoor Championship, Kuntz finished her career at MIT as a two-time NCAA All-American and a three-time All-NEWMAC performer in the pole vault.

Nelson, Mahoney Lead Academic All-America® Division III Teams – page 5

A history major with a 3.90 G.P.A., Lambert earned Capital One Academic All-America® third team honors last year. A native of Amherst, Mass., Lambert earned NCAA All-American status during all three seasons between cross country and track in 2012-13. A seven-time All-American at Amherst, Lambert placed third in the nation at the NCAA Cross Country championship, and she capped her career with a third-place finish in the 3,000-meter steeplechase this spring.

A philosophy, politics and economics triple-major with a 3.99 G.P.A., Lydens was named to the Capital One Academic All-America® first team in 2012. A native of Tokyo, Japan, Lydens finished her career as a three-time NCAA All-American with two of the awards coming in cross country. Lydens qualified for the NCAA Cross Country Championship Meet in 2012 but was forced to miss the meet in order to attend an interview as a Rhodes Scholarship finalist. A multiple-time Southern California Intercollegiate Athletic Conference champion and Runner of the Year, Lydens' top national finish came in 2011 when she placed third on the cross country course as a two-time NCAA West Region Runner of the Year.

A pharmacy major with a 3.95 G.P.A., Steinbrunner was a second-team Capital One Academic All-American® in 2012. A native of New Carlisle, Ohio, Steinbrunner was a three-time All-American in cross country and finished as national runner-up in 2012. A four-time Ohio Athletic Conference Champion and a two-time NCAA Great Lakes Region champ for Ohio Northern, Steinbrunner holds six school records in track, two of which are top OAC marks.

Juniors **Christy Cazzola** of Wisconsin-Oshkosh, **Heather Gearity** of Montclair State and **Nicole Michmerhuizen** of Calvin are making their second appearance on the Capital One Academic All-America® Division III Track & Field/Cross Country first team.

An education major with a 3.34 G.P.A., Cazzola was named to the Capital One Academic All-America® third team as a sophomore in 2012. A native of Kaukauna, Wis., Cazzola completed an outstanding season in 2012-13. She was named as the NCAA Division III Outdoor Track Athlete of the Year, the NCAA Indoor Track Athlete of the Year and NCAA Cross Country Athlete of the Year. Last month, Cazzola became the first woman to sweep the 800-meter, 1,500-meter and 5,000-meter runs at the NCAA Outdoor Championship. Cazzola's times in the 800m and 1,500m events rank second in Division III history. She also led the Titans to NCAA Division III national championships in cross country and indoor track while the outdoor track team was national runner-up.

A biology major with a 3.84 G.P.A., Gearity was a second team Capital One Academic All-America® selection in 2012. A native of Rutherford, N.J., Gearity won a second straight NCAA championship in the 400-meter hurdles in May. Gearity's winning time in the event ranks fourth in Division III history. Also a national qualifier during the indoor season for Montclair State, Gearity is a member of the New Jersey Athletic Conference All-Academic Team.

A chemical engineering and biochemistry double-major with a 3.99 G.P.A., Michmerhuizen was named to the Capital One Academic All-America® third team last year. A native of Holland, Mich., Michmerhuizen won the NCAA Division III Outdoor championship in the 10,000-meter run this season after finishing as national runner-up in the 5,000m indoors. During the cross country season, Michmerhuizen was named the Michigan Intercollegiate Athletic Association Most Valuable Runner and placed fifth at the NCAA Great Lakes Region Championship.

The remaining two members of the 2013 Capital One Academic All-America® Division III Track & Field/Cross Country Women's first team are first-time honorees, senior **Becky Culp** of Hamline and **Erin Schoenfelder** of Wisconsin-Eau Claire.

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Nelson, Mahoney Lead Academic All-America® Division III Teams – page 6

A physics major with a 3.72 G.P.A., Culp finished her career as a five-time NCAA All-American with a national title in the 2013 discus throw event. A native of Lino Lakes, Minn., Culp was named as the Minnesota Intercollegiate Athletic Conference Outstanding Field Athlete during three different meets. A school representative at the NCAA Leadership Conference, Culp also owns four school records.

An elementary education major with a 3.98 G.P.A., Schoenfelder was the recipient of the NCAA Elite 89 award during the 2013 Indoor Championship. A native of Antioch, Ill., Schoenfelder finished her career as a five-time NCAA All-American with three awards indoors and two outdoors. Schoenfelder also holds the school record in the outdoor 400-meter hurdles and indoor 60m hurdles.

The 15 members of the Capital One Academic All-America® Division III Women's Track & Field/Cross Country first team maintain an average G.P.A. of 3.86 while three of the members boast a perfect 4.0 G.P.A.

About Capital One

Capital One Financial Corporation (www.capitalone.com) is a financial holding company whose subsidiaries, which include Capital One, N.A. and Capital One Bank (USA), N. A., had \$122.2 billion in deposits and \$197.5 billion in total assets outstanding as of December 31, 2010. Headquartered in McLean, Virginia, Capital One offers a broad spectrum of financial products and services to consumers, small businesses and commercial clients. Capital One, N.A. has approximately 1,000 branch locations primarily in New York, New Jersey, Texas, Louisiana, Maryland, Virginia and the District of Columbia. A Fortune 500 company, Capital One trades on the New York Stock Exchange under the symbol "COF" and is included in the S&P 100 index. Capital One, an NCAA Corporate Champion, began its affiliation with college sports with the sponsorship of the 2001 Capital One Florida Citrus Bowl (now the Capital One Bowl) and ESPN's Capital One Bowl Week. In 2010, Capital One launched the Capital One Cup, a prestigious new program rewarding NCAA Division I athletics programs for their cumulative on-field performance across multiple men's and women's sports. In addition, Capital One sponsors the ABC College Football Halftime Report, Capital One All-America Mascot Team, all 88 NCAA Championships including the Division I Men's and Women's Basketball Championships, and numerous other collegiate athletics programs.

To be eligible for Academic All-America® consideration, a student-athlete must be a varsity starter or key reserve, maintain a cumulative G.P.A. of 3.30 on a scale of 4.00, have reached sophomore athletic and academic standings at his/her current institution and be nominated by his/her sports information director.

Since the program's inception in 1952, CoSIDA has bestowed Academic All-America honors on more than 19,000 student-athletes in Divisions I, II, III and NAIA, covering all NCAA championship sports.

For more information about the Academic All-America® Teams program, please visit www.cosida.com.

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2013 Capital One Academic All-America® Division III Men's Track / Cross Country Team

Academic All-American of the Year: Tim Nelson, Wisconsin-Stout

FIRST TEAM					
Name	School	Yr.	Hometown	G.P.A.	Major
Daniel Bonthius	Wartburg	So.	Iowa City, Iowa	4.00	Biology
Isaac Chambers	Emory	Sr.	Champaign, Ill.	4.00	Business
Kyle Chowhan (3)	Virginia Wesleyan	Sr.	Flanders, N.J.	3.95	History, Social Sciences
John Dewitt (2) \$	Wisconsin-Oshkosh	Sr.	Oshkosh, Wis.	4.00	Mathematics Secondary Education
Eyo Ekpo (1)	St. Thomas (Minn.)	Sr.	Andover, Minn.	3.63	Business & Entrepreneurship
Evan Gates (2)	Carnegie Mellon	Sr.	Pittsburgh, Pa.	4.00	Mech. & Biomedical Engineering
Kenny Janosko (3)	Baldwin Wallace	Sr.	Mentor, Ohio	3.70	Master's of Accounting
Daniel Kerley (2)	North Central	Sr.	Vienna, Ill.	3.96	Psychology
Dan Kerr (1)	Calvin	Sr.	Petoskey, Mich.	3.74	Exercise Science, Pre-Phy. Therapy
Michael LeDuc (3)	Connecticut College	Jr.	Canton, Conn.	3.77	Botany
Tim Nelson # (1)	Wisconsin-Stout	Sr.	Augusta, Wis.	3.70	Business Administration
Johnny Rutford (3)	Nebraska Wesleyan	Sr.	Lincoln, Neb.	3.95	Accounting
Tim VanLiew (3)	Rutgers-Camden	Sr.	Deptford, N.J.	3.46	Psychology
Greg Whittle (1)	Calvin	Sr.	Galesburg, Ill.	3.69	Civil & Environmental Engineering
Greg Patton	Augustana (Ill.)	Sr.	Bloomington, Ill.	3.56	Accounting, Political Science
Paul Yerhot	Wisconsin-La Crosse	Gr.	Chaska, Minn.	3.90	Biology, Biomedical & Pre-Phys. Ther.

SECOND TEAM					
Name	School	Yr.	Hometown	G.P.A.	Major
Joshua Baker	Johns Hopkins	Sr.	Chatham, N.J.	3.88	Chemical & Biomolecular Engineering
Tyler Bauer	Muhlenberg	So.	Northampton, Pa.	3.94	Biology, Music
Job Christiansen	Calvin	Sr.	New Ipswich, N.H.	3.71	History
David Hamm	Washington (Mo.)	Sr.	Louisville, Ky.	3.97	Architecture
Kyle Hannon (1)	Mass. Inst. Of Tech.	Sr.	Park Ridge, Ill.	3.92	Computer Science
Zach Heerspink	North Central	Sr.	Holland, Mich.	3.66	Exercise Science
Jeremy Kieser	Wisconsin-Eau Claire	Sr.	Verona, Wis.	3.94	Engineering, Physics
Eric Larson	Central	So.	Waverly, Iowa	3.34	Economics
Matt Martin	Ohio Wesleyan	Sr.	New Brighton, Pa.	3.70	Politics & Government
Taylor Purdue (1)	Rowan	Sr.	Highland Lakes, N.J.	3.77	Mechanical Engineering
Tyler Singer-Clark	Mass. Inst. Of Tech.	Jr.	Falmouth, Mass.	3.76	Computer Science & Engineering
Jonathan Smith	Augustana (Ill.)	Sr.	Moline, Ill.	3.69	Biology
Kevin Sparks	Washington (Mo.)	Jr.	Geneva, Ill.	3.48	Political Science
Bradley Wiseman (3)	Gettysburg	Sr.	Newtown Square, Pa.	4.00	Economics

THIRD TEAM					
Name	School	Yr.	Hometown	G.P.A.	Major
Justin Campbell	Trinity (Tex.)	Sr.	Victoria, Texas	3.79	Business Adm., Int'l Studies, Chinese
Wesley DeChristofaro	Worcester Polytechnic	Jr.	Woonsocket, R.I.	3.54	Electrical & Computer Engineering
Josh Dederig	Wisconsin-La Crosse	Jr.	Neenah, Wis.	3.73	Sport Management
Brian Desmond	Colby	Sr.	Ann Arbor, Mich.	4.02	English
Josh Eisenberg	Augustana (Ill.)	Jr.	Spring Grove, Ill.	3.97	Biology, Pre-Medicine
Stephen Ellwood	Emory University	Sr.	Princeton Jct, N.J.	3.90	Biology
Andrew Erskine	Amherst	Sr.	Stamford, Conn.	3.98	Computer Science, Mathematics
Tim Hartung	York (Pa.)	Jr.	Mohnton, Pa.	3.68	Nursing
Andy Keefe	Macalester	Sr.	Minneapolis, Minn.	4.00	Linguistics, Media & Cultural Studies
Stephen Kocienski	Worcester Polytechnic	Sr.	Schaghticoke, N.Y.	3.85	Mechanical Engineering
Spencer Lefort	Fredonia State	Sr.	Java Center, N.Y.	3.65	Accounting / Economics / Finance
Jeff Macdonald	Claremont-Mudd-Scripps	Sr.	Arcadia, Cal.	3.89	Philosophy, Politics & Econ., Spanish
Nils Michaelis	Franklin & Marshall	Sr.	Hilden, Germany	3.51	Business, Organizations & Society
Dan Regino	Castleton State	Sr.	Pine Bush, N.Y.	4.00	Biology, Health Science
David Volland	Augustana (Ill.)	So.	Batavia, Ill.	3.81	Mathematics

- # Capital One Division III Academic All-America® of the Year in 2012
 (1) Capital One Academic All-America® Division III 1st team in 2012
 (2) Capital One Academic All-America® Division III 2nd team in 2012
 (3) Capital One Academic All-America® Division III 3rd team in 2012
 (\$) Capital One Academic All-America® College Division 3rd team in 2011





2013 Capital One Academic All-America® Division III Women's Track / Cross Country Team

Academic All-American of the Year: Mary Mahoney, Mount Union

FIRST TEAM					
Name	School	Yr.	Hometown	G.P.A.	Major
Mary Kate Breese (2)	Grove City	Sr.	Mercer, Pa.	4.00	Accounting
Christy Cazzola	Wisconsin-Oshkosh	Jr.	Kaukauna, Wis.	3.34	Education
Becky Culp	Hamline	Sr.	Lino Lakes, Minn.	3.72	Physics
Elizabeth Evans (1) %	Rose-Hulman	Sr.	Bicknell, Ind.	3.47	Math, Electrical Engineering
Michelle Favre	Ramapo	Sr.	Saddle Brook, N.J.	3.95	Biology, Physical Therapy
Heather Gearity (2)	Montclair State	Jr.	Rutherford, N.J.	3.84	Biology
Kaari Jensen (3)	Concordia-Moorhead	Sr.	Pierz, Minn.	3.82	Communication Studies, Public Rel.
Lauren Kuntz (1)	Mass. Inst. Of Tech.	Sr.	Pittsburgh, Pa.	4.00	Mechanical Engineering, Physics
Keri Lambert	Amherst	Sr.	Amherst, Mass.	3.90	History
Annie Lydens (1)	Pomona-Pitzer	Sr.	Tokyo, Japan	3.99	Philosophy, Politics & Economics
Mary Mahoney (1) #	Mount Union	Sr.	Ashtabula, Ohio	3.97	Environmental Science
Nicole Michmerhuizen (3)	Calvin	Jr.	Holland, Mich.	3.99	Chemical Engineering, Biochemistry
Erin Plews-Ogan (2) #	Wooster	Sr.	Charlottesville, Va.	4.00	Anthropology
Erin Schoenfelder	Wisconsin-Eau Claire	Sr.	Antioch, Ill.	3.98	Elementary Education
Alison Steinbrunner	Ohio Northern	Sr.	New Carlisle, Ohio	3.95	Pharmacy

SECOND TEAM					
Name	School	Yr.	Hometown	G.P.A.	Major
Ashley Barwick	Dubuque	Sr.	Appleton, Wis.	4.00	Accounting, Business Admin.
Tristin Burris	Wesley	Sr.	Camden, Del.	3.97	Media Arts
Tara Clemens	Illinois Wesleyan	Sr.	Bloomington, Ill.	3.45	Business, Marketing
Jennifer Cooper	Mississippi College	Gr.	Clinton, Miss.	4.00	Biology
Theresa Edwards	Willamette	Sr.	Lake Tapps, Wash.	3.97	Environmental Science, Biology
Anna Etherington	Washington (Mo.)	Jr.	Deer Park, Ill.	3.62	Systems Engineering
Theresa Ford	Emory	Sr.	Minneapolis, Minn.	3.70	Business
Chloe Hallyburton	Pacific	Sr.	Dayton, Ore.	4.00	Exercise Science
Rebecca Hammond	Swarthmore	Sr.	Winters, Calif.	3.96	Biology, Chemistry
Daryn Herman	Mount Union	Sr.	Fairview Park, Ohio	3.92	Public Health
Jaclyn Konopka	Mass. Inst. Of Tech.	Jr.	Novi, Mich.	3.76	Brain & Cognitive Sciences
Molly Martorella (2)	Oberlin	Jr.	Winchendon, Mass.	3.82	Biochemistry & Neuroscience
Sophia Stone	Mary Baldwin	Jr.	Pacific Palisades, Cal.	3.98	Psychology (G); Biology (UG)
Breanna Strupp	Wisconsin-Oshkosh	Sr.	Slinger, Wis.	3.65	Education
Ally Voss	Gustavus Adolphus	Sr.	Wausau, Wis.	3.94	Spanish, Sociology & Anthropology

THIRD TEAM					
Name	School	Yr.	Hometown	G.P.A.	Major
Cynthia Adams	Lebanon Valley	Jr.	Elysburg, Pa	3.76	Physical Therapy
Anne Diaz-Arrastia	Washington (Mo.)	Sr.	Dallas, Texas	3.41	Philosophy, Neuroscience, Psych.
Lucy Cheadle	Washington (Mo.)	So.	Seattle, Wash.	3.75	Chemical Engineering
Julie Eagle	Worcester Polytechnic	Sr.	Rock Island, Ill.	3.56	Mechanical Engineering
Elana Edwards	Trinity (Tex.)	Sr.	Austin, Texas	3.97	Mathematics
Alana Enabnit	Wartburg	So.	Clear Lake, Iowa	3.94	Communication Arts
Beth Hauer	Gustavus Adolphus	Sr.	Little Falls, Minn.	3.96	Music Education
Kayla Hermann	Wartburg	So.	Stacyville, Iowa	3.81	Accounting
Danisha Higgs	Albright	Jr.	Nassau, Bahamas	3.65	Biochemistry, French
Agne Jakubauskaite	Hamilton	Sr.	Panevezys, Lithuania	4.00	Biology
Ashlyn Mauer	Wisconsin-Eau Claire	Sr.	Sheboygan Falls, Wis.	3.97	Communication Sci. & Disorders
Emily Mazzaferri	Mount Union	Jr.	Canton, Ohio	3.95	Education, English
Ashley Meadows	Texas Lutheran	Jr.	Marion, Texas	4.00	Molecular Biology, Chemistry
Jenna Niedermayer	Elizabethtown	Sr.	Cinnaminson, N.J.	3.82	Occupational Therapy
Noelle Richard	Worcester Polytechnic	Sr.	Oxford, Mass.	3.78	Mathematical Sciences
Julia Sizak	Chicago	Sr.	Dayton, Ohio	3.84	Anthropology, International Studies

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 (2) Capital One Academic All-America® Division III 2nd team in 2012
 (3) Capital One Academic All-America® Division III 3rd team in 2012
 (%) Capital One Academic All-America® College Division 2nd team in 2011
 (#) Capital One Academic All-America® College Division 3rd team in 2011

