

COLLEGE — CROSS COUNTRY

Minnesota State University - Mankato

ALEXI MACDONALD

Senior

Alexi challenges herself to improve every single day in everything she does. Whether she's in the classroom, running, or training in the weight room, she consistently gives her full effort. She takes pride in doing things the right way and never cuts corners. Her steady work ethic and positive attitude make her someone her teammates can always count on. She leads by example through her actions, supports those around her, and carries herself with genuine kindness. She is truly deserving of this recognition!
~Spencer Wright

Colorado College

ALYSON MUELLER-HICKLER

Senior

Alyson has shown massive improvements over the year. She sees her data and that encourages her to continue to push herself and teammates in the weight room. Always on time, always in a positive mood, and always giving her best effort, even on her bad days. I wish I could have a whole team of Alyson's. ~Derek Savage

Converse University

ANDER VERA MOLERES

Sophomore

Andre's work ethic in the strength facility enabled him to capture the conference championship in the indoor 5,000 Meter. He possesses a lot of endurance due to his work rate in the weight room.
~Kevin Darlington

USM

CAMDEN BESSEY

Distance

Senior

Has shown consistent improvement over all racing distances. One of the strongest Husky distance runners. Leads by example. ~James Giroux

College of William & Mary

ELI PHILLIPS

Distance

Freshman

Eli Phillips has been one of the athletes who has seen major improvements since Day 1. He came in with a bit of lifting experience, but has shown significant improvement. He has demonstrated effort in learning the lifts by asking questions or asking for feedback when performing the exercises. He takes his time with the lift and is one of the last few in the weight room, ensuring he gets to everything. Always comes in with great energy and pushes himself every session. I look forward to seeing him progress even more throughout the next year. ~Jonathan Alducin

Converse University

EVIE DE ROOS

Freshman

Evie is an extremely hard worker and great competitor and is strong in the strength facility. She truly loved the training aspect of cross country.
~Kevin Darlington

COLLEGE — CROSS COUNTRY

USM
GWEN CATALANO

Distance
Senior

Has good improvement on the course and track. Has become a dedicated strength athlete. Helped new teammates learn workouts, leading by example. ~James Giroux

William Woods University
JENSON STARR

Senior

He helped set the tone of the program. Great leader
~Robert Jones

University of Providence
JOE GILMAN

Distance Runner
Junior

Joe's quiet determination speaks volumes about his character. He approaches each training session with focus and ambition, consistently putting in the effort needed to improve and succeed. I always enjoyed his eagerness to get better in the off season, specifically in the weightroom, and I truly believe this enthusiasm propelled him into the season with a good mindset and physically prepared. Joe's subtle humor and steady presence make him a valued teammate. His grit is especially evident in the weight room. His combination of discipline, resilience, and drive makes him a truly deserving nominee for this award. ~Brooke Foster

University of Wisconsin - La Crosse
JOEY SULLIVAN

Distance - Cross Country
Senior

Joey is one of the strongest cross-country runners I have had the opportunity to work with. He always challenges himself in the weight room, and it has helped him have some incredible performances in his cross-country and track and field career. Joey was an integral part of the University of Wisconsin-La Crosse cross-country team's success this past season. He placed 8th at the WIAC Championships, 7th at the NCAA Division III North Region Championships, and 17th at the NCAA Division III National Championships. His contributions helped the team win all three Championships. Joey was also the NCAA Division III champion in the 3000-meter Steeplechase at the outdoor Championships in 2025. Along with his success in running, he has achieved a 3.230 GPA in the classroom. Joey's leadership and love for his sport have helped him achieve his highest potential. ~Philip Whitesitt

COLLEGE — CROSS COUNTRY

Springfield College

KRISTINA KYLE

Distance Runner

Senior

Kristina leads in more ways than one, both on and off the track. She embraces her responsibilities as a leader and takes them seriously, consistently setting the standard for those around her. She has a unique ability to lift her teammates, raising both the team's ceiling and its floor; a quality that can define success in an individual sport. Kristina was named the 2025 NEWMAC Women's Cross Country Rookie of the Year, a testament to her impact and dedication. Her relentless drive for greatness pushes her to improve every single day, a mindset that will carry her far throughout her career. ~Keeley Durkin

University of Wisconsin - La Crosse

LILY HIGGINS

Distance - Cross Country

Junior

Lily has shown consistency, quality, and exceptional effort in her lifting during her cross-country seasons. Her effort in the weight room translated well into her running. During the 2025 season, she was a regular points scorer. At the Joe Paine University of Notre Dame Invitational, she placed 12th overall and helped her team finish 2nd out of all teams competing (first out of the Division III teams in attendance). She was the WIAC athlete of the week (10/7/2025) and helped the team win the WIAC Championship by placing 3rd overall. She also helped the team win the NCAA Division III North Region and placed 12th at the NCAA Division III Championships. Lily has also earned an impressive 3.860 GPA in the classroom. Lily's dedication to

quality training has helped her achieve a high level of success. ~Philip Whitesitt

William Woods University

MEKAYLA GIBSON

Senior

Exceptional athlete. Always bought in and cultivated a positive culture for the team ~Robert Jones

College of William & Mary

MOLLY ELLISON

Sophomore

Molly Ellison has been an amazing athlete in the weight room. She has been working through an injury, but that has not slowed her down at all in the weight room. She comes into every session with a positive attitude and great energy. She pushes herself to her limits and doesn't back down from a challenge. At times, she comes into the weight room to do her rehab, showing her determination to get back. I look forward to working with her more and seeing her progress throughout next year. ~Jonathan Alducin

Colorado College

RABBIT BARNES

Senior

Rabbit is always looking for ways he can improve in the weight room so he can achieve greatness on the course and track, just look at his fall season and current indoor achievements (multiple lifetime bests and school records). Coaches his teammates up when they are struggling with an exercise and is comfortable being uncomfortable. Always communicates when he needs to come in at different times. ~Derek Savage

COLLEGE — CROSS COUNTRY

Washington & Lee University

REESE BROWN

Junior

Reese Brown has shown consistent growth as a competitor, highlighted by a personal best at the South Regional Championships that helped secure the team's bid to the NCAA Championships and a top-eight finish at the conference meet during a championship season. She has contributed across multiple events, including scoring indoors and winning the 3,000m steeplechase outdoors, demonstrating versatility and competitive resilience. Behind those results is a disciplined and team-first work ethic, as she approaches training and preparation with maturity, consistency, and a commitment to continual improvement.

~David Forman

University of Providence

SAVANNAH IVINS

Distance Runner

Sophomore

Savannah's cheerful personality and positive spirit truly provide amazing energy to each team lift and even competitions. She approaches training sessions with enthusiasm and determination, uplifting those around her with her encouragement and genuine love for the sport. Her work ethic truly shines in the weight room, where she consistently pushes herself to build strength, endurance, and resilience that carry over into her performance on the courses. Savannah's combination of energy, dedication, and hard-earned progress makes her a powerful example of commitment and positivity,

and a truly deserving nominee for this award.
~Brooke Foster

Mount San Jacinto College

SOFIA BEDOLLA

Freshman

Sofia leads the warm ups and makes sure all of her teammates knows the exercise, she works hard and does what she is asked. She has been new to the weightroom but has took it head on and has become an exceptional lifter. ~Pui Choi

Washington & Lee University

THOMAS FRANKLIN

Junior

After facing injuries during his sophomore season, Thomas Franklin demonstrated resilience and professionalism in his approach to rehabilitation and continued development. He has remained committed to his training process and played an important role in one of the most successful periods in program history, contributing to conference and regional championships and another NCAA Championship appearance. Through steady work ethic, accountability, and a team-first mindset, he represents consistency and dedication.

~David Forman

USM

WHITNEY DAVENPORT

Distance

Senior

Has become a year round strength athlete. Has seen gradual improvement in racing distances.

~James Giroux