# Women's Cross Country Hands Out Team Awards

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EAU CLAIRE, Wis. - UW-Eau Claire women's cross country coach Dan Schwamberger announced the 2008 team award winners yesterday at the team's banquet.

**Mary Palmer** *(Sr.-Anoka, Minn.)* earned the team's Most Valuable Runner Award. Palmer earned All-American honors and led the Blugolds to a fifth place finish at the NCAA Championships, finishing in 26th place with a time of 21:35. She was a very consistent runner for the Blugolds, finishing seventh or better in each race she ran in before nationals. Last year Palmer was named the team's most improved runner.

The Most Valuable Freshman award was presented to **Alyssa Sybilrud** *(Fr.-Savage, Minn./Burnsville)*. Sybilrud ran in seven races this year and finished 13th or better in three, 55th or better in three others and 99th at nationals. Her best time came at nationals, finishing in 22:30. Her best finishes of the year were 11th place finishes in the Blugold Open and the WIAC Championships.

**Jenna Smith** *(So.-Robbinsdale, MN/Cooper)* was selected as this year's most improved runner. She competed in six events during the season, with her best finish coming at the WIAC Championships. Her time of 22:39 was good enough for 15th, helping the Blugolds to their second consecutive WIAC title. She also ran at nationals.

Taking home the Blugold Award was **Julie Meis** *(Sr.-Platteville, Wis.)*. The Blugold Award is presented to an all-around committed scholar-athlete and teammate.

**Beth Lutz** *(Sr.-Eau Claire, Wis./Memorial)* and **Ellie Lutz** *(Sr.-Eau Claire, Wis./Memorial)* were also presented with four-year letter awards.

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