

CROSS COUNTRY TRACK //

2014-15

SEASON REVIEW



The Dallas Baptist Men's & Women's Track and Cross Country Teams capped off another spectacular 2014-15 season.

With meets across the country, the Patriot Track and Field teams competed with some of the nation's best and produced some of the top marks along the way. Leading the way for the Patriots this year were sophomore Jake Geoo, and senior Kelsey Bruce.

Jake Geoo earned NCCAA All-American honors in the shot put with his 3rd place finish at the NCCAA Indoor Track and Field Championships, just before winning the NCCAA National Championship in the same event during the Outdoor Track and Field Championships.

Multiple other Patriots had outstanding seasons as well. Glynnis Meade was named the National Champion in the Women's 10,000 meters at the Outdoor Track and Field Championships for the second year in a row. Ryan McSpadden was named NCCAA All-American with his 3rd place finish in the Men's Mile at the NCCAA Indoor Track and Field Championships, and the women's 4 x 800 meter relay quartet of Anna Salazar, Lauren Reynnells, Angelique Dupiton, and Carissa Sato also earned All-American honors with their runner-up finish at the Indoor Championships.

In the Cross Country realm, the Women's Team won their eighth straight Heartland Conference title, while a young Men's squad earned a fourth place finish at the Heartland Championships. In a season that began in mid-September and finished with the NCAA Regional Championships in late November, the Women's Team had five top five finishes, while the Men earned five finishes in the top 10.

The Lady Patriots placed four runners on the All-Heartland Conference Team including, Anna Salazar who earned her top finish of the year with a second place showing. Joining Salazar on the All-Conference Team were teammates Cashlee Rayas, who finished fourth with

a time of 22:43.97; Kristaly Munoz, who crossed the finish line in 10th place; and Sarah Rayas who finished 11th out of the field of 75. Brianna Ortiz and Becca Peterson were each named Honorable Mention All-Conference after finishing in 13th and 15th place respectively.

"Out of all eight conference championships that we've won, this is the one I'm most proud of for the ladies," said DBU

Head Coach, Jacob Phillips. "We overcame injuries, illnesses, and redshirts, and came together to win. This was the best performance of the season for this group of girls."

DBU's Men's Team placed two runners on the All-Conference team, led by McSpadden's ninth place performance and Jake Powers, who finished 12th with a time of 26:37.08.

Following the Heartland Conference Championships, the Men's & Women's Teams competed at the National Christian College Athletic Association Championships. Racing in near freezing temperatures and occasional snow flurries in Houghton, New York, the Dallas Baptist Women's Cross Country Team earned a second place finish. The Lady Patriots totaled 95 points in the 5k event, with Cashlee Rayas earning All-American honors with a time of 18:42.7. Rayas finished the race in 13th place in the field of 117 runners.

The Men's Team capped off the day with a sixth place finish. Battling snow flurries that created a winter wonderland over the 8k course, the Patriots were led by Jake Powers, who narrowly missed a top 15 finish, as he crossed the finish line in 17th place out of 131 with a time of 26:02.04.

In their final race of the season, the Dallas Baptist Men's & Women's Cross Country Teams competed at the NCAA Regional Championships in Denver, Colorado. Battling the altitude and racing against the field of teams that represented the South Central Region, the Lady Patriots claimed an 11th place team finish, while the Men's Team came in 19th overall.

Competing in what would be the final Cross Country event of her collegiate career, senior Sarah Rayas led the Women's Team in the 6k event, crossing the finish line with a time of 24.38. Rayas' time earned her a 49th place finish individually in the field 1276 runners. Following closely behind Rayas was her younger sister Cashlee, who clocked a 24:59.

On the Men's side, Ryan McSpadden paced the way for DBU with a time of 36:14 in the 10k race and finished as the lone Patriot in the top 100, as he finished 99th in the field of 138 runners.

Following the completion of the 2014 season, DBU graduated six seniors on the Women's side including Jennifer Atkinson, Tiffany Brown, Elizabeth Gilbert, Glynnis Meade, Sarah Rayas, and Tawnee Wimsatt. The Men's Team graduated four seniors in Joseph Hale, Jake Powers, Trent Smith, and Trent Trammell.

As senior, Joseph Hale, reflected back on the season, he knows the lessons learned are ones that will serve him for years to come. "God has used this Cross Country Team to teach me not to be complacent with where I am, but to strive for excellence in running not for myself, but as a team working toward a goal that is bigger than any one human. God has used this to transfer the same drive in me to my education, career, relationships with others, and relationship with God. Through this God has provided great opportunities for me and my teammates throughout my time here at DBU."

DBU

2015 FALL SEASON HIGHLIGHTS



Women's Cross Country Team claimed the Heartland Conference Championship for the ninth straight year.



Women's Cross Country Team qualified for NCAA National Championships for only the second time in program history.



Men's Cross Country Team finished 3rd at the NCCAA National Championships, the highest ever finish for the men's program.



Anna Salazar



Kelsey Bruce



Zach Winger



Kelsey Bruce

SPOTLIGHT: KELSEY BRUCE

The NCCAA announced that Dallas Baptist University's Kelsey Bruce is the 2015 Division I Bullock Cross Country Award Recipient. The 2013 NCCAA National Champion, Bruce has not lost an NCCAA race since outdoor track in 2013. She has won 11 NCCAA National Championships in cross country and indoor and outdoor track. Bruce is also a four-time NCCAA National record holder and is a four-time conference MVP.

In addition to serving as captain, Kelsey leads her team's Bible study and serves as a campus tutor. DBU Head Cross Country Coach Jake Phillips says, "she exhibits all the qualities you look for in a Christ-centered student-athlete."

In the classroom, Bruce carries a 4.0 GPA in math and is a president's list recipient and a two-time NCCAA All-America Scholar-Athlete.

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