



The 2006-2007 edition of Dallas Baptist University Patriot Cross Country and Track and Field Teams had a familiar feel to the 2005-2006 version, except with many new faces. With an incoming freshman class that included nine distance runners and seven sprinters, the Patriots began the 2006 Cross Country season on a high note.

Competing with a very difficult schedule that included competitions against Baylor University and Oklahoma State University, DBU Freshman distance star Lacey Morrison opened the season with two individual victories. In her season opening win at the UT-Tyler Patriot Invitational, Morrison broke the DBU 6K record with a 23:35 clocking, besting the previous record held by Katie Noss. Morrison then went on to win the very next weekend at the Dallas Baptist University Patriot Invitational convincingly with a time of 20:03 on the very tough home 5K course.

Leading the men in the early season was freshman Felix Rodriguez, who, along with Morrison, was named NCCAA (National Christian College Athletic Association) Athlete of the Week. Rodriguez opened his Patriot career with a fourth place finish at the UT-Tyler Invitational and third place finish at the DBU Invitational.

As the season progressed, the Patriots continued to improve. At the Heartland Conference Championships, hosted by Montana State University–Billings, the Patriot men improved upon their third place finish from the previous season with a second place finish. The Patriots were led by Rodriguez's fifth place finish which propelled him to Freshman of the Year honors in the Heartland Conference.

Concluding the season at the 2006 NCCAA National Championships hosted by Cedarville University, the Patriot Men finished ninth place out of the 22-team field and the Lady Patriots finished 11th.

"We are a very young team, but had a great season in which we ran hard, learned to compete, and gained valuable experience. I am definitely excited about the coming years for DBU Cross Country," commented second year Head Coach Jacob Phillips.

Transitioning into the 2007 Track and Field season and coming off of a successful Cross Country season, the Patriots looked to compete in their toughest schedule to date. Facing an all NCAA Division I Indoor and Outdoor schedule, excluding national competitions, the Patriots traveled to Texas Tech University, University of Oklahoma, University of Houston, Baylor University, University of Texas, and Sam Houston State University.



# DBU Cross Country & Track

## 2006-2007

by Larry Northcutt

In a successful indoor national competition at the 2007 NCCAA Indoor Track and Field Championships, the Patriots brought home the National Championship in the Women's Distance Medley Relay (DMR) and had five receive All-American honors: Katie Noss, Lacey Morrison, Hannah Steffan, Ashley Alford, and Shannon Crawford. Scoring in the meet for the Patriots individually were Shannon Crawford (third place - triple jump), Michella Poynor (fifth place - 55m), Lily Stapp (eighth place - 55m), and Katie Noss (fifth place - 3000m).

The Patriot track teams came back during the 2007 NCCAA Outdoor National Track and Field Championships to have the same success that they had during the Indoor national meet. Winning the 5000 meter Women's Championship for the second consecutive year was senior distance standout Katie Noss. Being honored as All-Americans with Noss was Freshman Garrett Sage, who placed runner up in the 3000 meter steeplechase, and freshman Michella Poynor, who placed third in the 200 meter dash.

Aside from two great national competitions, the Patriots also broke several school records throughout 2007. Records that were broken are as follows:

Women's Distance Medley Relay		12:38
Women's Indoor Mile	Katie Noss	5:01
Women's 4x200 meter Relay		1:51
Women's Indoor 3000 meter	Katie Noss	10:29
Men's 3000 meter Steeplechase	Garrett Sage	9:41
Men's Freshman 3000 meter	Felix Rodriguez	9:05
Men's Freshman 5000 meter	Felix Rodriguez	15:44

"This was an exciting season with the two National Championships and eight All-Americans, not to mention all of the school records that were broken. What's even more exciting is that a lot of this was done by freshman athletes, which makes for a very exciting future," commented Phillips.

*(Above) Senior Katie Noss runs the last leg of the NCCAA Women's Distance Medley National Championship races. (Montage clockwise from top) Freshman Lacey Morrison finishes first in the DBU Invitational Cross Country Race; David Waggoner throws the javelin at the NCCAA National Championship Meet; Felix Rodriguez heading to his third place finish at the DBU Invitational Cross Country Race; and NCCAA 2007 Women's Distance Medley Champions (l-r) Katie Noss, Ashley Alford, Hannah Steffan, and Lacey Morrison.*