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Timothy W. Gleason, Commissioner

For Immediate Release

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## ***2011 Ohio Athletic Conference Cross Country Awards Announced***



**Austintown, OH** – The Ohio Athletic Conference (OAC) cross country coaches have selected the Men's and Women's Runners-of-the-Year and the Men's and Women's Coaching Staff-of-the-Year. The OAC began recognizing the Staff-of-the-Year in 2005. Prior to 2005, the coaches recognized an OAC Coach-of-the-Year.

### ***Women's Runner-of-the-Year: Alison Steinbrunner, Ohio Northern***

Ohio Northern junior **Alison Steinbrunner (New Carlisle/Tecumseh)** has been named the 2011 OAC Women's Cross Country Runner-of-the-Year. Steinbrunner won the OAC individual title for the third time with a mark of 22:15 to help lead the Polar Bears to the team title. **Steinbrunner** also won the individual title and led ONU to a second place finish at the Great Lakes Regional Championship. At the national meet, she placed 9th (21:12) out of 277 runners to earn All-American honors for the second time. For her efforts this season, Steinbrunner was named the Women's Great Lakes Region Runner-of-the-Year.

### ***Men's Runner-of-the-Year: Ken Janosko, Baldwin-Wallace***

Baldwin-Wallace junior **Ken Janosko (Mentor)** has been selected as the 2011 OAC Men's Cross Country Runner-of-the-Year. Janosko placed second at the OAC Championship meet with a time of 25:44. Janosko led the Yellow Jackets at the Great Lake Regional Championship with a sixth place finish (24:56). He placed 66<sup>th</sup> (25:02) out of 279 runners at the national meet with a time, which was the top finisher of any OAC runner.

### ***Women's Coaching Staff-of-the-Year: Ohio Northern***

The Ohio Northern women are led by third-year head coach Jason Maus, who is assisted by Casey Grant and Justin Linzy. This season, ONU finished second at the All-Ohio Championships. The Polar Bears captured their second straight OAC Championship title with five runners placing among the top-18 to earn All-OAC honors. The Polar Bear's placed second at the Great Lake Regional Championship to earn an automatic bid the national meet. ONU ranked No. 14 nationally in the final regular season United States Track & Field and Cross Country Coaches Association poll.

### ***Men's Coaching Staff-of-the-Year: Ohio Northern & John Carroll***

The Ohio Northern men are guided by third year head coach Jason Maus, who is assisted by Casey Grant and Justin Linzy. Ohio Northern won the NCAA Division III race of the All-Ohio Championships for the third time in the last five years. The Polar Bears won the programs first OAC title since 2008 and placed tenth among 35 teams at the Great Lakes Regional Championship.

The John Carroll men are led by fourth year head coach Dara Ford. Ford is assisted by Elmore Banton and Kyle Basista. The Blue Streaks placed fourth in the division III standings at the All-Ohio Championship, the programs best finish since 1990. JCU finished third at the OAC Championship with three runners finishing among the top-18 to earn All-OAC honors. John Carroll rounded out the season, by placing first among all OAC schools and eighth overall at the Great Lakes Regional Championship.