

IU East News

Rider runs into the record book

Sat, Sep 18, 2010 - [Cross Country]

IU East's cross country pack had a strong effort at the Indiana Intercollegiates.

"Lots to write about!" Indiana University East cross country coach Pam Mertz texted immediately after the Indiana Intercollegiates on Sept. 17 at Purdue University. Like the re-writing of the Red Wolves' cross country record book, for starters.

IU East freshman Carlie Rider (Eaton, Ohio/Eaton High School) broke the school's women's 5K cross country record with a time of 21:14. The previous record was 21:30 established by Nicole House last season.

"We knew the school record would be hers," Mertz said. "I'm glad she broke it in our second meet. With that out of the way she is now working toward the conference and national meets." Rider finished 117th in the field of 179.

The race was open to all intercollegiate cross country programs in Indiana.

Rider wasn't the only IU East runner to race onto the Red Wolves' top 10 list. IU East sophomore Justin Taylor finished the 8K men's race in 29:17, the seventh-best 8K time in school history. Taylor finished 133rd out of 185 runners.

Red Wolves junior Kelsey West ran a 23:00, good for 10th place on the revised IU East top 10 times list.

IU East freshman Aaron Myers finished in 30:57, which would have cracked the school's top 10 list last season.

The Red Wolves' women deducted about 16 minutes from their total time from their first race of the season. The IU East runners reduced their times by an average of two minutes per runner. "We need to keep improving our top five times," Mertz said. "The women want to go to nationals and realize it is within reach."

IU East's men's team posted the best total time in the program's history. "It was their first 8K race and they took the challenge and worked together and ran well," Mertz said. Indiana's Chelsea Blanchard won the women's race in 17:37. Indiana's Ben Hubers won the men's race in 24:33.70. The Hoosiers also swept the team titles.

Freshman runs away with KIAC honor

Mon, Sep 20, 2010 - [Women's Cross Country]



Carlie Rider is the KIAC Runner of the Week.

Indiana University East freshman Carlie Rider (Eaton, Ohio/Eaton High School) has been named Kentucky Intercollegiate Athletic Conference Women's Cross Country Runner of the Week, the league announced Sept. 20.

Rider broke IU East's women's cross country 5K school record with a time of 21:14 at the Indiana Intercollegiates on Sept. 17 at Purdue University.

"I knew the record was 21:30 and the whole race I was like, 'I can do this,'" Rider said. "I knew my times weren't where they should have been the past few weeks, but I was thinking, I can do this. My hips were hurting but if you want something bad enough it can happen."

"I was so happy after I finished. I gave Pam (Mertz, the Red Wolves' coach) a huge hug. I was in tears. I kept my watch going, so I was timing the other girls coming across and I was hugging all of them because all of them were doing better than they thought, too. So overall I was really happy."

Rider has the fastest 5K time in the KIAC this season.

The Red Wolves run again at the Earlham College Invitational on Sept. 2