

Men's Cross Country 2014-15 Recaps

NJCAA Nationals – South Plains CC

November 8, 2014

Men's Cross Country Finishes 27th at NJCAA Championships

The Jayhawk Men's Cross Country team finished the 2014 season running at the NJCAA National Championships at Shadow Hills Golf Course in Lubbock, Texas on Saturday, November 8. Texas schools may call the cross country course "rolling" but by Michigan standards, the course was pretty flat, and race temperatures were in the mid-50. The men finished 27th in the country and were led by sophomore Jacob Baker (Norton Shores, MI/Mona Shores HS).

Jake took 56th out of 256 finishers and nearly missed All-American honors with his time of 26:45. "Jake was in 43rd place most of the race but was passed by a pack of runners in the last 600 meters during a mad-dash for All-American honors." said Coach Dan Fishel. "Jake was a little upset from missing All-American honors, but had an outstanding sophomore season winning All-Conference and All-Region runner this season."

Rounding out the top 7 in order were; freshman Colin Duca (Muskegon, MI/Mona Shores HS), freshman Austin Persoon (Scottsville, MI/Mason County Central HS), freshman Dylan Medendorp (Whitehall, MI/Whitehall HS), freshman Dominic Flores (Fruitport, MI/Fruitport HS), and freshman Lenin Castillo (Hart, MI/Hart HS). Freshman Austin Kleiner (Spring Lake, MI/Hesperia HS) did not finish the race due to an injury. "The guys just missed their goal of finishing in the top 25. We have a young team, and the future looks bright." Add Coach Fishel.

NJCAA Region XII & MCCA Championship Lansing CC – Grand Woods Park

October 25, 2014 @ 12:00 pm

The Men's Jayhawk Cross Country team competed Saturday, October 25 at the Region XII and MCCA championships held at Grand Woods Park in Lansing, Michigan. The men took 5th out of 13 teams in the region and finished 4th in the conference. Fifth-ranked Lansing won the meet with 29 points, #16 Vincennes took 2nd with 50 points, and #24 Macomb and Mott tied for 3rd with 118 points. The Jayhawk men took 5th with 149 points and defeated Jackson CC, Lorain CC, Grand Rapids CC, Alpena CC, Oakland CC, Schoolcraft College, Kirtland CC, and Wayne CC.

Leading the way was sophomore Jacob Baker (Mona Shores HS) who took 4th out of 92 runners and 2nd in the conference with a time of 26:32. "Jake ran in 3rd most of the race and earned All-Region and All-Conference honors for his great race." said Head Coach Dan Fishel.

Rounding out the top 7 in order were sophomore Colin Duca (Muskegon, MI/Mona Shores HS), freshman Austin Persoon (Scottsville, MI/Mason County Central HS), freshman Dominic Flores (Fruitport,

MI/Fruitport HS), freshman Lenin Castillo (Hart, MI/Hart HS), freshman Dylan Medendorp (Whitehall, MI/Whitehall HS), and freshman Austin Kleiner (Spring Lake, MI/Hesperia HS). The men race next at the NJCAA National Championships in Lubbock, Texas on Saturday, November 8th.

Jayhawk Invitational – Muskegon CC University Park Golf Course

October 10, 2014 @ 2:00 pm

The Men's Jayhawk Cross Country team had a lot of success Friday, October 10 at their home meet at University Park Golf Course in Muskegon, Mich. For the first time this year there were ideal race-time temperatures and course conditions with the temperature in the low-50's and solid footing throughout the race. The men took 7th overall out of 21 teams and 4th out of 9 community colleges.

The Jayhawks finished behind Lansing, Macomb, and Mott. The Jayhawks out ran Indian Hills, Jackson, Alpena, Grand Rapids, and Oakland. Leading the way was sophomore Jacob Baker (Muskegon, MI/Mona Shores HS) who took 12th overall out of 132 runners. Baker finished 2nd overall for junior college runners. Baker's PR (personal record) time of 26:10 places him 3rd all-time out of all Jayhawk men's 8k. "This was the most focused that I've ever seen Jake today," said Coach Dan Fishel. "Six of our 8 runners ran all-time personal best 8k times today."

Rounding out the top 7 in order were freshman Colin Duca (Muskegon, MI/Mona Shores HS), freshman Dominic Flores (Fruitport, MI/Fruitport HS), freshman Austin Persoon (Scottsville, MI/Mason County Central HS), freshman Dylan Medendorp (Whitehall, MI/Whitehall HS), freshman Lenin Castillo (Hart, MI/Hart HS), and freshman Austin Kleiner (Spring Lake, MI/Hesperia HS). . The men race next at the MCCA and Region XII championships in 2 weeks at Grand Woods Park in Lansing, Mich.

Lansing CC Invite – Lansing CC Grand Woods Park

October 3, 2014 @ 1:30 pm

The MCC Men's Cross Country team raced Friday, October 3 at the Lansing Invitational hosted by Lansing Community College at Grand Woods Park. Although a cooler race-time temperature of 60 degrees was nice, the standing water and slippery mud covering the cross country course following substantial rain slowed down many runners. Undeterred, the men had their best race of the season by taking 14th place overall and 3rd place community college team race behind Lansing and Macomb.

The men beat Jackson, a team they finished behind earlier this season, by 76 points along with beating Mott, Schoolcraft, Grand Rapids, Kirtland, Oakland, and Wayne community colleges. Leading the charge was sophomore Jacob Baker (Mona Shores HS) taking 49th place out of 197 runners with a time of 27:25. "Jacob was fighting a stomach bug today, but he toughed it out for his team," said Head Coach Dan Fishel. "That's the type of leader Jake is." Rounding out the top 7 in order were freshman Colin Duca (Muskegon, MI/Mona Shores HS), freshman Dominic Flores (Fruitport, MI/Fruitport HS), freshman

Austin Persoon (Scottsville, MI/Mason County Central HS), freshman Lenin Castillo (Hart, MI/Hart HS), freshman Austin Kleiner (Spring Lake, MI/Hesperia HS), and freshman Dylan Medendorp (Whitehall, MI/Whitehall HS).

The Jayhawks race next at University Park Golf Course for their only home meet of the season on Friday, October 10th at 1:30 p.m. Come out and support us.

Brissman-Lundeen Invite – Augustana College Sauke Gold Course

September 26, 2014 @ 5:00 pm

The MCC Men's Cross Country team had an impressive race Friday, September 26 at the Brissman-Lundeen Invitational hosted by Augustana College at Saukie Golf Course in Rock Island, Illinois. Despite the race time temperature close to 80 degrees, the Jayhawks had the 4th lowest total meet score of the community colleges and beat 5 other community colleges in the process. Although the women won their division, the men's team was the most improved as the top five men ran all-time personal best 8k times.

Leading the way was sophomore Jacob Baker (Norton Shores, MI/Mona Shores HS) who ran 26:55 taking 90th place out of 532 runners. Rounding out the top 7 in order were: freshman Colin Duca (Muskegon, MI/Mona Shores HS), freshman Austin Persoon (Scottsville, MI/Mason County Central HS), freshman Dominic Flores (Fruitport, MI/Fruitport HS), freshman Lenin Castillo (Hart, MI/Hart HS), freshman Austin Kleiner (Spring Lake, MI/Hesperia HS), and freshman Dylan Medendorp (Whitehall, MI/Whitehall HS).

"The men's team is really putting in the miles and working hard to improve," said Coach Dan Fishel. "I always say that you don't get what you wish for. You get what you work for and the men are hard work. Many schools had runners drop out due to the heat, but most of our guys actually ran better."

The Jayhawks run next at the Lansing Community College Invitational at Grand Woods Park on Friday, October 3rd.

Spartan Invitational – MSU Forest Akers East Gold Course

September 12, 2014 @ 12:00 pm

The Jayhawks traveled to Forest Akers East Golf Course on Friday, September 12 for the Auto Owners Spartan Invitational hosted by Michigan State University. Temperatures were in the mid- to upper- 50's at race time as the men battled against the Big Ten, GLIAC, MIAA, NAIA schools, and also other junior colleges. Although the race was un-scored, the men ran their best team race of the season. Sophomore Jacob Baker (Muskegon, MI/Mona Shores HS) led the way taking 134th place out of 371 finishers. Jake's time of 26:59 was an all-time 8k PR for him. "Jake ran a heck of a race out there today and was the 5th place junior college runner in the race!" said Head Coach Dan Fishel.

Rounding out the top 7 for the Jayhawks were: freshman Colin Duca (Muskegon, MI/Mona Shores HS), freshman Austin Persoon (Scottsville, MI/Mason County Central HS), freshman Lenin Castillo (HART,

MI/Hart HS), freshman Austin Kleiner (Spring Lake, MI/Hesperia HS), sophomore Austin Elliott (Spring Lake, MI/Spring Lake HS), and freshman Dylan Medendorp (Whitehall, MI/Whitehall HS). "All the freshman set 8k PR's today which was great! They are really improving and running better, but we still need to take a few more steps as the season goes on." said Coach Fishel.

The MCC men race next at the Brissman-Lundeen Invitational hosted by Augustana College in Rock Island, IL in 2 weeks on Friday, September 26th.

Jets Invitational – Jackson College

September 5, 2014 @ 4:30 pm

The 14th-ranked MCC men's cross country team traveled to Jackson, Mich. Friday, September 5 for the Jackson CC Jets Invitational. The official temperature at the start of the men's race was 93 degrees with a heat index of 98 degrees at the end of the race. Despite the oppressive heat and hilly course, the Jayhawks finished runner-up in a very close meet, finishing behind host Jackson CC 26-31. Leading the way, winning the race, and setting a new 8k course record was sophomore Jacob Baker (Mona Shores HS) in 28:51.

"Jake ran even splits, gradually pulled away from the field, and lengthened his lead throughout the race," said Coach Dan Fishel. "Jake's time in these extreme conditions was remarkable because no other man broke the 30 minutes mark. Our team competed hard in this weather and despite the heat; we only had one runner not finish." Rounding out the top 7 in order were: freshman Colin Duca (Muskegon, MI/Mona Shores HS), freshman Lenin Castillo (Hart, MI/Hart HS), freshman Austin Persoon (Scottville, MI/Mason County Central HS), freshman Dominic Flores (Fruitport, MI/Fruitport HS), freshman Austin Kleiner (Spring Lake, MI/Hesperia HS), and sophomore Austin Elliott (Spring Lake, MI/Spring Lake HS).

"The men came up short in the team score but ran much better overall race than last week. This week many of the men looked like veteran 8k runners and actually passed runners in the 2nd half of the race!" added Coach Fishel. The MCC men's cross country team races next on Friday, September 12 at the Spartan Invite hosted by Michigan State University at Forest Akers East Golf Course.