Written by Staff Reports
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Lenoir-Rhyne's Kate Griewisch has been named the South Atlantic Conference Women's Cross Country Runner Of The Week, league officials announced today. Griewisch, a senior from Banner Elk, N.C., wins the award for the fourth time this season and for the 13th time in her career.

The two-time NCAA Division II All-American (2009 and 2010) finished second out of 177 runners at the Blue Ridge Cross Country Open this past Friday at State Farm Fields in Boone, N.C.

Griewisch ran a 17:54 on the 5K course and placed second only to Wake Forest's Nicole Irving (17:43) in a race of mostly NCAA Division I competition.

Griewisch is a three-time First-Team All-SAC honoree (2008-10) who finished first at the 2009 league championship and won the past two NCAA Division II Southeast Regional races (2009-10).

Griewisch is also a two-time SAC Women's Cross Country Scholar-Athlete Of The Year (2009-10) who also earned 2011 Capital One Academic All-America® Second-Team honors for women's cross country and track and field.

Griewisch has a 3.81 grade point average while majoring in biology and was the 2010-11 female recipient of the prestigious Presidents' Award, the league's top annual honor.

Catawba's Christian Crifasi was named the South Atlantic Conference Men's Cross Country Runner Of The Week.

The Lenoir-Rhyne University Men's and Women's Cross Country Teams next compete in the 2011 Food Lion South Atlantic Conference Championships on Saturday at Panther Creek Park in Morristown, Tenn.