

Schneider, Howard-Smith Runners of Week

Written by Sean Jones

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Appalachian State's Kayla Schneider has been honored as the Southern

Conference women's cross country runner of the week for her performance during the weekend of Aug. 30-Sept. 1, the league office announced Wednesday. Schneider clocked a time of 18:55 at the Covered Bridge Open on Friday, notching an eighth-place finish overall. The junior from Boone, N.C., and Watauga High School, led the Mountaineers to a second-place finish out of six teams, trailing only No. 2 Florida State.

Appalachian State's James Howard-Smith has been named the Southern Conference men's cross country runner of the week for his performance during the weekend of Aug. 30-Sept. 1, the league office announced Wednesday. In his first race of the 2013 season, Howard-Smith covered the 8k Don Kennedy Course in 25:45 to finish third at the Covered Bridge Open on Friday. The senior geography major from Charlottesville, Va., led the Mountaineers to a second-place finish out of six teams, trailing only No. 21 Florida State. The Mountaineers cross country team returns to action Sept. 14 at the UNC Asheville Invitational.