

## **McFoy Named SoCon Runner of Week**

Written by Sean Jones

Wednesday, 23 October 2013 16:06

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Appalachian State's Kyle McFoy has been named the Southern Conference men's cross country runner of the week for his performance during the weekend of Oct.

18-20, the league office announced Wednesday.

McFoy covered the 8k course at the Blue Ridge Open in 24:58, the second fastest time from a Mountaineer runner in course history. He finished fifth overall and helped lead Appalachian State to a team title on Friday.

The sophomore was also the top finisher among SoCon participants. Appalachian State returns to action on Nov. 2 at the SoCon Championship in Birmingham, Ala.

### **2013 Men's Cross Country Runner of the Week**

**Sept. 4 – James Howard-Smith, Appalachian State**

Sept. 11 – Lucas Cotter, Chattanooga

Sept. 18 – Luis Vargas, Elon

**Sept. 25 – James Howard-Smith, Appalachian State**

Oct. 2 – Raeven Lantz, The Citadel

Oct. 9 – Luis Vargas, Elon

Oct. 16 – Raeven Lantz, The Citadel

**Oct. 23 – Kyle McFoy, Appalachian State**

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**Photo Courtesy: Kyle McFoy, ASU Athletics**