

Helena, MT - Three weeks of solid training paid off for the Argos cross country teams as they traveled to Helena today to compete at Carroll College. The Argo men placed four runners in the top 5 finishers in the race. Helping the men's team secure 1st ahead of the nationally ranked Carroll and Westminster. Senior Shane Donaldson led the Argos and the entire men's field for nearly 5,000 meters and placed second overall. Teammates Tyler Nilsen (3rd), Shane Weldon (4th) and Joseph Hartmeier (5th) all finished within 11 seconds behind Donaldson. Andrew Hornung (8th) and teammate Riley Frazier (9th) rounded out the scoring for the men. "Working with the other men, Joe and Riley both ran incredibly intelligent and tough races today to help the team," Head Coach Chad Colwell said. Austin Morgan (18) and Cameron Bates (22) rounded out the men's finishers. The Argo's top 5 men finished within 35 seconds of each other, proving the strength and depth of the Argo team.

The women's team was led by Alex Borunda with a time of 19:58, her next four teammates finished within sixty seconds of Borunda. Borunda finished 7th overall. Other Argo runners were; Shelby Tritthart (9), Jenyffer Ortega (10), Brandi Eloff (13), Loni Hanson (UNA), Jenni Hill (17) and Christina Bruce (19). "[Jenyffer] Oretga made a gutsy move in the middle and it paid off for the whole team." Colwell added. The women finished well ahead of Westminster (Utah) for a successful day. "It was an excellent day for both the men and women's teams." Colwell said.