



Today's Scholar-Athletes - Tomorrow's Leaders

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American's Carlstrom Garners Women's Cross Country Scholar-Athlete Of The Year Honors

The 2003 PL Cross Country Individual Champion Posted A 3.62 Grade Point Average In The Fall Semester

CENTER VALLEY, Pa. -- American University sophomore **Keira Carlstrom** (Oakton, Va./Oakton) was selected by the Patriot League sports information directors as the 2003 PL Women's Cross Country Scholar-Athlete of the Year. She joins teammate **Jen Baclawski** (2002) on the list of AU student-athletes to win top women's cross country academic honors.

Carlstrom owns a 3.50 cumulative grade point average as a mathematics major. The sophomore is a three-time member of the Patriot League Academic Honor Roll and has earned a spot on the AU Dean's List twice (fall 2002 and fall 2003). Carlstrom is also an active member of AU's Math Honor Society.

The trophy case filled quickly with Patriot League and national accolades for Carlstrom this year. The two-time Patriot League Runner of the Week was the women's individual champion at the 2003 Patriot League Cross Country Championship with a time of 20:02.80, besting the rest of the field by nearly 43 seconds. Her performance helped the Eagles secure their second consecutive Patriot League title.

Carlstrom then set her sights on the NCAA Championship, gaining an automatic berth with a third-place performance at the Mid-Atlantic Regional (20:08). In the national meet, the sophomore became the first female in Patriot League history to garner All-America honors with a 16th-place effort (20:23).

The sophomore finished in the top five at the Patriot League meet each of her two seasons en route to a pair of first-team All-League selections. Carlstrom has three victories in her short cross country career, including wins at the Salty Dog Invitational and the Maryland Invitational this year.

A scholar-athlete nominee must have at least a 3.2 cumulative GPA and be a starter or key player in his/her sport. The winners are selected in a vote of the League's sports information directors.

The Patriot League, an NCAA Division I athletics conference founded on the principle of admitting athletes who are academically representative of their class, is in its second decade of academic and athletic excellence. Participation in intercollegiate athletics at Patriot League institutions is viewed as an important component of the undergraduate experience. A successful Division I-AA football conference since 1986 and an all-sport conference since 1990, membership includes American, Army, Bucknell, Colgate, Holy Cross, Lafayette, Lehigh and Navy, while seven additional institutions hold associate membership. Patriot League member institutions are among the oldest and most prestigious in the nation, graduating alumni who are well prepared for life with the ability to make meaningful contributions to their community and society in general. In the most recent NCAA Graduation Rate Report of student-athletes, the Patriot League ranked FIRST among NCAA Division I conferences.

More information may be obtained by contacting Kris Petersen (kpetersen@patriotleague.com) at the Patriot League office at 610-289-1963 or the League website at www.patriotleague.com.