



Tuesday, April 27, 2004

## Kieffer named cross country Academic All-American

Oakland University senior cross country runner **Kristie Kieffer** of Sterling Heights, Mich., added another item to her long list of accomplishments when the Women's Intercollegiate Cross Country Coaches Association named her a 2003 Academic All-American.

Kieffer is one of just 46 runners and the only female runner from the Mid-Continent Conference to earn the honor by maintaining a minimum of a 3.25 cumulative grade point average and finishing either in the top 10 percent of her regional or earning All-America honors. Kieffer, an accounting major, holds a 3.29 GPA.

A four-time letter winner, Kieffer had one of the most successful cross country seasons ever for a Golden Grizzly runner as she dominated the women's cross country times in the Mid-Continent Conference all season. She capped off her career by becoming the first Oakland runner to ever compete at the USA National Cross Country Championships, where she ran against the top distance runners in the United States, finishing the snowy 8K course in 30th out of 59 runners with a time of 30:06.

Kieffer also set new school records at both 5K (17:03) and 6K (21:10.70) distances and captured the Mid-Con individual title on Nov. 1, the second of her career. She was a two-time Mid-Con Athlete of the Year in cross country and a six-time Mid-Con cross country athlete of the week this past season, finishing first in four races and 13th at the NCAA Great Lakes regional competition with a time of 21:10.7. Her time at the Great Lakes regional enabled her to become the first Oakland cross country runner to compete at the NCAA Division I Championships where she finished 150th on the 6K course in a time of 21:10.7.

Kieffer recently was named a 2003-04 recipient of the Hollie Lepley Senior Scholar Athlete Award, which recognizes OU's top senior scholar athletes for overall excellence in academic achievement, athletic achievement and service activities.

Earlier this year Oakland's women's cross country team was honored for its academic success when the Women's Intercollegiate Cross Country Coaches Association named it a 2003 Academic All-American team. Oakland's overall GPA of 3.340 placed it second among three Mid-Con teams on the list and fourth among the seven Division I schools from the state of Michigan that also earned the honor. All teams that earned a 3.25 or higher were designated as a team "with distinction." Indiana State was the top team in the country with a GPA of 3.765.

For more information on OU's women's cross country team, visit the [OU Athletics](#) Web site.

### SUMMARY

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Created by CareTech Administrator (webservices@caretechsolutions.com) on Tuesday, April 27, 2004  
Modified by CareTech Administrator (webservices@caretechsolutions.com) on Tuesday, April 27, 2004  
Article Start Date: Tuesday, April 27, 2004