



CROSS COUNTRY

ALL-TIME ROSTER

(UPDATED DEC. 20, 2024)

Student-Athlete	Years	Hometown	Student-Athlete	Years	Hometown
Ellery Alexander	2013	Alto, MI	Laura Gignac	2001	La Salle, ON
Katie Anderla*	2020-24	Menominee, MI	Beata Gorzynska	2007-09	Ilawa, Poland
Kristina Arko	2008	Euclid, OH	Joanna Grandas	2002-03	Dearborn, MI
Josie Arnold*	2019-22	Oakland, MI	Lily Green	2020-22	Trenton, MI
Lisa Bagdady	1984-86	Livonia, MI	Katie Gross	2003-04	Marine City MI
Zeinab Baydoun*	2011-15	Windsor, ON	Rebekah Harden	2017-18	Tinley Park, IL
Kelly Bernath	2001	Portland, MI	Kim Hemstreet	2000-02	Mooretown, ON
Crissy Bieling*	2006-2009	Dryden, MI	Aliza Hengesbach	2017	Big Rapids, MI
Nicole Braem	1988	Warren, MI	Jenna Hickson	2014	Livonia, MI
Alaina Burns	2023-pre.	Point Edward, ON	Jennifer Hitzges	1989	Casselberry, FL
Nancy Calder	1987	Etobicoke, ON	Rachel Hofsess	2010-13	Milford, MI
Jessica Clayson	2002	Aurora, ON	Marcie Holda	1990	Jackson, MI
Emily Cole	2005	Cement City, MI	Lauren Hood	1990-92	Detroit, MI
Navica Colonna	2013	Auburn Hills, MI	Michelle Hoskin	1989	Marine City, MI
Ruthie Cook*	1998-2001	Lansing, MI	Kandyce Houser*	2001-04	Hudson, MI
Louisa Coppola	2012-13	Warren, MI	Kayla Hughes*	2016-20	Canton, MI
Ciara Curley-Poppe	2012-13	Harrison Twp., MI	Claire Hunt	2024-pre.	Linden, MI
Sofia D'Arienzo	2020	Grandville, MI	Olivia Huszti	2019	Milford, MI
Renee DeChambeau	1986-87	Utica, MI	Andrea Hutchins*	1996-99	Watervliet, MI
Stacee DeWys*	1997-2000	Branch, MI	Abby Ignasiak	2020	Cedar Springs, MI
Colleen Danes*	1991-94	Dearborn, MI	Jennifer Jacobs	1996-98	Ferndale, MI
Sarah DeDolph*	2016-20	Swartz Creek, MI	Melanie Kaczur*	1992-96	Southgate, MI
Jennifer DeFauw*	2006-09	Harper Woods, MI	Karen Kantor	1988	Livonia, MI
Brigitte Dery*	1990-93	Farmington Hills, MI	Andrea Karl*	2002-05	Casco, MI
Marsha Diamond	1989	Sterling Heights, MI	Alexis Kearney	2016	Washington, MI
Nancy Drolshagen	1984	Grosse Pointe, MI	Aubrey Keeler	2024-pre.	Clio, MI
Torrie Eger*	2010-13	Buchanan, MI	Claire Kendell	2017-18	Huntington Woods, MI
Jessica Eichen	2007	Warren, MI	Olivia Kochevar	2020-22.	Wolverine Lake, MI
Kristie Ferrans*	2007-11	Carleton, MI	Kirsten Koss	2024-pre.	Dearborn, MI
Sydney Fetherolf*	2014-17	Norwalk, OH	Kristen Kroon	2001	Grand Rapids, MI
Abby Fifield	2023-pre.	Clinton Twp., MI	Angie Lefere*	1997-2000	Jackson, MI
Sofia Figueroa	2024-pre.	Wayne, MI	Stacey Lenard*	1995-99	Byron Center, MI
Bonnie Fitzpatrick*	1984-87	Sterling Heights, MI	Silvina Lopes	1988-89	Aveiro, Portugal
Lisa Forner	1985-87	Jackson, MI	Ana Lopez	2024-pre.	Rochester Hill, MI
Laura Frankila	1989-90	Jackson, MI	Katie Lyons	2015	Wyandotte, MI
Jamie Freeland	1990	Fostoria, MI	Nancy Mandziara	1987-88	Sterling Heights, MI
Destini Fronek	2003-04	Wooster, OH	Sarah Martinez*	2009-12	Grand Blanc, MI
Amy Garbacz	1999-2000	Lincoln Park, MI	Andi McAllister	2004-05	Hillard, OH
Ashley Gibbs	2003-05	Canton, OH	Chanteenel McClendon*	2005-08	Maple Heights, OH



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Deanna McVicar	1987-89	Royal Oak, MI	Avery Saunder	2023-pre.	Chesterfield, MI
Rebecca (Arnold) Measel	2018-21	Almont, MI	Jamie Saylor	1993-96	Connersville, IN
Linda Mento	1989-91	Woodhaven, MI	Ayva Schmalz	2022-pre.	Indianapolis, IN
Aubrey Mery	2024-pre.	Oxford, MI	Tina Schwab	1984	Marysville, MI
Taylor Myers	2022-pre.	Frankfort, MI	Louise Shaheen	1984-87	Detroit, MI
Mary Mick	1991	Holly, MI	Sydney Shaw*	2014-17	Lexington, MI
Megan Miller	2010	Zanesville, OH	Tracy Sheridan	1990-92	Detroit, MI
Kim Moffatt	1986	Rochester, MI	Allison Sherman*	2019-23	Lake Orion, MI
Kirstin Mooney*	2008-11	Stirling, ON	Jeanette Schmitt*	1992-95	Taylor, MI
Haley Morairty	2012-15	Buckley, MI	Olivia Smid	2011-12	Ann Arbor, MI
Kathy Morandini	1989-90	Grosse Pointe, MI	Kristin Smith	2001-03	Harrison Township, MI
Maura Mulcahy	2003-04	Canton, MI	Taylor Smith*	2014-17	Blanchard, MI
Shantelle Murff	2006	Detroit, MI	Amy Sperry	1991-92	Sterling Heights, MI
Kaitlin Murray*	2019-22	Redford, MI	Devon Sutton*	2013-16	Ludington, MI
Jim Myrand	1993-95	New Boston, MI	Sarah Swab	2005-06	Lowell, MI
Helana Napiorkowski	2023-pre.	Macomb, MI	Annmarie Taylor	2015-18	Emmett, MI
Athalee Norman	1990-91	Detroit, MI	Sara Taylor*	2011-14	Emmett, MI
Katrina Oberski*	2009-12	Clyde, MI	Terricita Thomas*	2005-08	Maple Heights, OH
Kelly Olmstead	2006	Coldwater, MI	Kayleigh Toombs	2007-08	Byron Center, MI
Victoria Ostrander*	2016-20	Davison, MI	Jessica Torrez	1995-96	Caro, MI
TaraGay Perry	1994-96	Monroe, MI	Veronica Towianski	2016-18	Sterling Heights, MI
Krista Peters	2001	Ortonville, MI	Carrie Vanisacker*	1991-94	Monroe, MI
Wendy Petz	1993	Warren, MI	Karissa Vawter*	1994-97	Tipton, IN
Laura Pilon*	1997-2000	Livonia, MI	Alexandria Vintevoghel	2009-10	Casco, MI
AnnMarie Pinarski	1985	Hammond, IN	Michelle Vogt*	1984-87	Jackson, MI
Nina Pizzo	2021-pre.	Southgate, MI	Jessica Yagelski*	1999-2003	Michigan City, IN
Jenny Ponkowski*	2014-17	Warren, MI	JoAnne Warren	1985-88	Pontiac, MI
Cecilia Pope	2010	New Baltimore, MI	Katie Weishaar	2009-13	Plymouth, MI
Christene Richter*	1995-98	Ann Arbor, MI	Stephanie White	1993	Detroit, MI
Nicole Robertson	1988-89	Detroit, MI	Heidi Wise	1993-94	Grosse Pointe, MI
Elizabeth Robinson	1993-95	Troy, MI	Elizabeth Wilber	1988-89	Bronson, MI
Katie Roersma*	2001-04	Grand Rapids, MI	Susan Willey	1985	Redford, MI
Michelle Roller*	1989-92	Gibraltar, MI	Evie Wright *	2021-24	Corunna, MI
Jill Rothert	1990-91	Dearborn, MI	Jean Wyckoff	1985-87	Gladwin, MI
Stephanie Rossman	2008-09	Caledonia, MI	Samantha Zakalowski	2013-15	Algonac, MI
Shannon Ryan	2019	Plymouth, MI			
Lisa Salyers	1984	Marlette, MI			
Natalie Sanders	1994	DeWitt, MI			
LeAnn Sarka	2004-05	Fort Wayne, IN			

Bold = current team members

*= 4-Year letterwinners

Note - men's roster is still being compiled.