

## Nine runners represent UAH on GSC Fall All-Decade teams

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Birmingham, AL &mdash; The Gulf South Conference officially closed the door on another exciting decade of collegiate athletics with the release of the GSC Fall Sports All-Decade Teams (2000-09). The Cross Country teams were loaded with former UAH runners, highlighted by first team picks Andrew Hodges (2000-03) and Erin Zellers - above - (2005-08). Seven others were voted to the men's and women's second teams. Those inductees included Brandon York (2000-03), Mark Temple (2006-09), Will Rodgers (2006-09) and Josh Moshier (2007-present) from the UAH men's teams and Caitlin Heider (2003-05, 07), Amy Phillips (2000-03), Katherine Herring (2003-04) from the women's teams.

The six-sport team is the first of three such squads to be released during the summer, including the Men's and Women's Basketball All-Decade Teams in mid-July and the Spring Sports All-Decade Teams (excluding women's golf) later in the month.

The initiative marks the first time that the Conference has compiled an All-Decade list for sports other than football. Previously, the GSC has recognized football all-star teams from the 1980's, the first Quarter Century (1971-1975) and the 1990's.

Hodges was a three-time first team All-GSC (2000, 2002, 2003) honoree. He was also second team All-GSC in 2001. He is tied for fourth all-time at UAH in the 8K (25:35) and has three of the fastest 10K marks in UAH history. He is ranked second (32:22.5) and ninth twice times at 33:11.

Zellers is one of only four runners in conference history to earn first team All-GSC honors four years (2005, 2006, 2007, 2008). She owns three of the top 10 fastest 5K times in UAH history. She is ranked second (17:37), seventh (18:12) and 10th (18:16). In addition, Zellers also has three of the top 10 fastest 6K times, ranked second (21:43), third (22:00) and tied for seventh (22:25).

Heider and Phillips each three time All-GSC first teamers and both made the second team in the other season. Herring made the first team twice. Heider is the UAH record holder in the 5K (17:17). She also has four of the other fastest times in the top 10 at the UAH...third (17:44), fourth (17:52), fifth (18:00) and ninth (18:17). Heider also holds four of the top 10 6K times including the record mark of 21:37. She is also ranked fourth (22:03), ninth (22:30) and 10th (22:44). Meanwhile, Phillips is ranked eighth all-time at UAH in the 5K (18:13) and ranked 5th all-time in the 6K (22:06). Herring is currently ranked sixth all-time at UAH in the 6K (22:20).

York, Temple and Rodgers were all two-time All-GSC first team honorees. York and Rodgers also made the second team twice while Temple made the second team in 2006. Meanwhile Moshier, who is still active and will be a senior in 2010, made the All-GSC first team in 2009 and the second team in 2007 and 2008.

Temple the UAH record holder in the 8K (25:30) and is tied for the eighth fastest 8K time of 25:42. She is ranked third in the 10K (32:40). York holds the UAH record holder in the 10K (32:22.1). He is ranked seventh all-time at UAH in the 8K (25:39) and also has the fourth fastest 10K time of 32:46. Moshier enters his final season at UAH ranked second (25:31) and 10th (25:49) all-time at UAH in the 8K, while he is ranked eighth all-time in the 10K (33:10).

Players could only be nominated for the All-Decade Team if they competed in at least two seasons during the decade

and were also named to the All-GSC First Team at least once. Each squad was broken up into First and Second Teams and Players and Coaches of the Decade were selected. Honorable Mentions were also recognized in special circumstances; for example, those student-athletes that competed in just one season and were an All-GSC First Team member during the past decade. The league office decided to designate the men's and women's soccer squads as "All-Time Teams" because the GSC has only sponsored the sport since 1996.

The Conference also recognized the best Teams of the Decade using a formula based on how a school's team finished in the All-Sports Trophy standings the past 10 years. Harding University Sports Information Director Scott Goode spearheaded the computation of each school's team-point-total based on the simple formula of All-Sports points earned divided by All-Sports points possible during the decade. The resulting score is the percentage of All-Sports points earned during the decade per sport. The formula included only the seasons that each school sponsored the respective sport. A score of 100 indicates that the team earned the maximum number of points (i.e. - won the conference championship) in each season in the decade.

Both UAH men's and women's teams were voted second behind Team of the Decade Harding University who claimed both men's and women's top awards.