

Northern Arizona University

October 22, 2018

Jack Shea Chosen as USTFCCA NCAA Division I National Male Athlete of the Week

NEW ORLEANS, La. (October 22, 2018) – Northern Arizona University's cross country runner **Jack Shea** has been chosen to be the US Track & Field and Cross Country Coaches' Association's NCAA Division I National Male Athlete of the Week. Shea is the first Lumberjack athlete to win the award during the cross country season.

Jack Shea is a redshirt freshman out of Marlton, N.J., and is currently majoring in psychology. He ran the Men's 8K Race at the 2018 Wisconsin Nuttycombe Invitational in 24:36.5. At Wisconsin Pre-Nationals Shea ran in the Men's 8K Gray Race crossing the finish line at 25:38.1 earning him a 24th placed finish. At Pre-Nationals he assisted greatly in helping NAU secure a second-place team finish in that race.

This past weekend at the Redhawk Invitational hosted by Benedictine University (NAIA) in Mesa, Arizona Shea led the Lumberjacks to a 1-2-3-4-5 sweep in the men's race. He collected his first cross country win of his collegiate career when he covered the 5.23-mile tract in 25:53.3, 15 seconds ahead of the runner-up.

"My performances have shown the team-wide chemistry of NAU cross country," said Shea. "We put in strong efforts during our training to have exceptional workouts. The synchrony of the positive team performances throughout the year have directly correlated to our experiences."

"We are honored that Jack has been recognized by the USTFCCA," said Director of Cross Country and Track & Field Michael Smith "His races have been the product of strong execution and effort. We are looking forward to his future performances as a Lumberjack."

Shea has garnered valuable experience in his first year competing at NAU. He and the many other young runners the Lumberjacks have on the men's roster are shaping up to make the future as bright as the past few seasons for the team.

"This weekend at the Big Sky Conference Championships we will continue performing at our best level due to having the best team dynamic in the nation," concluded Shea.