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**Keller to run in NCAA Cross-Country Championship on November 19**

*Summary: Watch live on [ncaa.com](http://ncaa.com).*

(November 18, 2011)-Fresh off her first regional championship, Cougar cross-country runner Linda Keller '13, Hawick, has been named 2011 Central Region Female Athlete of the Year, announced November 15 by the United States Track and Field and Cross-Country Coaches Association (USTFCCA).

Keller claimed the Central Region title on November 12, beating her closest competition by 12 seconds after leading the entire way. The region championship was her first, after finishing third as a sophomore last season.

Just two weeks earlier she also claimed her third straight Upper Midwest Athletic Conference (UMAC) crown, taking the league championship in each of her three seasons.

She won the regional with a time of 21:44.6, her second best mark of the year after breaking her own school record on October 15 with a 21:17.70.

Keller is one of just eight honorees from across the country to be named Regional Athlete of the Year and is also the UMAC's only representative on the All-Region Team.

Keller will wrap up her season at the NCAA Championship meet tomorrow, November 19, running in Oshkosh, Wisconsin, at noon. The championships can be seen live on [NCAA.com](http://NCAA.com) on race day.

Keller will be looking to claim her second straight All-America certificate, after finishing 19th last season.

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