

Iowa Conference Cross Country

October 25, 2005

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This Week's Schedule

Oct. 29

Iowa Conference Championship at Jones Park Women at 11:00 AM Men at 12:00 PM

Championship preview begins on page 2 of this release

2005 IIAC Cross Country Championship

October 29 at Jones Park in Cedar Rapids

Women's 6K at 11:00 a.m. Men's 8K at 12:00 p.m.

Hosted by Coe College

Men's Individual Meet Champions

Runner, School Adam Bohach, Luth. Keith Solverson, Wart. Keith Solverson, Wart. Ben Grant, Loras Adam Wolf, Cent. Eric Osterhaus, Simp. Keith Solverson, Wart.

Meet (Distance)	Time (# runners)
Blugold Open (8K)	25:28.4 (230)
St. John's Invite (8K)	26:47 (148)
Dan Huston Invite (4K)	12:10 (124)
Lamb-Kohawk Invite (8	3K) 26:17 (84)
Central Invite (8K)	26:22 (29)
Buxton Open (8K)	28:03 (23)
Spearfish Carnival (6K)	20:18.75 (21)

Women's Individual Meet Champions

Runner, School
Jill Wagaman, Wart.
Jen Wendt, Simp.
Jen Wendt, Simp.
Paige Gruis, BVU
Paige Gruis, BVU
Nicole Calabrese, Wart.
Jen Wendt, Simp.

Meet (Distance)	Time (# runners)
Dan Huston Invite (4K)	14:56 (152)
Lamb-Kohawk Invite (6	K) 23:15 (90)
Dr. Tucker Invite (6K)	23:16.40 (64)
Dordt Invite (4K)	15:52.9 (40)
BVU Homecoming 5K	21:20.95 (26)
Spearfish Carnival (4K)	15:18.59 (19)
Buxton Open (5K)	20:54 (19)

Iowa Conference Runners of the Week

Week

Ending Men's Runner, School Sept. 4 Adam Wolf, Central Sept. 11 Keith Solverson, Wartburg Sept. 18 Ben Grant, Loras Sept. 25 Keith Solverson, Wartburg Oct. 2 Adam Bohach, Luther Oct. 9 Ben Grant, Loras Oct. 16 Ben Grant, Loras

Women's Runner, School

Paige Gruis, Buena Vista Nicole Calabrese, Wartburg Jen Wendt, Simpson Jen Wendt, Simpson Jen Wendt, Simpson Jill Wagaman, Wartburg Jen Wendt, Simpson

IOWA CONFERENCE CROSS COUNTRY CHAMPIONSHIPS PREVIEW

CEDAR RAPIDS, IOWA... The 2005 Iowa Intercollegiate Athletic Conference (IIAC) cross country Championship is Saturday, October 29, at Jones Park in Cedar Rapids. Coe College is the host of this year's event. The women's 6,000-meter race begins at 11:00 a.m. and is followed by the men's 8,000-meter race at noon.

Jones Park is located at Exit 18 (Wilson Rd.) off Interstate 380. Layout of the meet course can be found on Coe's web site at: http://www.coe.edu/athletics/crosscountry/jonespark.htm.

Women's Race: With the graduation of one of the most decorated runners in NCAA history, Wartburg's **Missy Buttry**, a new face will be atop the winners stand. Six former All-Conference runners (top-15 finish) return on the women's side including 2004 runner-up **Emily Lynch** of Luther and seventh-place finisher **Jill Wagaman** of Wartburg, both of whom are two-time All-Conference runners. Lynch finished eighth in 2003 and Wagaman was 14th.

Central's **Jill Rozendaal**, Loras' **Bryna Copes** and Wartburg's **Sara Eppley** finished 11th-12th-13th, respectively, last year. Simpson's **Jen Wendt** finished seventh in 2003 but was studying abroad last fall and did not participate in the Conference meet. Wendt, who has three individual titles this year, won this year's Lamb-Kohawk Invitational (23:55), run on the same course as Saturday's Championship.

Last year, Luther won its second straight Conference Championship and fourth in the past six years finishing 25 points ahead of runner-up Wartburg (25-50). Central finished third with 72 points followed by Loras with 121 points. Luther returns just two of its top-seven runners from last year while Wartburg, Central and Loras all return three runners.

Men's Race: Ten former All-Conference runners return on the men's side including three two-time honorees. Wartburg's **Keith Solverson** is the highest returning finisher from 2004 as he finished third a year ago and also earned All-Conference honors with a 12th-place finish in 2003. Teammate **Kevin Balster** finished 12th in 2004 and ninth in 2003. Luther's **Adam Bohach** missed the 2004 Championship but he finished fourth in 2003 and eighth in 2002.

Wartburg's **Ben Carlson** and **Patrick Johnson** finished eighth and ninth, respectively, last year and give the seven-time defending Champion Knights' four All-Conference runners in their line-up this year. Loras' **Ben Grant** finished fourth last year, and he holds the course record (26:17) on the Championship course which he set at this year's Lamb-Kohawk Invitational.

Luther's Carson Bruns finished 10th last year, Coe's Kit Wobeter finished 14th and Loras' Nick Voss finished 15th. Central's Adam Wolf finished 14th in 2003.

Wartburg totaled 27 points in last year's Championship, defeating runner-up Loras by 16 points. Luther finished third with 88 points and Central was fourth with 108 points. Central returns six of last year's seven runners, Loras has four runners returning and Luther has one.

Complete results from the 2004 Iowa Intercollegiate Athletic Conference (IIAC) cross country Championships can be found at the following links.

Men - http://www.iowaconference.com/men/cross_country/tournament/2004.html
Women - http://www.iowaconference.com/women/cross country/tournament/2004.html

Following are the 2005 meet-by-meet results for each school along with their probable line-up for the Championship including each runners' top time and top place finish of the season.

~~ www.iowaconference.com ~~

Buena Vista University Beavers 2004 Women's Finish – 8th (189) 2004 Men's Finish – 6th (186)

WOMEN Top Returning Finisher from 2004 Championship – Paige Gruis, 32nd (25:41)

Probable Runner	Top 5K Time**	Top Place Finish (6K race unless noted)
Paige Gruis	21:01 at Buxton Open	1st Dordt Invite (4K)
Tracy Hartwig	22:01 at BVU Homecoming 5K	2nd at Sioux Falls Invite (5K)
Courtney Jones	22:31 at Buxton Open	5th at BVU Homecoming 5K
Phylicia Proctor	25:29 at BVU Homecoming 5K	8th at BVU Homecoming 5K
April Schuknecht	25:30 at BVU Homecoming 5K	9th at BVU Homecoming 5K
Mindy Williams	19:33 at Sioux Falls Invite	10th at Sioux Falls Invite (5K)
Lindsey Zieg	23:01 Sioux Falls Invite	6th at BVU Homecoming 5K
** - BV has not run a 6K distance this season		

Date	Meet (Distance)	Team Finish	Top Individual
9/2	Dordt Invitational (4K)	4th of 5 (96)	Paige Gruis, 1st (15:52.9)
9/10	Dakota Wesleyan Invitational (5K)	8th of 11 (214)	Paige Gruis, 23rd (22:21)
9/23	Sioux Falls Invitational (5K)	No team score	Mindy Williams, 10th (19:33.32)
10/1	Buxton Open (5K)	2nd of 3 (36)	Paige Gruis, 2nd (21:01)
10/8	BVU Homecoming 5K	No team scores	Paige Gruis, 1st (21:20.05)
10/15	Mount Marty Invitational (5K)	15th of 16 (378)	Paige Gruis, 34th (21:43.05)

MEN Top Returning Finisher from 2004 Championship – Matt Hanson, 28th (27:57)

Probable Runner	Top 8K Time	Top Place Finish (8K race unless noted)
Travis DeRidder	30:48 at Mount Marty Invite	8th at BVU Homecoming 5K
Jake Flaws	31:58 at Mount Marty Invite	7th at BVU Homecoming 5K
Matt Hanson	30:06 at Mount Marty Invite	3rd at BVU Homecoming 5K
Andrew Lupkes	32:55 at Mount Marty Invite	9th at BVU Homecoming 5K
Josh Saba	30:03 at Mount Marty Invite	2nd at BVU Homecoming 5K
Andy Sabin	29:35 at Buxton Open	5th at Buxton Open
Kelly Schroeder	32:23 at Mount Marty Invite	11th at BVU Homecoming 5K

Date	Meet (Distance)	Team Finish	Top Individual
9/2	Dordt Invitational (4 miles)	3rd of 4 (79)	Andy Sabin, 6th (22:48)
9/10	Dakota Wesleyan Invitational (8K)	8th of 11 (199)	Josh Saba, 28th (31:41)
9/23	Sioux Falls Invitational (8K)	4th of 6 (91)	Josh Saba, 3rd (25:28.23)
10/1	Buxton Open (8K)	3rd of 3 (52)	Andy Sabin, 5th (29:53)
10/8	BVU Homecoming 5K	No team scores	Josh Saba, 2nd (17:30.88)
10/15	Mount Marty Invitational (8K)	8th of 12 (249)	Andy Sabin, 56th (29:51.54)

Central College Dutch 2004 Women's Finish – 3rd (72) 2004 Men's Finish – 4th (108)

WOMEN

Top Returning Finisher from 2004 Championship – Jill Rozendaal, 11th (23:59)

Probable Runner	Top 6K Time	Top Place Finish (6K race unless noted)
Amy Boesenberg	25:54 at Brissman-Lundeen Invite	21st at Central Dutch Invite (5K)
Jessica Clark	24:19 at Brissman-Lundeen Invite	8th at Central Dutch Invite (5K)
Mackenzie Lauman	23:58 at Brissman-Lundeen Invite	10th at Central Dutch Invite (5K)
Heidi Rathje	23:54 at Brissman-Lundeen Invite	6th at Central Dutch Invite (5K)
Jill Rozendaal	22:28 at Brissman-Lundeen Invite	3rd at Central Dutch Invite (5K)
Nicki Thomas	23:05 at Brissman-Lundeen Invite	4th at Central Dutch Invite (5K)
Amanda Wood	25:30 at Brissman-Lundeen Invite	131st at SIU-E Border War (5K)

Date	Meet (Distance)	Team Finish	Top Individual
9/3	Dutch Invitational (5K)	1st of 3 (24)	Jill Rozendaal, 3rd (18:53)
9/17	St. Olaf Invitational (6K)	8th of 18 (256)	Jill Rozendaal, 11th (23:44)
9/23	Brissman-Lundeen (6K)	8th of 27 (278)	Jill Rozendaal, 16th (22:28)
10/8	SIU-Edwardsville Border War Invite (5K)	9th of 22 (276)	Jill Rozendaal, 11th (18:45.88)
10/15	Tori Neubauer Invitational (6K)	18th of 22 (490)	Jill Rozendaal, 18th (22:32.2)

MEN Top Returning Finisher from 2004 Championship – Adam Wolf, 16th (27:24)

Probable Runner	Top 8K Time	Top Place Finish (8K race unless noted)
Bryan George	25:43 at Brissman-Lundeen Invite	11th at Central Dutch Invite
Joe Jefferson	26:41 at Brissman-Lundeen Invite	4th at Central Dutch Invite
Brett Jones	26:23 at Brissman-Lundeen Invite	7th at Central Dutch Invite
Michael McLoughlin	26:37 at Brissman-Lundeen Invite	13th at Central Dutch Invite
Brian Respeliers	26:44 at Brissman-Lundeen Invite	8th at Central Dutch Invite
T.J. Weiler	26:30 at Brissman-Lundeen Invite	10th at Central Dutch Invite
Adam Wolf	25:18 at Brissman-Lundeen Invite	1st at Central Dutch Invite

Date	Meet (Distance)	Team Finish	Top Individual
9/3	Dutch Invitational (8K)	1st of 3 (19)	Adam Wolf, 1st (26:22)
9/17	St. Olaf Invitational (8K)	5th of 15 (126)	Adam Wolf, 2nd (26:18)
9/23	Brissman-Lundeen Invitational (8K)	8th of 32 (289)	Adam Wolf, 22nd (25:18)
10/8	SIU-Edwardsville Border War Invite (8K)	15th of 29 (376)	Adam Wolf, 25th (26:28.30)
10/15	Jim Drews Invitational (8K)	17th of 23 (472)	Adam Wolf, 54th (25:43.0)

Coe College Kohawks 2004 Women's Finish – 6th (157) 2004 Men's Finish – 5th (145)

WOMEN Top Returning Finisher from 2004 Championship – Denise Eslinger, 34th (25:52)

Probable Runner	Top 6K Time	Top Place Finish (6K race unless noted)
Denise Eslinger	23:15 at Brissman-Lundeen Invite	2nd at Augustana (III.) Early Fall Opener (4-miles)
Sarah Flogel	24:57 at Brissman-Lundeen Invite	11th at Augustana (III.) Early Fall Opener (4-miles)
Linda Freiha	23:15 at Brissman-Lundeen Invite	3rd at Augustana (III.) Early Fall Opener (4-miles)
Naomi Hillsman	25:16 at Brissman-Lundeen Invite	3rd at Augustana (III.) Early Fall Opener (3-miles)
Elaina Mertens	24:21 at Brissman-Lundeen Invite	9th at Augustana (III.) Early Fall Opener (4-miles)
Kari Spilman	26:14 at Brissman-Lundeen Invite	17th at Augustana (III.) Early Fall Opener (4-miles)
Rachel Wobeter	22:49 at Brissman-Lundeen Invite	1st at Augustana (III.) Early Fall Opener (3-miles)

Date	Meet (Distance)	Team Finish	Top Individual
9/2	Augustana (III.) Early Fall Opener (4-mi.)	No team scores	Denise Eslinger, 2nd (26:40)
9/10	Luther All-American (5K)	5th of 8 (157)	Rachel Wobeter, 25th (20:44)
9/17	Les Duke Invitational (6K)	4th of 11 (118)	Rachel Wobeter, 10th (24:22)
9/23	Brissman-Lundeen (6K)	11th of 27 (320)	Rachel Wobeter, 26th (22:49)
10/8	Lamb-Kohawk Invitational (6K)	1st of 10 (69)	Rachel Wobeter, 2nd (23:51)
10/14	Dr. Robert Tucker Invitational (6K)	1st of 6 (47)	Rachel Wobeter, 3rd (23:45.51)

MEN Top Returning Finisher from 2004 Championship – Kit Wobeter, 14th (27:20)

Probable Runner	Top 8K Time	Top Place Finish (8K race unless noted)
Juvenary Hakizimana	27:09 at Lamb-Kohawk Invite	5th at Lamb-Kohawk Invite
Matthew Hall	27:07 at Brissman-Lundeen Invite	14th at Lamb-Kohawk Invite
Tyler Hedges	28:11 at Brissman-Lundeen Invite	24th at Augustana (III.) Early Fall Opener (4-miles)
Andy Phillips	26:22 at Brissman-Lundeen Invite	7th at Lamb-Kohawk Invite
Adam Price	27:57 at Brissman-Lundeen Invite	32nd at Augustana (III.) Early Fall Opener (4-miles)
Ross Weidner	29:48 at Brissman-Lundeen Invite	3rd at Augustana (III.) Early Fall Opener (3-miles)
Kit Wobeter	26:20 at Brissman-Lundeen Invite	6th at Lamb-Kohawk Invite

Date	Meet (Distance)	Team Finish	Top Individual
9/2	Augustana (III.) Early Fall Opener (4-mi.)	No team scores	Juvenary Hakizimana, 6th (20:57)
9/10	Luther All-American (4 miles)	10th of 12 (257)	Juvenary Hakizimana, 23rd (21:48)
9/17	Les Duke Invitational (8K)	5th of 11 (142)	Juvenary Hakizimana, 19th (27:21)
9/23	Brissman-Lundeen Invitational (8K)	17th of 32 (451)	Kit Wobeter, 80th (26:20)
10/8	Lamb-Kohawk Invitational (8K)	2nd of 10 (60)	Juvenary Hakizimana, 5th (27:09)
10/14	Dr. Robert Tucker Invitational (8K)	3rd of 7 (76)	Kit Wobeter, 6th (26:44)

Cornell College Rams 2004 Women's Finish – 5th (154) 2004 Men's Finish – 9th (239)

WOMEN

Top Returning Finisher from 2004 Championship – Emily Bretl, 20th (24:52)

Probable Runner Top 6K Time		Top Place Finish (6K race unless noted)
Melissa Barnes	25:25 at Brissman-Lundeen Invite	14th at Dr. Robert Tucker Invite
Chrissy Borisova	25:20 at Dr. Robert Tucker Invite	10th at Dr. Robert Tucker Invite
Emily Bretl	23:41 at Brissman-Lundeen Invite	8th at Dr. Robert Tucker Invite
Rachelle Hawkins	23:13 at Brissman-Lundeen Invite	7th at Les Duke & Dr. Robert Tucker Invites
Elizabeth Jach	24:01 at Brissman-Lundeen Invite	15th at Lamb-Kohawk Invite
Kelly Anne Kennedy	24:56 at Brissman-Lundeen Invite	19th at Lamb-Kohawk Invite
Lindsey Kuhlmann	25:06 at Brissman-Lundeen Invite	17th at Dr. Robert Tucker Invite

Date	Meet (Distance)	Team Finish	Top Individual
9/3	Elmhurst Earlybird Invitational (3200-m)	4th of 9 (105)	Rachelle Hawkins, 17th (12:31.00)
9/17	Les Duke Invitational (6K)	3rd of 11 (98)	Rachelle Hawkins, 7th (24:06)
9/23	Brissman-Lundeen (6K)	13th of 27 (387)	Rachelle Hawkins, 44th (23:13)
10/8	Lamb-Kohawk Invitational (6K)	2nd of 10 (81)	Rachelle Hawkins, 12th (24:53)
10/14	Dr. Robert Tucker Invitational (6K)	2nd of 6 (53)	Rachelle Hawkins, 7th (24:32.34)

MEN Top Returning Finisher from 2004 Championship – Steve Wieland, 34th (28:47)

Probable Runner	Top 8K Time	Top Place Finish (8K race unless noted)
Jon Bostrom	31:40 at Brissman-Lundeen Invite	48th at Elmhurst Earlybird Invite (5K)
Hank Brand	29:44 at Lamb-Kohawk Invite	36th at Elmhurst Earlybird Invite (5K)
Chad Compton	29:03 at Brissman-Lundeen Invite	28th at Elmhurst Earlybird Invite (5K)
Alex Cornwell	29:48 at Brissman-Lundeen Invite	41st at Elmhurst Earlybird (5K) and
		Dr. Robert Tucker Invites
Brian Dooley	27:25 at Brissman-Lundeen Invite	19th at Dr. Robert Tucker Invite
Patrick Irwin	28:14 at Brissman-Lundeen Invite	29th at Elmhurst Earlybird Invite (5K)
Steve Wieland	27:27 at Brissman-Lundeen Invite	15th at Lamb-Kohawk Invite

Date	Meet (Distance)	Team Finish	Top Individual
9/3	Elmhurst Earlybird Invitational (5K)	t-3rd of 6 (82)	Brian Dooley, 20th (17:22.79)
9/17	Les Duke Invitational (8K)	7th of 11 (225)	Steve Wieland, 49th (28:32)
9/23	Brissman-Lundeen Invitational (8K)	24th of 32 (697)	Brian Dooley, 159th (27:25)
10/8	Lamb-Kohawk Invitational (8K)	6th of 10 (144)	Steve Wieland, 15th (28:06)
10/14	Dr. Robert Tucker Invitational (8K)	5th of 7 (123)	Steve Wieland, 17th (27:49)

University of Dubuque Spartans 2004 Women's Finish – 9th (255) 2004 Men's Finish – 7th (201)

WOMEN

Top Returning Finisher from 2004 Championship – No returning runners

Probable Runner	Top 6K Time	Top Place Finish (6K race unless noted)
Sam Dundee	30:26 at Brissman-Lundeen Invite	62nd at Dr. Robert Tucker Invite
Tenisha Reeder	30:52 at Brissman-Lundeen Invite	39th at Mt. Mercy Mustang Gallop (5K)
Erin Turner	42:03 at Brissman-Lundeen Invite	63rd at Lamb-Kohawk and Dr. Robert Tucker Invites
Ashley Willyard	28:53 at Brissman-Lundeen Invite	36th at Mt. Mercy Mustang Gallop (5K)
Caroline Zelent	23:44 at Brissman-Lundeen Invite	3rd at Mt. Mercy Mustang Gallop (5K)

Date	Meet (Distance)	Team Finish	Top Individual
9/3	Mount Mercy Mustang Gallop (5K)	No team score	Caroline Zelent, 3rd (21:00)
9/17	Les Duke Invitational (6K)	11th of 11 (302)	Caroline Zelent, 23rd (25:08)
9/23	Brissman-Lundeen (6K)	25th of 27 (779)	Caroline Zelent, 68th (23:44)
10/8	Lamb-Kohawk Invitational (6K)	9th of 10 (244)	Caroline Zelent, 5th (24:20)
10/14	Dr. Robert Tucker Invitational (6K)	6th of 6 (156)	Caroline Zelent, 6th (24:32.34)

MEN Top Returning Finisher from 2004 Championship – Justin Carlson, 23rd (27:44)

Probable Runner Top 8K Time		Top Place Finish (8K race unless noted)
Justin Carlson	27:26 at Dr. Robert Tucker Invite	8th at Mt. Mercy Mustang Gallop
Josh Feehan	34:00 at Lamb-Kohawk Invite	72nd at Lamb-Kohawk Invite
Greg Fleischman	31:33 at Dr. Robert Tucker Invite	50th at Dr. Robert Tucker Invite
Jason Groth	30:25 at Dr. Robert Tucker Invite	37th at Dr. Robert Tucker Invite
Billy Grow	28:44 at Lamb-Kohawk Invite	13th at Mt. Mercy Mustang Gallop
Jason Hintzke	31:26 at Lamb-Kohawk Invite	46th at Lamb-Kohawk Invite
Jake Matzen	30:49 at Dr. Robert Tucker Invite	44th at Dr. Robert Tucker Invite
Andres Verduzco	30:33 at Lamb-Kohawk Invite	34th at Mt. Mercy Mustang Gallop

Date	Meet (Distance)	Team Finish	Top Individual
9/	Mount Mercy Mustang Gallop (8K)	6th of 7 (133)	Justin Carlson, 8th (29:05)
9/1	Les Duke Invitational (8K)	9th of 11 (262)	Justin Carlson, 44th (28:13)
10/	Lamb-Kohawk Invitational (8K)	7th of 10 (157)	Justin Carlson, 12th (27:49)
10/1	Dr. Robert Tucker Invitational (8K)	6th of 7 (132)	Justin Carlson, 12th (27:25)

Loras College Duhawks 2004 Women's Finish – 4th (121) 2004 Men's Finish – 2nd (43)

WOMEN Top Returning Finisher from 2004 Championship – Bryna Copes, 12th (24:07)

Probable Runner	Top 6K Time	Top Place Finish (6K race unless noted)
Lisa Ballard	25:41 at Lamb-Kohawk Invite	15th at Dr. Robert Tucker Invite
Bryna Copes	23:28.18 at Dr. Robert Tucker Invite	2nd at Dr. Robert Tucker Invite
Liz Elsbernd	27:00 at Dr. Robert Tucker Invite	27th at Dr. Robert Tucker Invite
Amy Hall	26:31 at North Central (III.) Invite	21st at North Central (III.) Invite
Katie Holland	25:42 at Lamb-Kohawk Invite	21st at Dr. Robert Tucker Invite
Jessica Urgo	27:09 at Lamb-Kohawk Invite	30th at North Central (III.) Invite
Emily Wilder	24:17.19 at Dr. Robert Tucker Invite	4th at Dr. Robert Tucker Invite

Date	Meet (Distance)	Team Finish	Top Individual
9/2	North Central (III.) Invitational (6K)	4th of 6 (99)	Bryna Copes, 11th (25:18)
9/16	National Catholic Invitational (5K)	19th of 35 (573) o'all	Bryna Copes, 55th (19:43),
9/10	National Catholic Invitational (5K)	8th of 22 (277) non D-I	12th non-D-I
9/24	Roy Griak Invitational-Maroon III Race (5K)	14th of 28 (442)	Bryna Copes, 40th (24:25.80)
10/8	Lamb-Kohawk Invitational (6K)	4th of 10 (95)	Bryna Copes, 3rd (24:02)
10/14	Dr. Robert Tucker Invitational (6K)	3rd of 6 (62)	Bryna Copes, 2nd (23:28.18)

MEN Top Returning Finisher from 2004 Championship – Ben Grant, 4th (26:27)

Probable Runner Top 8K Time		Top Place Finish (8K race unless noted)
Dustin Blackburn	27:12 at Dr. Robert Tucker Invite	8th at Lamb-Kohawk Invite
Alex Eischeid	27:53 at Lamb-Kohawk Invite	13th at Lamb-Kohawk Invite
Ben Grant	26:17 at Lamb-Kohawk Invite	1st at Lamb-Kohawk Invite
Kevin Oberfoell	27:40 at Dr. Robert Tucker Invite	10th at Lamb-Kohawk Invite
Cory Scarbrough	27:47 at Dr. Robert Tucker Invite	15th at Dr. Robert Tucker Invite
Ryan Schaefer	27:06 at Dr. Robert Tucker Invite	7th at Dr. Robert Tucker Invite
Nick Voss	26:25 at Lamb-Kohawk Invite	2nd at Lamb-Kohawk Invite

Date	Meet (Distance)	Team Finish	Top Individual
9/2	North Central (III.) Invitational (8K)	3rd of 8 (100)	Andrew Westendorf, 10th (27:20)
0/14	anyanonai Cainone Invitational (8K) - F	10th of 33 (336) o'all	Ben Grant, 43rd (26:37), 14th non-D-
9/10		3rd of 20 (133) non D-I	
9/24	Roy Griak Invitational (8K)	18th of 43 (529)	Ben Grant, 57th (26:53.54)
10/8	Lamb-Kohawk Invitational (8K)	1st of 10 (25)	Ben Grant, 1st (26:17)
10/14	Dr. Robert Tucker Invitational (8K)	2nd of 7 (38)	Ben Grant, 3rd (26:21)

Luther College Norse 2004 Women's Finish – 1st (25) 2004 Men's Finish – 3rd (88)

WOMEN Top Returning Finisher from 2004 Championship – Emily Lynch, 2nd (23:01)

Probable Runner Top 6K Time		Top Place Finish (6K race unless noted)
Janet Dobyns	22:50 at Tori Neubauer Invite	8th at Luther All-American (5K)
Amber Uhlenhake	22:50 at Tori Neubauer Invite	9th at Dan Huston Invite (4K)
Emily Lynch	23:55 at Tori Neubauer Invite	8th at St. Mary's (Minn.) Invite (5K)
Joanna Clagnaz	23:43 at Tori Neubauer Invite	10th at St. Mary's (Minn.) Invite (5K)
Erilynn Russo	24:00 at Tori Neubauer Invite	7th at St. Mary's (Minn.) Invite (5K)
Devin Parker	24:19 at Tori Neubauer Invite	35th at Luther All-American (5K)
Audrey Voorhees	24:53 at UW-Eau Claire Blugold Invite	11th at St. Mary's (Minn.) Invite (5K)
Heidi Skildum	24:34 at Tori Neubauer Invite	31st at Dan Huston Invite (4K)

Date	Meet (Distance)	Team Finish	Top Individual
9/3	St. Mary's (Minn.) Invitational (5K)	2nd of 7 (45)	Erilynn Russo, 7th (22:11)
9/10	Luther All-American (5K)	4th of 8 (99)	Janet Dobyns, 8th (19:32)
9/30	Blugold Open (6K)	5th of 20 (153)	Janet Dobyns, 11th (23:52.8)
10/8	Dan Huston Invitational (4K)	3rd of 12 (83)	Amber Uhlenhake, 11th (15:20)
10/15	Tori Neubauer Invitational (6K)	12th of 22 (310)	Amber Uhlenhake, 29th (22:49.3)

MEN Top Returning Finisher from 2004 Championship – Carson Bruns, 10th (26:56)

Probable Runner	Top 8K Time	Top Place Finish (8K race unless noted)
Adam Bohach	25:84 at UW-Eau Claire Blugold Invite	1st at UW-Eau Claire Blugold Invite
Carson Bruns	26:56 at UW-Eau Claire Blugold Invite	7th at St. Mary's (Minn.) Invite (4 miles)
Matt Busche	25:35 at Jim Drews Invite	26th at Dan Huston Invite (4K)
Eric Ellingson	27:25 at Jim Drews Invite	22nd at Dan Huston Invite (4K)
Nate McCann	26:30 at Jim Drews Invite	19th at Dan Huston Invite (4K)
Matt Roling	26:34 at Jim Drews Invite	6th at St. Mary's (Minn.) Invite (4 miles)
Aaron Zutz	27:17 at Jim Drews Invite	120th at Jim Drews Invite

Date	Meet (Distance)	Team Finish	Top Individual
9/3	St. Mary's (Minn.) Invitational (4 miles)	1st of 7 (25)	Seth Kelly, 4th (23:32)
9/10	Luther All-American (4 miles)	6th of 12 (167)	Adam Bohach, 6th (21:09)
9/30	Blugold Open (8K)	2nd of 15 (55)	Adam Bohach, 1st (25:28.4)
10/8	Dan Huston Invitational (4K)	3rd of 9 (81)	Adam Bohach, 6th (12:31)
10/15	Jim Drews Invitational (8K)	16th of 23 (427)	Adam Bohach, 38th (25:29.1)
10/22	UW-LaCrosse Dual (4 miles)	15-56	Aaron Zutz, 10th (21:28)

Simpson College Storm 2004 Women's Finish – 7th (174) 2004 Men's Finish – 8th (207)

WOMEN

Top Returning Finisher from 2004 Championship – Emily Salberg, 27th (25:23)

Probable Runner Top 6K Time		Top Place Finish (6K race unless noted)
Erin Bone	25:51 at Brissman-Lundeen Invite	9th at Buxton Open (5K)
Tara Brown	26:28 at Brissman-Lundeen Invite	11th at Buxton Open (5K)
Danielle Farrell	24:10 at Brissman-Lundeen Invite	5th at Buxton Open (5K)
Britta Johnson	27:51 at Brissman-Lundeen Invite	13th at Buxton Open (5K)
Emily Salberg	23:36 at Brissman-Lundeen Invite	4th at Buxton Open (5K)
Mary Stubbs	25:08 at Brissman-Lundeen Invite	7th at Buxton Open (5K)
Jen Wendt	21:54 at Brissman-Lundeen Invite	1st three times

Date	Meet (Distance)	Team Finish	Top Individual
9/3	Dutch Invitational (5K)	2nd of 3 (49)	Jen Wendt, 2nd (18:42)
9/17	UMASS-Dartmouth Invitational (5K)	16th of 35 (486)	Jen Wendt, 5th (18:49)
9/23	Brissman-Lundeen (6K)	14th of 27 (409)	Jen Wendt, 5th (21:54)
10/1	Buxton Open (5K)	1st of 3 (24)	Jen Wendt, 1st (20:54)
10/8	Lamb-Kohawk Invitational (6K)	5th of 10 (110)	Jen Wendt, 1st (23:15)
10/14	Dr. Robert Tucker Invitational (6K)	4th of 6 (80)	Jen Wendt, 1st (23:16.40)

MEN

Top Returning Finisher from 2004 Championship – Richard Eilings, 45th (29:52)

Probable Runner Top 8K Time		Top Place Finish (8K race unless noted)
Jamie Bradley	28:49 at Brissman-Lundeen Invite	9th at Buxton Open
Richard Elings	28:12 at Brissman-Lundeen Invite	14th at Buxton Open
Athen Kimberlin	32:38 at Brissman-Lundeen Invite	22nd at Buxton Open
Eric Osterhaus	26:08 at UMASS-Dartmouth Invite	1st at Buxton Open
Adam Thompson	30:19 at Brissman-Lundeen Invite	18th at Buxton Open
Tad Watson	28:20 at Brissman-Lundeen Invite	13th at Buxton Open

Date	Meet (Distance)	Team Finish	Top Individual
9/3	Dutch Invitational (8K)	3rd of 3 (60)	Eric Osterhaus, 2nd (27:20)
9/17	UMASS-Dartmouth Invitational (5 miles)	23rd of 33 (678)	Eric Osterhaus, 33rd (26:08)
9/23	Brissman-Lundeen Invitational (8K)	29th of 32 (804)	Richard Elings, 205th (28:12)
10/1	Buxton Open (8K)	2nd of 3 (50)	Eric Osterhaus, 1st (28:03)
10/8	Lamb-Kohawk Invitational (8K)	4th of 10 (118)	Eric Osterhaus, 3rd (26:45)
10/14	Dr. Robert Tucker Invitational (8K)	4th of 7 (122)	Eric Osterhaus, 8th (27:08)

Wartburg College Knights 2004 Women's Finish – 2nd (50) 2004 Men's Finish – 1st (27)

WOMEN Top Returning Finisher from 2004 Championship – Jill Wagaman, 7th (23:50)

Probable Runner	Top 6K Time	Top Place Finish (6K race unless noted)
Nicole Calabrese	23:02 at Tori Neubauer Invite	1st at Spearfish Cross Country Carnival (4K)
Sara Eppley	23:22 at Tori Neubauer Invite	3rd at Les Duke Invite
Julie Ridenour	23:24 at Tori Neubauer Invite	11th at Dan Huston Invite
Annie Ripslinger	23:14 at Tori Neubauer Invite	2nd at Les Duke Invite
Jill Robertson	23:49 at Tori Neubauer Invite	12th at St. Benedict (Minn.) Invite
Emily VanOosbree	23:42 at Tori Neubauer Invite	8th at St. Benedict (Minn.) Invite
Jill Wagaman	22:49 at Tori Neubauer Invite	6th at St. Benedict (Minn.) Invite

Date	Meet (Distance)	Team Finish	Top Individual
9/1	Spearfish Cross Country Carnival (4K)	No team scores	Nicole Calabrese, 1st (15:18.59)
9/10	St. John's (Minn.) Invitational (6K)	1st of 9 (32)	Nicole Calabrese, 3rd (23:28)
9/17	Les Duke Invitational (6K)	2nd of 11 (35)	Annie Ripslinger, 2nd (23:28)
9/24	Roy Griak Invitational-Maroon II Race (5K)	5th of 24 (161)	Jill Wagaman, 21st (23:24)
10/8	Dan Huston Invitational (4K&6K combined)	1st of 5 (128)	Emily Vanoosbree, 11th (23:59)
10/15	Tori Neubauer Invitational (6K)	8th of 22 (215)	Jill Wagaman, 28th (22:48.4)

MEN Top Returning Finisher from 2004 Championship – Keith Solverson, 3rd (26:18)

Probable Runner	Top 8K Time	Top Place Finish (8K race unless noted)
Kevin Balster	25:59 at Jim Drews Invite	20th at St. John's (Minn.) Invite
Ben Carlson	26:33 at Roy Griak Invite	8th at St. John's (Minn.) Invite
Scott Cross	26:01 at Jim Drews Invite	18th at St. John's (Minn.) Invite
Andy Hodge	26:08 at Jim Drews Invite	11th at St. John's (Minn.) Invite
Patrick Johnson	25:54 at Jim Drews Invite	5th at Dan Huston Invite
Tim McKenna	25:48 at Jim Drews Invite	t-15th at St. John's (Minn.) Invite
Keith Solverson	24:57 at Jim Drews Invite	1st at St. John's (Minn.) Invite

Date	Meet (Distance)	Team Finish	Top Individual
9/1	Spearfish Cross Country Carnival (6K)	No team scores	Keith Solverson, 1st (20:18.75)
9/10	St. John's (Minn.) Invitational (8K)	3rd of 9 (51)	Keith Solverson, 1st (26:47)
9/17	Les Duke Invitational (8K)	1st of 11 (32)	Cody Solverson, 4th (26:30)
9/24	Roy Griak Invitational (8K)	4th of 43 (186)	Keith Solverson, 4th (25:31.79)
10/8	Dan Huston Invitational (4K&8K combined)	1st of 5 (100)	Patrick Johnson, 5th (25:57)
10/15	Jim Drews Invitational (8K)	8th of 23 (242)	Keith Solverson, 16th (24:56.3)

Cross Country Coaches Poll – Women Poll Date: Oct. 18, 2005

				10/11	10/4
Rank	Team	Region	Points	Rank	Rank
1	Williams (6)	NE	197	1	2
2	SUNY Geneseo (2)	A	192	2	4
3	UW-LaCrosse	MW	187	3	3
4	Washington Univ.	MW	176	4	1
5	Amherst	NE	166	5	9
6	Colby	NE	158	6	5
7	Dickinson	ME	155	7	7
8	Denison	GL	135	8	8
9	Ithaca	A	129	10	10
10	Middlebury	NE	125	9	6
11	Tufts	NE	123	11	11
12	College of New Jersey	A	114	12	12
13	Wisconsin Eau Claire	MW	104		24
14	Univ of Chicago	MW	97	22	20
15	UW-Stevens Point	MW	81	15	15
16	Willamette University (OR)	W	69	17	19
17	UW-Oshkosh	MW	66	18	18
18	Macalester	С	60	25	22
19	Depauw	GL	57	21	
20	Calvin College (MI)	GL	54	14	14
21	St. Olaf College (MN)	С	48	19	21
22	Carleton	С	38	20	16
23	Wartburg	C	22	13	13
24	Emory University (GA)	SE	21	23	25
25	Nebraska Wesleyan	С	15	16	17
	Claremont-Mudd-Scripps (CA) W		24	23

Also Receiving Votes: Claremont-Mudd-Scripps (CA) 4, Grove City College (PA) 4, Wellesley College (MA) 2, Conneticut College 1

IIAC in the Polls

Coaches' Poll

	Pre	S. 13	S. 20	S. 27	O. 4	0. 11	0. 18
Luther	RV	NR	NR	NR	NR	NR	NR
Wartburg	21st	18th	17th	13th	13th	13th	23rd

Cross Country Coaches Poll – Men Poll Date: Oct. 18, 2005

				10/11	10/4
Rank	Team	Region	Points	Rank	Rank
1	Calvin College(MI) (8)	GL	200	1	1
2	Wisconsin-La Crosse	MW	192	2	3
3	North Central College(IL)	MW	183	3	2
4	Nebraska Wesleyan	С	176	5	5
5	Tufts University(MA)	NE	163	9	10
6	Willamette University(OR)	W	153	6	7
7	Wisconsin-Oshkosh	MW	152	7	8
8	Wartburg College(IA)	C	150	8	9
9	Haverford College(PA)	ME	140	4	4
10	New York University	A	129	10	11
11	Pomona-Pitzer Colleges (CA	() W	109	12	15
12	Williams College(MA)	NE	105	13	6
13	The College of New Jersey	A	97	15	16
14	Hamline University (MN)	С	93	18	17
15	Keene State College(NH)	NE	90	14	13
16	Allegheny College (PA)	ME	86	19=	
17	SUNY Geneseo	A	69	16	25
18	Washington University (MO)	MW	66		
19	DePauw University(IN)	GL	63	17	18
20	Carleton College(MN)	С	46	24	20
21	Augustana College (IL)	MW	35	11	12
22	Widener University (PA)	ME	34	25	23
23	St. John's University (MN)	С	17	23	21
24=	Wisconsin Platteville	MW	14	19=	22
24=	Wesleyan University (CT)	NE	14	21	24
24=	University of Chicago(IL)	MW	14	22	19
	Wheaton College (IL)	MW			14

Also Receiving Votes: Centre College (KY) 9, Wisconsin-Stevens Point 1

IIAC in the Polls

Coaches' Poll

Pre S. 13 S. 20 S. 27 O. 4 O. 11 O. 18 Wartburg 9th 16th 16th 8th 9th 8th 8th