



Iowa Conference Cross Country

October 25, 2006

Contact: Will Wolper, Director of Information

222 Third Street SE, Suite 423

Cedar Rapids, IA 52401

Phone - (319) 366-4975 ** Fax - (319) 366-4911

e-mail - wwolper@iowaconference.com

This Week's Schedule

Oct. 28

Iowa Conference Championship

at Ashton CC Course, Iowa City

hosted by Cornell College

Men at 11:00 AM

Women at 12:00 PM

**Championship preview begins on
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2006 IIAC Cross Country Championship

October 28

Men's 8K at 11:00 a.m.

Women's 6K at 12:00 p.m.

at Ashton CC Course, Iowa City
Hosted by Cornell College

Men's Individual Top-5 Finishes

Runner, School	Meet (Distance)	Finish (# runners)
Ben Grant, Loras	Pre-Regional (8K)	1st (109)
Ben Grant, Loras	Tucker Invite (8K)	1st (63)
Ben Grant, Loras	Brissman-Lundeen Invite (8K)	2nd (450)
Ben Grant, Loras	Elmhurst Earlybird (5K)	2nd (205)
Adam Wolf, Central	Les Duke Invitational (8K)	2nd (112)
Brian Chenoweth, Wart.	Dan Huston Invite (8K)	2nd (90)
Adam Wolf, Central	Dutch Invitational (6K)	2nd (86)
Eric Osterhaus, Simpson	Buxton Open (8K)	2nd (37)
Travis DeRidder, BV	Crown Invitational (8K)	2nd (25)
Ben Grant, Loras	National Catholic Invite (5 miles)	3rd
Andy Hodge, Wartburg	Dan Huston Invite (4K)	3rd (168)
Brian Mullenbach, Wart.	Dan Huston Invite (8K)	3rd (90)
Eric Osterhaus, Simpson	Dutch Invitational (6K)	3rd (86)
Kevin Oberfoell, Loras	Tucker Invite (8K)	3rd (63)
Brian Dooley, Cornell	Lamb-Kohawk Invite (8K)	3rd (41)
Patrick Johnson, Wartburg	Les Duke Invitational (8K)	4th (112)
John Franzen, Luther	St. Mary's Invitational (4 mile)	4th (82)
Justin Carlson, UD	Tucker Invite (8K)	4th (63)
Eric Osterhaus, Simpson	Pre-Regional (8K)	4th (56)
Brian Chenoweth, Wart.	Les Duke Invitational (8K)	5th (112)
Adam Bohach, Luther	St. Mary's Invitational (4 mile)	5th (82)
Josh Saba, Buena Vista	Crown Invitational (8K)	5th (25)

Women's Individual Top-5 Finishes

Runner, School	Meet (Distance)	Finish (# runners)
Angie Berry, Central	Dutch Invite (5K)	1st (86)
Mary Corken, Loras	Tucker Invite (6K)	1st (52)
Caroline Zelent, Dubuque	Platteville Open (6K)	1st (39)
Jess Christensen, Simp.	Buxton Open (5K)	1st (32)
Janet Dobyns, Luther	Dan Huston Invite (4K)	2nd (197)
Jill Wagaman, Wartburg	Les Duke (6K)	2nd (134)
Jessica Clark, Central	Dutch Invite (5K)	2nd (86)
Mary Corken, Loras	National Catholic Invite (6K)	2nd
Denise Eslinger, Coe	Tucker Invite (6K)	2nd (52)
Katie Dolan, Luther	Platteville Open (6K)	2nd (39)
Jill Wagaman, Wartburg	Roy Griak Invite (5K, D-II race)	3rd (278)
Janet Dobyns, Luther	Luther All-American (5K)	3rd (88)
Jess Christensen, Simp.	Dutch Invite (5K)	3rd (86)
Erica Stevens, Loras	Tucker Invite (6K)	3rd (52)
Denise Eslinger, Coe	Lamb-Kohawk Invite (6K)	3rd (50)
Kelly Wood, Luther	Platteville Open (6K)	3rd (39)
Emily Wilder, Loras	Tucker Invite (6K)	4th (52)
Jill Wagaman, Wart.	Dan Huston Invite (4K)	5th (197)
Angie Berry, Central	Les Duke (6K)	5th (134)
Mary Corken, Loras	Pre-Regional (6K)	5th (115)
Amber Mayer, Central	Dutch Invite (5K)	5th (86)
Rachelle Hawkins, Cor.	Tucker Invite (6K)	5th (52)
Rachelle Hawkins, Cornell	Lamb-Kohawk Invite (6K)	5th (50)
Sarah Hammel, Simpson	Buxton Open (5K)	5th (32)

Iowa Conference Runners of the Week

Week

Ending Men's Runner, School

Sept. 3	Ben Grant, Loras
Sept. 10	Adam Wolf, Central
Sept. 17	Ben Grant, Loras
Sept. 24	Ben Grant, Loras
Oct. 1	Eric Osterhaus, Simpson
Oct. 8	Ben Grant, Loras
Oct. 15	Andy Hodge, Wartburg

Women's Runner, School

Angie Berry, Central
Jill Wagaman, Wartburg
Mary Bridget Corken, Loras
Jill Wagaman, Wartburg
Caroline Zelent, Dubuque
Mary Bridget Corken, Loras
Janet Dobyns, Luther

U.S. Track & Field Cross Country Coaches Association (USTFCCCA) Poll

Poll Date: October 17, 2006

Women

Rank	School	Points
1.	SUNY Geneseo	280
2.	Amherst College	271
3.	Washington University	263
4.	Middlebury College	254
5.	Wisconsin La Crosse	252
6.	Calvin College	235
7.	Tufts University	234
8.	Dickinson College	220
9.	Williams College	219
10.	Willamette University	208
11.	College of New Jersey	203
12.	Colby College	192
13.	Keene State College	179
14.	North Central College	176
15.	Grinnell College	168
16.	Luther College	148
17.	Case Western Reserve	144
18.	Emory University	139
19.	Wisconsin Eau Claire	132
20.	St. Thomas University	126
20.	MIT	126
22.	Haverford College	104
23.	Ithaca College	95
24.	Oberlin College	92
25.	University of Puget Sound	87
26.	DePauw University	85
27.	Wisconsin Platteville	74
28.	Nebraska Wesleyan	73
29.	Ohio Northern University	55
30.	Wartburg College	51
31.	Colorado College	39
32.	Allegheny College	36
32.	Wheaton College (IL)	29
34.	Carleton College	21
35.	SUNY Brockport	10
35.	University of Chicago	10

Men

Rank	School	Points
1.	Calvin College	280
2.	Wisconsin La Crosse	272
3.	New York University	264
4.	SUNY Cortland	250
5.	Hamline University	247
6.	Wisconsin Oshkosh	244
7.	SUNY Geneseo	234
8.	Haverford College	227
9.	Wisconsin Platteville	215
10.	North Central College	207
11.	Wartburg College	202
12.	Wheaton College (IL)	183
13.	St. John's University	179
14.	Nebraska Wesleyan	172
15.	Willamette University	164
16.	Williams College	163
17.	Bowdoin College	140
18.	Wisconsin Stevens Point	133
19.	Carnegie Mellon	130
20.	Augustana College	127
21.	Anderson University	122
22.	Wesleyan University	112
23.	RIT	100
24.	College of New Jersey	94
25.	Allegheny College	82
26.	DePauw University	79
27.	Colorado College	78
28.	Mount Union College	66
28.	Washington University	66
30.	Luther College	54
31.	Occidental College	50
32.	Trinity College (CT)	41
33.	Centre College	27
34.	Elizabethtown College	11
35.	Amherst College	11

IIAC in the Polls

USTFCCCA-Women

	S. 5	S. 26	O. 3	O. 10	O. 17
Luther	18th	23rd	24th	23rd	16th
Wartburg	9th	RV	RV	RV	30th

USTFCCCA-Men

	S. 5	S. 26	O. 3	O. 10	O. 17
Luther	NR	31st	32nd	31st	30th
Wartburg	15th	8th	9th	6th	11th

IOWA CONFERENCE CROSS COUNTRY CHAMPIONSHIP PREVIEW

CEDAR RAPIDS, IOWA . . . The 2006 Iowa Intercollegiate Athletic Conference (IIAC) cross country Championship is Saturday, October 28, at the University of Iowa's Ashton Cross Country Course in Iowa City. Cornell College is the host of this year's event. The men's 8,000-meter race begins at 11:00 a.m. and is followed by the women's 6,000-meter race at noon.

Ashton Cross Country Course is adjacent to the University of Iowa Athletics Hall of Fame on Hawkeye Park Road and is accessible from both Mormon Trek Boulevard and Melrose Avenue. More details about the course can be found on the University of Iowa web site at <http://hawkeyesports.cstv.com/facilities/iowa-xc-course.html>.

Men's Race: Nine former All-Conference runners (top-15 finishes) return to their teams' Championship line-up including eight of the top-10 finishers from 2005. Second-place through sixth-place finishers all return from a year ago – Luther's **Adam Bohach**, Loras' **Ben Grant**, Central's **Adam Wolf**, Wartburg's **Tim McKenna** and Luther's **Matt Busche**. A trio of Wartburg runners – **Patrick Johnson** (8th), **Kevin Balster** (9th) and **Andy Hodge** (10th) – round out the top-10 returnees. Luther's **Carson Bruns** finished 10th in 2004.

Bohach has a chance to become the 14th Iowa Conference runner to finish in the top-10 of the Championship meet four times. In addition to his runner-up finish last year, he placed fourth in 2003 and eighth in 2002. Grant, Johnson and Balster enter this year's Championship with two previous top-10 finishes. In addition to last year's top-10 finish, Grant finished fourth in 2004; Johnson finished ninth in 2004; and Balster finished ninth in 2003. Balster was also an All-Conference performer with a 12th-place finish in 2004 while Wolf earned All-Conference honors with a 14th-place finish in 2003.

Six runners in this year's Championship line-ups have previously earned All-Region honors with a top-35 finish at the Regional Meet and two have individually qualified for the National Championship meet. Bohach earned All-Region honors in 2003 and 2005. Grant was an All-Region runner in 2004 and 2005. Both qualified for nationals last year. Johnson is also a two-time All-Region runner (2004 and 2005) while McKenna, Balster and Hodge were All-Region runners in 2005.

Wartburg College won its eighth straight men's cross country title last year with 33 points, finishing 17 points ahead of runner-up Luther. Central finished third with 85 points narrowly edging Loras (87 points). All four schools return four of their top-seven runners from last season's Championship line-up.

Women's Race: Ten former All-Conference runners return to their team's Championship line-up including nine from last year. Simpson's **Jen Wendt** became the first Simpson runner since 1990 to win an IIAC title and is one of five top-10 finishers back from 2005. Wartburg's **Nicole Calabrese** finished third, Luther's **Janet Dobyns** finished fourth, Wartburg's **Jill Wagaman** finished fifth and Coe's **Denis Eslinger** finished eighth.

Loras' **Emily Wilder** (12th), Wartburg's **Julie Ridenhour** (13th), Dubuque's **Caroline Zelent** (14th) and Luther's **Joanna Clagnaz** (15th) return after finishing in the top-15 last year. Wartburg's **Sara Eppley** finished 13th in 2004.

Wagaman is a three-time All-Conference runner with a seventh-place finish in 2004 and a 14th-place finish in 2003 to go along with her fifth-place finish last year. In addition to her title last year, Wendt also earned All-Conference honors in 2003 with a seventh-place finish.

This year's Championship line-ups feature six former All-Region runners. Wagaman earned regional honors in 2004 and 2005. Calabrese, Dobyns, and Wartburg's **Macy Rahn** earned all-Region honors last year. Ridenhour was an All-Region runner in 2004, and Wendt in 2003.

Wartburg won its IIAC record-tying ninth women's cross country Championship last year with 40 points, defeating runner-up Luther by nine points. Central finished third with 110 points followed by Coe with 128 points and Simpson with 131 points. Coe returns five runners from its Championship line-up, Wartburg returns four runners, Luther and Simpson each return three runners, and Central returns one.

Previous IIAC cross country Championship results can be found at:

Men – http://www.iowaconference.com/men/cross_country/tournaments.htm

Women – http://www.iowaconference.com/women/cross_country/tournaments.htm

Following are the 2006 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.

Buena Vista University Beavers
2005 Men's Finish – 8th (213)
2005 Women's Finish – 9th (243)

MEN
Top Returning Finisher from 2005 Championship – Matt Hanson, 36th (28:25)

Probable Runner	Top 8K Time	Top Place Finish (8K race unless noted)
Josh Saba	28:08 at Brissman-Lundeen Invite	2nd at Crown Invite
Travis DeRidder	28:06 at Crown Invite	5th at Crown Invite
Jake Flaws	29:16 at Brissman-Lundeen Invite	10th at Crown Invite
Tyler Grefe	30:16 at Crown Invite	12th at Crown Invite
Zach Newberg	29:39 at Brissman-Lundeen Invite	11th at Crown Invite
Jordan Flaws	30:09 at Les Duke Invite	16th at Crown Invite
Matt Hanson	Has not run this year due to academic commitments	

<u>Date</u>	<u>Race (Distance)</u>	<u>Team Finish (score)</u>	<u>Top Individual, Finish (Time)</u>
9/1	Dordt Invitational (4 miles)	4th of 5 (94)	Travis DeRidder, 8th (22:20)
9/9	Les Duke Invitational (8K)	7th of 10 (223)	Josh Saba, 52nd (28:48)
9/22	Brissman-Lundeen Invitational (8K)	22nd of 39 (626)	Josh Saba, 120th (28:08)
10/7	Briar Cliff Open (8K)	7th of 8 (145)	Travis DeRidder, 14th (28:31.21)
10/14	Crown Invitational (8K)	1st of 4 (40)	Travis DeRidder, 2nd (28:06)
10/28	Iowa Conference Championship		

WOMEN
Top Returning Finisher from 2005 Championship – Paige Gruis, 29th (25:15)

Probable Runner	Top 6K Time	Top Place Finish (6K race unless noted)
Courtney Jones	26:43 at Les Duke Invite	9th at Dordt Invite (2.4 miles)
Missy Reinhart	27:41 at Les Duke Invite	20th at Crown Invite (5K)
Courtney Manny	28:24 at Brissman-Lundeen Invite	29th at Crown Invite (5K)
Andrea Ahrendsen	30:26 at Les Duke Invite	24th at Crown Invite (5K)
Jenni Schomers	29:00 at Brissman-Lundeen Invite	28th at Crown Invite (5K)
Kim Fuller	29:15 at Brissman-Lundeen Invite	43rd at Dordt Invite (2.4 miles)
Paige Gruis	Has not run this year due to academic commitments	

<u>Date</u>	<u>Race (Distance)</u>	<u>Team Finish (score)</u>	<u>Top Individual, Finish (Time)</u>
9/1	Dordt Invitational (2.4 miles)	5th of 5 (122)	Courtney Jones, 9th (16:23)
9/9	Les Duke Invitational (6K)	8th of 9 (248)	Courtney Jones, 59th (26:43)
9/22	Brissman-Lundeen Invitational (6K)	39th of 33 (849)	Courtney Jones, 209th (26:47)
10/14	Crown Invitational (5K)	4th of 5 (90)	Courtney Jones, 10th (21:52)
10/28	Iowa Conference Championship		

Central College Dutch
2005 Men's Finish – 3rd (85)
2005 Women's Finish – 3rd (110)

MEN

Top Returning Finisher from 2005 Championship – Adam Wolf, 4th (26:01)

Probable Runner	Top 8K Time	Top Place Finish (8K race unless noted)
Adam Wolf	25:51 at Jim Drews Invite	2nd at Central Invite (6K) & Les Duke Invite
Joe Jefferson	26:50 at Jim Drews Invite	12th at Central Invite (6K)
Brian Respeliers	26:59 at Les Duke Invite	19th at Dan Huston Invite
Jaron Byrum	27:32 at Les Duke Invite	21st at Central Invite (6K)
Brett Jones	27:34 at Jim Drews Invite	14th at Central Invite (6K)
Teddy Clark	27:54 at Jim Drews Invite	17th at Central Invite (6K)
Pierre Taylor	28:03 at Les Duke Invite	24th at Central Invite (6K)
Chase Ungs	28:38 at Jim Drews Invite	60th at Dan Huston Invite

<u>Date</u>	<u>Race (Distance)</u>	<u>Team Finish (score)</u>	<u>Top Individual, Finish (Time)</u>
9/2	Dutch Invitational (6K)	2nd of 8 (52)	Adam Wolf, 2nd (19:26)
9/9	Les Duke Invitational (8K)	4th of 10 (87)	Adam Wolf, 2nd (26:05)
9/23	Roy Griak Invitational (8K)	26th of 52 (725)	Adam Wolf, 47th (27:00.65)
10/7	Dan Huston Invitational (4K & 8K)	4th of 6 (382)	Joe Jefferson, 19th (27:27)
10/14	Jim Drews Invitational (8K)	23rd of 31 (611)	Adam Wolf, 56th (25:52)
10/28	Iowa Conference Championship		

WOMEN

Top Returning Finisher from 2005 Championship – Jess Clark, 32nd (25:21)

Probable Runner	Top 6K Time	Top Place Finish (6K race unless noted)
Angie Berry	23:13 at Les Duke Invite	2nd at Central Invite (5K)
Jess Clark	23:43 at Tori Neubauer Invite	3rd at Central Invite (5K)
Amber Mayer	24:00 at Les Duke Invite	6th at Central Invite (5K)
Leanne Townsend	24:33 at Tori Neubauer Invite	19th at Central Invite (5K)
Rachelle Tipton	24:48 at Tori Neubauer Invite	28th at Central Invite (5K)
Amy Ledvina	24:48 at Tori Neubauer Invite	10th at Central Invite (5K)
Jenni Hufford	24:54 at Tori Neubauer Invite	11th at Central Invite (5K)
Kelsey Tompkins	25:10 at Tori Neubauer Invite	24th at Central Invite (5K)

<u>Date</u>	<u>Race (Distance)</u>	<u>Team Finish (score)</u>	<u>Top Individual, Finish (Time)</u>
9/2	Dutch Invitational (5K)	1st of 9 (27)	Angela Berry, 1st (19:32)
9/9	Les Duke Invitational (6K)	3rd of 9 (72)	Angela Berry, 5th (23:13)
9/23	Roy Griak Invitational (5K)	9th of 32 (275)	Angela Berry, 7th (23:41.5)
10/7	Dan Huston Invitational (4K)	6th of 16 (173)	Angela Berry, 13th (15:16)
10/14	Tori Neubauer Invitational (6K)	23rd of 28 (654)	Jessica Clark, 91st (23:44)
10/28	Iowa Conference Championship		

Coe College Kohawks
2005 Men's Finish – 5th (137)
2005 Women's Finish – 4th (128)

MEN

Top Returning Finisher from 2005 Championship – No returnees

Probable Runner	Top 8K Time	Top Place Finish (8K race unless noted)
James Borden	35:35 at Brissman-Lundeen Invite	28th at Lamb-Kohawk Invite
Ben Kaplan	28:50.1 at Lamb-Kohawk Invite	9th at Dr. Tucker Invite
Ricky Kremer	29:41.0 at Lamb-Kohawk Invite	12th at Lamb-Kohawk Invite
Michael Liendo	31:46.5 at Lamb-Kohawk Invite	23rd at Lamb-Kohawk Invite
Lane Moser	28:28.8 at Lamb-Kohawk Invite	7th at Lamb-Kohawk Invite
Joe Spahn	38:13.8 at Lamb-Kohawk Invite	37th at Dr. Tucker Invite
Andy Timmons	36:28.3 at Lamb-Kohawk Invite	29th at Lamb-Kohawk Invite

<u>Date</u>	<u>Race (Distance)</u>	<u>Team Finish (score)</u>	<u>Top Individual, Finish (Time)</u>
9/1	Augustana (Ill.) Early Fall Opener (5K)	No team scores	Lane Moser (18:24)
9/9	Les Duke Invitational (8K)	9th of 10 (250)	Lane Moser, 48th (28:41)
9/16	St. Olaf Invitational (8K)	21st of 23 (611)	Lane Moser, 103rd (30:02)
9/22	Brissman-Lundeen Invitational (8K)	31st of 39 (871)	Lane Moser, 156th (28:43)
10/7	Lamb-Kohawk Invitational (8K)	3rd of 5 (72)	Lane Moser, 8th (28:28.77)
10/13	Dr. Robert Tucker Invitational (8K)	5th of 6 (103)	Lane Moser, 11th (30:10)
10/28	Iowa Conference Championship		

WOMEN

Top Returning Finisher from 2005 Championship – Denise Eslinger, 8th (23:30)

Probable Runner	Top 6K Time	Top Place Finish (6K race unless noted)
Denise Eslinger	23:29 at Brissman-Lundeen Invite	2nd at Dr. Tucker Invite
Sarah Fogel	27:16.2 at Lamb-Kohawk Invite	26th at Lamb-Kohawk & Dr. Tucker Invites
Linda Freiha	24:48.9 at Lamb-Kohawk Invite	8th at Lamb-Kohawk & Dr. Tucker Invites
Naomi Hillsman	26:36 at Brissman-Lundeen Invite	22nd at Dr. Tucker Invite
Elaina Mertens	25:18 at Brissman-Lundeen Invite	14th at Dr. Tucker Invite
Kiley Schaumleffel	27:34 at Brissman-Lundeen Invite	24th at Dr. Tucker Invite
Stacy Voccia	27:02 at Brissman-Lundeen Invite	27th at Lamb-Kohawk & Dr. Tucker Invites

<u>Date</u>	<u>Race (Distance)</u>	<u>Team Finish (score)</u>	<u>Top Individual, Finish (Time)</u>
9/1	Augustana (Ill.) Early Fall Opener (6K)	No team scores	Elaina Mertens, 11th (26:42.2)
9/9	Les Duke Invitational (6K)	6th of 9 (155)	Denise Eslinger, 14th (24:17)
9/16	St. Olaf Invitational (6K)	15th of 19 (373)	Denise Eslinger, 23rd (24:25)
9/22	Brissman-Lundeen Invitational (6K)	18th of 33 (516)	Denise Eslinger, 36th (23:29)
10/7	Lamb-Kohawk Invitational (6K)	4th of 5 (79)	Denise Eslinger, 3rd (23:36.28)
10/13	Dr. Robert Tucker Invitational (6K)	3rd of 5 (70)	Denise Eslinger, 2nd (25:22)
10/28	Iowa Conference Championship		

Cornell College Rams
2005 Men's Finish – 7th (212)
2005 Women's Finish – 7th (147)

MEN
Top Returning Finisher from 2005 Championship – Brian Dooley, 39th (28:48)

Probable Runner	Top 8K Time	Top Place Finish (8K race unless noted)
Brian Dooley	27:22 at Lamb-Kohawk Invite	3rd at Lamb-Kohawk Invite
Sam Stevens	29:05 at Les Duke Invite	17th at Lamb-Kohawk Invite
Quin Purkey	29:58 at Lamb-Kohawk Invite	18th at Lamb-Kohawk Invite
Adam Bedwell	30:19 at Lamb-Kohawk Invite	22nd at Lamb-Kohawk Invite
Jon Bostrom	30:24 at Lamb-Kohawk Invite	23rd at Lamb-Kohawk Invite
Jordan Stacey	31:22 at Lamb-Kohawk Invite	26th at Lamb-Kohawk Invite
Alex Cornwell	33:09 at Brissman-Lundeen Invite	356th at Brissman-Lundeen Invite

<u>Date</u>	<u>Race (Distance)</u>	<u>Team Finish (score)</u>	<u>Top Individual, Finish (Time)</u>
9/2	Dutch Invitational (6K)	8th of 8 (197)	Brian Dooley, 25th (21:06)
9/9	Les Duke Invitational (8K)	8th of 10 (229)	Brian Dooley, 31st (27:42)
9/22	Brissman-Lundeen Invitational (8K)	30th of 39 (870)	Brian Dooley, 128th (28:15)
10/7	Lamb-Kohawk Invitational (8K)	2nd of 5 (67)	Brian Dooley, 3rd (27:22.57)
10/13	Dr. Robert Tucker Invitational (8K)	4th of 6 (102)	Brian Dooley, 9th (30:01)
10/28	Iowa Conference Championship		

WOMEN
Top Returning Finisher from 2005 Championship – Rachelle Hawkins, 28th (25:12)

Probable Runner	Top 6K Time	Top Place Finish (6K race unless noted)
Rachelle Hawkins	23:34 at Brissman-Lundeen Invite	5th at Lamb-Kohawk Invite & Dr. Tucker Invite
Patricia Gonzalves	24:10 at Brissman-Lundeen Invite	7th at Central Invite (5K) & Dr. Tucker Invite
Kelly Kennedy	24:42 at Lamb-Kohawk Invite	7th at Lamb-Kohawk Invite
Charissa Kaspar	25:11 at Brissman-Lundeen Invite	15th at Lamb-Kohawk Invite
Lindsey Kuhlmann	25:17 at Brissman-Lundeen Invite	14th at Lamb-Kohawk Invite
Chrissy Borisova	24:51 at Lamb-Kohawk Invite	10th at Lamb-Kohawk Invite
Amanda Jepson	26:00 at Lamb-Kohawk Invite	18th at Lamb-Kohawk Invite

<u>Date</u>	<u>Race (Distance)</u>	<u>Team Finish (score)</u>	<u>Top Individual, Finish (Time)</u>
9/2	Dutch Invitational (5K)	3rd of 9 (110)	Patricia Gonzalves, 8th (20:35)
9/9	Les Duke Invitational (6K)	5th of 9 (134)	Rachelle Hawkins, 17th (24:21)
9/22	Brissman-Lundeen Invitational (6K)	15th of 33 (418)	Rachelle Hawkins, 39th (23:34)
10/7	Lamb-Kohawk Invitational (6K)	1st of 5 (45)	Rachelle Hawkins, 5th (24:11.04)
10/13	Dr. Robert Tucker Invitational (6K)	2nd of 5 (60)	Rachelle Hawkins, 5th (25:39)
10/28	Iowa Conference Championship		

University of Dubuque Spartans
2005 Men's Finish – 9th (231)
2005 Women's Finish – 8th (234)

MEN
Top Returning Finisher from 2005 Championship – Justin Carlson, 25th (27:30)

Probable Runner	Top 8K Time	Top Place Finish (8K race unless noted)
Justin Carlson	27:02 at Brissman-Lundeen Invite	4th at Dr.Tucker Invite
Jason Groth	28:57	29th
Andres Verduzco	30:38	37th
Thomas Goad	30:49	42nd
Jon Erickson	31:50	41st
Joshua Feehan	31:55	39th
Kyle Anderson	31:28	49th
Note: Meets not provided		

Date	Race (Distance)	Team Finish (score)	Top Individual, Finish (Time)
9/1	Elmhurst Earlybird Invitational (5K)	13th of 18 (358)	Justin Carlson, 23rd (16:34.60)
9/16	Whitewater D-III Challenge (8K)	4th of 4 (117)	Justin Carlson, 25th (29:15)
9/22	Brissman-Lundeen Invitational (8K)	26th of 39 (732)	Justin Carlson, 55th (27:02)
9/30	Pioneer Open (8K)	4th of 4 (107)	Justin Carlson, 9th (28:19)
10/7	Pre-Regional (8K)	8th of 8 (217)	Justin Carlson, 18th (27:51)
10/13	Dr. Robert Tucker Invitational (8K)	3rd of 6 (91)	Justin Carlson, 4th (29:09)
10/28	Iowa Conference Championship		

WOMEN
Top Returning Finisher from 2005 Championship – Caroline Zelent, 14th (23:53)

Probable Runner	Top 6K Time	Top Place Finish (6K race unless noted)
Caroline Zelent	24:45 at Brissman-Lundeen Invite	1st at Pioneer Open
Ashley Willyard	27:52	27th
Kate Swift	35:25	23rd
Brooke Russell	No 6K time	106th
Tenisha Reeder	35:34	50th
Keisha Morgan	35:21	51st
Note: Meets not provided		

Date	Race (Distance)	Team Finish (score)	Top Individual, Finish (Time)
9/1	Elmhurst Earlybird Invitational (3200-m)	14th of 17 (412)	Caroline Zelent, 25th (12:36.0)
9/16	Whitewater D-III Challenge (5K)	5th of 5 (136)	Caroline Zelent, 11th (20:37)
9/22	Brissman-Lundeen Invitational (6K)	30th of 33 (858)	Caroline Zelent, 92nd (24:45)
9/30	Pioneer Open (6K)	3rd of 4 (89)	Caroline Zelent, 1st (25:05)
10/7	Pre-Regional (6K)	No team score	Caroline Zelent, 25th (24:46)
10/13	Dr. Robert Tucker Invitational (6K)	5th of 5 (132)	Caroline Zelent, 8th (26:18)
10/28	Iowa Conference Championship		

Loras College Duhawks
2005 Men's Finish – 4th (87)
2005 Women's Finish – 6th (140)

MEN

Top Returning Finisher from 2005 Championship – Ben Grant, 3rd (25:57)

Probable Runner	Top 8K Time	Top Place Finish (8K race unless noted)
Ben Grant	25:23 at Brissman-Lundeen Invite	1st at Dr. Tucker Invite & St. Olaf Pre-Regional
Kevin Oberfoell	26:42 at Brissman-Lundeen Invite	3rd at Dr. Tucker Invite
Ryan Schaefer	27:21 at Brissman-Lundeen & National Catholic Invite	7th at Dr. Tucker Invite
Tyler Meyer	27:15 at Brissman-Lundeen Invite	10th at Dr. Tucker Invite
Alex Eischeid	28:10 at Brissman-Lundeen Invite	16th at Dr. Tucker Invite
AJ Hoeltzel	28:40 at National Catholic Invite	17th at Dr. Tucker Invite
Cody Dreyer	28:53 at National Catholic Invite	18th at Dr. Tucker Invite

<u>Date</u>	<u>Race (Distance)</u>	<u>Team Finish (score)</u>	<u>Top Individual, Finish (Time)</u>
9/1	Elmhurst Earlybird Invitational (5K)	4th of 18 (110)	Ben Grant, 2nd (15:51.52)
9/15	National Catholic Championship (5 miles)	9th of 31 (297) o'all 1st of 19 (95) non D-I	Ben Grant, 18th (26:01), 3rd non-D-I
9/22	Brissman-Lundeen Invitational (8K)	7th of 39 (241)	Ben Grant, 2nd (25:23)
10/7	Pre-Regional (8K)	4th of 8 (98)	Ben Grant, 1st (26:13)
10/13	Dr. Robert Tucker Invitational (8K)	1st of 6 (25)	Ben Grant, 1st (27:56)
10/28	Iowa Conference Championship		

WOMEN

Top Returning Finisher from 2005 Championship – Emily Wilder, 12th (23:44)

Probable Runner	Top 6K Time	Top Place Finish (6K race unless noted)
Mary Bridget Corken	22:59 at Brissman-Lundeen Invite	1st at Dr. Tucker Invite
Emily Wilder	23:51 at Brissman-Lundeen Invite	4th at Dr. Tucker Invite
Erica Stevens	24:21 at St. Olaf Pre-Regional	3rd at Dr. Tucker Invite
Amy Hall	24:26 at Brissman-Lundeen Invite	10th at Dr. Tucker Invite
Lisa Ballard	24:51 at Brissman-Lundeen Invite	11th at Dr. Tucker Invite
Jackie Astor	24:54 at Brissman-Lundeen Invite	13th at Dr. Tucker Invite
Hannah Weiss	24:46 at Brissman-Lundeen Invite	44th at Elmhurst Earlybird Invite (3200-meters)
Heather Heffernen	26:32 at St. Olaf Pre-Regional	19th at Dr. Tucker Invite

<u>Date</u>	<u>Race (Distance)</u>	<u>Team Finish (score)</u>	<u>Top Individual, Finish (Time)</u>
9/1	Elmhurst Earlybird Invitational (3200-m)	4th of 17 (137)	Mary Corken, 12th (12:15.0)
9/15	National Catholic Championship (5K)	10th of 34 (358) o'all 2nd of 22 (129) non D-I	Mary Corken, 30th (19:32), 2nd non D-I
9/22	Brissman-Lundeen Invitational (6K)	6th of 33 (217)	Mary Corken, 26th (22:59)
10/7	Pre-Regional (6K)	4th of 6 (89)	Mary Corken, 5th (23:47)
10/13	Dr. Robert Tucker Invitational (6K)	1st of 5 (27)	Mary Corken, 1st (25:20)
10/28	Iowa Conference Championship		

Luther College Norse
2005 Men's Finish – 2nd (50)
2005 Women's Finish – 2nd (49)

MEN
Top Returning Finisher from 2005 Championship – Adam Bohach, 2nd (25:33)

Probable Runner
Adam Bohach
David McKay
Matt Busche
Eric Ellingson
Carson Bruns
Aaron Zutz

<u>Date</u>	<u>Race (Distance)</u>	<u>Team Finish (score)</u>	<u>Top Individual, Finish (Time)</u>
9/2	St. Mary's (Minn.) Invitational (4 miles)	2nd of 8 (30)	John Franzen, 4th (23:05.5)
9/9	Luther All-American (4 miles)	4th of 7 (98)	Matt Busche, 15th (20:58)
9/23	Roy Griak Invitational (8K)	9th of 52 (328)	David McKay, 22nd (26:39.55)
9/30	Pioneer Open (8K)	3rd of 4 (71)	Mike Switzer, 8th (28:19)
10/7	Dan Huston Invitational (4K)	3rd of 12 (78)	Adam Bohach, 10th (12:25)
10/14	Jim Drews Invitational (8K)	13th of 31 (329)	Adam Bohach, 61st (25:57)
10/28	Iowa Conference Championship		

WOMEN
Top Returning Finisher from 2005 Championship – Janet Dobyns, 4th (22:52)

Probable Runner
Janet Dobyns
Rachel Wobeter
Elise Bennett
Devin Parker
Joanna Clagnaz
Lisa Savre
Cathy Betterman

<u>Date</u>	<u>Race (Distance)</u>	<u>Team Finish (score)</u>	<u>Top Individual, Finish (Time)</u>
9/2	St. Mary's (Minn.) Invitational (5K)	2nd of 7 (80)	Sarah Goplen, 16th (21:27.8)
9/9	Luther All-American (5K)	3rd of 4 (57)	Janet Dobyns, 3rd (18:52)
9/23	Roy Griak Invitational (5K)	5th of 32 (160)	Elise Bennett, 15th (24:00.5)
9/30	Pioneer Open (6K)	1st of 4 (32)	Katie Dolan, 2nd (25:12)
10/7	Dan Huston Invitational (4K)	2nd of 16 (65)	Janet Dobyns, 2nd (14:25)
10/14	Tori Neubauer Invitational (6K)	4th of 28 (184)	Janet Dobyns, 9th (22:12)
10/28	Iowa Conference Championship		

Simpson College Storm
2005 Men's Finish – 6th (202)
2005 Women's Finish – 5th (131)

MEN
Top Returning Finisher from 2005 Championship – Eric Osterhaus, 17th (27:11)

Probable Runner	Top 8K Time	Top Place Finish (8K race unless noted)
Eric Osterhaus	16:02 at Jim Drews Invite	2nd at Buxton Open
Casey Dunning	27:52 at Jim Drews Invite	10th at Buxton Open
Eric Patten	28:11 at Jim Drews Invite	18th at Buxton Open
Baron Davis	28:42 at Jim Drews Invite	16th at Buxton Open
Ethan Morgan	29:26 at Jim Drews Invite	19th at Buxton Open

<u>Date</u>	<u>Race (Distance)</u>	<u>Team Finish (score)</u>	<u>Top Individual, Finish (Time)</u>
9/2	Dutch Invitational (6K)	3rd of 8 (93)	Eric Osterhaus, 3rd (19:49)
9/22	Brissman-Lundeen Invitational (8K)	32nd of 39 (876)	Matt Wood, 254th (30:16)
9/23	Roy Griak Invitational (8K)	38th of 52 (1094)	Eric Osterhaus, 66th (27:12.05)
9/30	Buxton Open (8K)	1st of 4 (45)	Eric Osterhaus, 2nd (27:45)
10/7	Pre-Regional (8K)	5th of 8 (129)	Eric Osterhaus, 4th (26:36)
10/13	Dr. Robert Tucker Invitational (8K)	2nd of 6 (83)	Rich Elings, 24th (31:33)
10/14	Jim Drews Invitational (8K)	25th of 31 (784)	Eric Osterhaus, 65th (26:02)
10/28	Iowa Conference Championship		

WOMEN
Top Returning Finisher from 2005 Championship – Jen Wendt, 1st (22:28)

Probable Runner	Top 6K Time	Top Place Finish (6K race unless noted)
Jen Wendt	25:10 at St. Olaf Pre-Regional	26th at St. Olaf Pre-Regional
Jess Christensen	23:13 at Tori Neubauer Invite	1st at Buxton Open (5K)
Sarah Hammel	24:05 at Tori Neubauer Invite	5th at Buxton Open (5K)
Danielle Farrell	24:19 at Tori Neubauer Invite	6th at Buxton Open (5K)
Jodi Harding	24:35 at Tori Neubauer Invite	13th at Buxton Open (5K)
Tricia Davis	24:35 at Tori Neubauer Invite	7th at Buxton Open (5K)
Kristin Simpson	24:50 at Tori Neubauer Invite	19th at Buxton Open (5K)
Emily Salberg	24:52 at Brissman-Lundeen Invite	10th at Buxton Open (5K)
Steph Eide	25:07 at Tori Neubauer Invite	21st at Buxton Open (5K)

<u>Date</u>	<u>Race (Distance)</u>	<u>Team Finish (score)</u>	<u>Top Individual, Finish (Time)</u>
9/2	Dutch Invitational (5K)	2nd of 9 (54)	Jess Christensen, 4th (19:47)
9/22	Brissman-Lundeen Invitational (6K)	19th of 33 (573)	Mary Stubbs, 95th (24:46)
9/23	Roy Griak Invitational (5K)	15th of 32 (388)	Jess Christensen, 29th (24:29.3)
9/30	Buxton Open (5K)	2nd of 4 (29)	Jess Christensen, 1st (20:12)
10/7	Pre-Regional (6K)	5th of 6 (110)	Jess Christensen, 6th (23:56)
10/13	Dr. Robert Tucker Invitational (6K)	4th of 5 (90)	Kelli Hildreth, 12th (27:08)
10/14	Tori Neubauer Invitational (6K)	21st of 28 (556)	Jess Christensen, 44th (23:13)
10/28	Iowa Conference Championship		

Wartburg College Knights
2005 Men's Finish – 1st (33)
2005 Women's Finish – 1st (40)

MEN

Top Returning Finisher from 2005 Championship – Tim McKenna, 5th (26:02)

Probable Runner	Top 8K Time	Top Place Finish (8K race unless noted)
Andy Hodge	25:25 at Jim Drews Invite	3rd at Dan Huston Invite (4K)
Brian Chenoweth	25:36 at Jim Drews Invite	2nd at Dan Huston Invite
Brian Mullenbach	25:54 at Jim Drews Invite	3rd at Dan Huston Invite
Patrick Johnson	26:06 at Jim Drews Invite	4th at Les Duke Invite
Tony Fischels	26:16 at Jim Drews Invite	8th at Dan Huston Invite
Lucus Tjosvold	26:24 at Jim Drews Invite	9th at Les Duke Invite
Kevin Balster	26:25 at Jim Drews Invite	14th at Dan Huston Invite (4K)
Tim McKenna	Has not run this year	

Date	Race (Distance)	Team Finish (score)	Top Individual, Finish (Time)
9/1	Michigan Tech Quadrangular (5K)	2nd of 4 (44)	Patrick Johnson, 6th (16:59.0)
9/9	Les Duke Invitational (8K)	1st of 10 (36)	Patrick Johnson, 4th (26:11)
9/16	St. Olaf Invitational (8K)	10th of 23 (342)	Chad Czerwec, 32nd (27:41)
9/23	Roy Griak Invitational (8K)	4th of 52 (206)	Brian Mullenbach, 32nd (26:46.8)
10/7	Dan Huston Invitational (4K & 8K)	1st of 6 (122)	Brian Chenoweth, 2nd (26:10)
10/14	Jim Drews Invitational (8K)	8th of 31 (265)	Andy Hodge, 32nd (25:25)
10/28	Iowa Conference Championship		

WOMEN

Top Returning Finisher from 2005 Championship – Nicole Calabrese, 3rd (22:36)

Probable Runner	Top 6K Time	Top Place Finish (6K race unless noted)
Jill Wagaman	22:31 at Les Duke Invite	2nd at Les Duke Invite
Heidi Porter	22:52 at Tori Neubauer Invite	16th at Michigan Tech Quad (5K)
Anna Kraayenbrink	23:16 at Tori Neubauer Invite	9th at Les Duke Invite
Juillie Ridenhour	23:25 at Tori Neubauer Invite	17th at Les Duke Invite
Amanda Kuiken	23:38 at Tori Neubauer Invite	33rd at St. Olaf Invite
Sara Eppley	23:48 at Tori Neubauer Invite	8th at Les Duke Invite
Macy Rahn	24:11 at Tori Neubauer Invite	75th at Roy Griak Invite
Nicole Calabrese	Has not run this year	

Date	Race (Distance)	Team Finish (score)	Top Individual, Finish (Time)
9/1	Michigan Tech Quadrangular (5K)	3rd of 4 (73)	Jill Wagaman, 6th (20:08.9)
9/9	Les Duke Invitational (6K)	2nd of 9 (54)	Jill Wagaman, 2nd (22:31)
9/16	St. Olaf Invitational (6K)	8th of 19 (214)	Anna Kraayenbrink, 25th (24:28)
9/23	Roy Griak Invitational (5K) (Maroon II race)	10th of 29 (305)	Jill Wagaman, 3rd (23:00.0)
10/7	Dan Huston Invitational (4K & 6K)	2nd of 6 (229)	Emily Vanoosbree, 21st (25:11)
10/14	Tori Neubauer Invitational (6K)	8th of 28 (303)	Heidi Porter, 27th (22:52)
10/28	Iowa Conference Championship		