



Buena Vista University
Central College
Coe College

Cornell College
University of Dubuque
Loras College

Luther College
Simpson College
Wartburg College

2009

Iowa Intercollegiate Athletic Conference

Cross Country Championships

October 31, 2009

hosted by Wartburg College

Max Championship Cross Country Course, Waverly

IIAC CROSS COUNTRY CHAMPIONSHIP PREVIEW

CEDAR RAPIDS, IOWA . . . The 2009 Iowa Intercollegiate Athletic Conference (IIAC) Cross Country Championship is Saturday, October 31, at Max Championship Cross Country Course in Waverly. The women's 6,000-meter race begins at 11 a.m. and is followed by the men's 8,000-meter race at noon. The Max Championship Cross Country Course is located on the northwest edge of the Wartburg College campus.

Women's Race: Thirteen former All-Conference runners return on the women's side, including seven from last year. Last year's runner-up, **Anna Kraayenbrink** of Wartburg, leads a total of six Knights in the field with All-Conference honors from previous championships. She enters the Iowa Conference meet with top-5 finishes in every meet she has entered this season.

In addition to Kraayenbrink, **Amanda Kuiken** (7th) and **Jennifer Kuiken** (6th), **Lori Tlach** (9th) and **Brendelyn White** (12th) return for Wartburg from last year's top seven. **Nicole Calabrese** (3rd in 2005) is the final runner on Wartburg's roster with All-Conference hardware.

Simpson's **Catie Ellingson** (14th) and Luther's **Becky Eckerman** (10th) are the other 2008 All-Conference competitors returning to their lineups, while six runners – Central's **Angie Berry** (2nd), Luther's **Annie McKay** (12th) and **Katie Dolan** (15th), Ellingson (10th), Amanda Kuiken (8th), and Jennifer Kuiken (7th) earned honors in 2007. Ellingson, Amanda Kuiken, and Jennifer Kuiken, all two-time All-Conference selections, are looking to add to the list of 37 runners who have All-Iowa Conference honors at least three times.

Loras' **Erica Stevens** (6th in 2006) and Simpson's **Jess Christensen** (7th in 2006) are other runners in the field who have earned All-Conference honors.

This year's Championship line-ups feature 12 former All-Central Region runners, including five multiple-time honorees. Stevens earned regional honors in 2006 (25th), 2007 (32nd), and 2008 (34th), while Berry earned honors in 2006 (13th) and 2007 (6th). Kraayenbrink was an All-Region runner in 2006 (23rd) and 2008 (2nd) and both Amanda (21st; 12th) and Jennifer (23rd; 14th) captured honors in 2007 and 2008.

McKay (28th in 2007), Christensen (34th in 2006), Ellingson (16th in 2007), Calabrese (3rd in 2005), Eckerman (22nd in 2008), Tlach (25th in 2008), and Dolan (31st in 2008) complete the list of Iowa Conference all-region honorees in this year's Championship field.

Wartburg won its 10th Iowa Conference women's cross country championship with 28 points after placing its top five runners in the top eight. Defending champion Luther was second with 49 points, while Loras took third with 90 points. Central was fourth (109) followed by Simpson (136).

Men's Race: Eight former All-Conference (top-15 finishes) return to their teams' Championship line-up including two top-10 finishers from 2008. Those numbers do not include Simpson's **Eric Patten** who has missed the entire season with injuries after placing sixth last season. With Patten out of the lineup, the title of top returning runner falls to Luther's **Erik Johnson**, who finished ninth at last year's Championship. In addition, Johnson is one of five Luther returners to place in the top 15 in 2008. He is followed by **Shane Steele** (10th), **Kyle Buck** (13th), **Jordan Lang** (14th), and **Drew Burmahl** (15th). Also listed on the Luther roster is **Mike Switzer**, an 11th-place finisher in 2007.

Coe's **Lane Moser** (11th in 2008) and Cornell's **Andrew Tobben** (8th in 2007) are the remaining runners with All-Conference experience.

Johnson has the opportunity to earn All-Iowa Conference honors for the third time. In addition to his ninth-place finish last year, Johnson posted a 15th-place finish in 2007. Tobben is the only runner in the men's field with All-Central Region honors on his résumé. The junior finished 35th in 2007 and 24th in 2008.

Luther College won its IIAC-best 30th men's cross country title last year. The Norse (48 points) placed six runners in the top-15 to top Loras (59), Coe (67), and Simpson (81). For Coe, the third-place finish represented a Championship-best team finish.

Year by Year in the Iowa Conference

Men's Championship

Year	Champion	Year	Champion	Year	Champion
1959	Dubuque	1962	Dubuque	1965	Luther
1960	Simpson	1963	Wartburg	1966	Luther
1961	Luther	1964	Luther	1967	Wartburg
Year	Champion	Most Valuable Performer(s)		Coach(es) of the Year	
1968	Luther	Doug Beck (Wartburg)		Rick Halverson (Luther)	
1969	Luther	Doug Beck (Wartburg)		Kent Finanger (Luther)	
1970	Wartburg	Doug Beck (Wartburg)		John Kurtz (Wartburg)	
1971	Luther	Keith Rapp (Luther)		Kent Finanger (Luther)	
1972	Luther	Steve Murray (Luther)		Kent Finanger (Luther)	
1973	Luther	Tim Williams (Luther)		Kent Finanger (Luther)	
1974	Luther	Steve Murray (Luther)		Kent Finanger (Luther)	
1975	Luther	Doug Peterson (Luther)		Kent Finanger (Luther)	
1976	Luther	Doug Peterson (Luther)		Kent Finanger (Luther)	
1977	Luther	Keith Ellingson (Luther)		Kent Finanger (Luther)	
1978	Luther	Jerry Fitzsimmons (Central)		John Kurtz (Wartburg)	
1979	Luther	Jerry Fitzsimmons (Central)		Kent Finanger (Luther)	
1980	Luther	Mark Glessner (Luther)		Kent Finanger (Luther)	
1981	Luther	Mark Glessner (Luther)		John Kurtz (Wartburg)	
1982	Wartburg	Dan Bauer (Simpson)		Bryan Poulter (Central)	
1983	Luther	Dan Bauer (Simpson)		John Kurtz (Wartburg)	
1984	Luther	Dan Bauer (Simpson)		Kent Finanger (Luther)	
1985	Luther	Al Livingood (Luther)		Kent Finanger (Luther)	
1986	Luther	Loran Storts (Luther)		Kent Finanger (Luther)	
1987	Luther	Pat Tierney (Loras)		Kent Finanger (Luther)	
		Chris O'Donnell (Loras)			
1988	Luther	Kori Stoffregan (Wartburg)		Kent Finanger (Luther)	
1989	Luther	Dave Halferty (Simpson)		John Kurtz (Wartburg)	
1990	Luther	Dave Heppner (Loras)		Kent Finanger (Luther)	
1991	Wartburg	Dave Heppner (Loras)		Kent Finanger (Luther)	
1992	Luther	Andy Goodman (Central)		Gary Wittman (Loras)	
1993	Loras	Mark Sundet (Luther)		Kent Finanger (Luther)	
1994	Wartburg	Andy Goodman (Central)		Gary Wittman (Loras)	
1995	Luther	Mark Sundet (Luther)		Steve Johnson (Wartburg)	
1996	Loras	Mark Sundet (Luther)		Tom Raunig (Upper Iowa)	
1997	Loras	T.J. Craig (Wartburg)		Kent Finanger (Luther)	
1998	Wartburg	T.J. Craig (Wartburg)		Gary Wittman (Loras)	
1999	Wartburg	Adam Sundall (Wartburg)		Gary Wittman (Loras)	
2000	Wartburg	Marcus Murphy (Loras)		Steve Johnson (Wartburg)	
2001	Wartburg	Marcus Murphy (Loras)		Steve Johnson (Wartburg)	
2002	Wartburg	Marcus Murphy (Loras)		Steve Johnson (Wartburg)	
2003	Wartburg	Marcus Murphy (Loras)		Gary Wittman (Loras)	
2004	Wartburg	Josh Moen (Wartburg)		Steve Johnson (Wartburg)	
2005	Wartburg	Keith Solverson (Wartburg)		Steve Johnson (Wartburg)	
2006	Luther	Ben Grant (Loras)		Steve Pasche (Luther)	
2007	Luther	Matthew Busche (Luther)		Steve Pasche (Luther)	
2008	Luther	Brian Chenoweth (Wartburg)		Steve Pasche (Luther)	

Women's Championship

Year	Champion	Most Valuable Performer(s)	Coach(es) of the Year
1982	Central	Linda Swenson (Luther)	Gail Grimm (Luther)
1983	Luther	Martha Lindberg (Luther)	Gail Grimm (Luther)
1984	Luther	Linda Swenson (Luther)	Gail Grimm (Luther)
1985	Central	Ingrid Elvebak (Central)	Pam Richards (Central)
1986	Simpson	Linda Swenson (Luther)	
1987	Luther	Rochelle Swiggum (Luther)	Jerry Fitzsimmons (Simp.)
1988	Simpson	Laura Libbey (Luther)	Kirk Neubauer (Luther)
1989	Simpson	Chris Wickering (Simpson)	Jerry Fitzsimmons (Simp.)
1990	Simpson	Sarah Cross (Simpson)	Steve Johnson (Wartburg)
1991	Wartburg	Sarah Cross (Simpson)	Jerry Fitzsimmons (Simp.)
1992	Wartburg	Robyn Olson (Wartburg)	Steve Johnson (Wartburg)
1993	Wartburg	Robyn Olson (Wartburg)	Steve Johnson (Wartburg)
1994	Wartburg	Robyn Olson (Wartburg)	Steve Johnson (Wartburg)
1995	Luther	Turena Johnson (Luther)	Betsy Emerson (Luther)
1996	Wartburg	Turena Johnson (Luther)	Steve Johnson (Wartburg)
1997	Luther	Jenny Richey (Loras)	Betsy Emerson (Luther)
1998	Wartburg	Jenny Richey (Loras)	Steve Johnson (Wartburg)
1999	Luther	Johanna Olson (Luther)	Betsy Emerson (Luther)
2000	Luther	Johanna Olson (Luther)	Betsy Emerson (Luther)
2001	Wartburg	Johanna Olson (Luther)	Steve Johnson (Wartburg)
2002	Wartburg	Missy Buttry (Wartburg)	Steve Johnson (Wartburg)
2003	Luther	Missy Buttry (Wartburg)	Betsy Emerson (Luther)
2004	Luther	Missy Buttry (Wartburg)	Betsy Emerson (Luther)
2005	Wartburg	Jen Wendt (Simpson)	Steve Johnson (Wartburg)
2006	Luther	Janet Dobyns (Luther)	Yarrow Pasche (Luther)
2007	Luther	Janet Dobyns (Luther)	Yarrow Pasche (Luther)
2008	Wartburg	Mary Bridget Corken (Loras)	Steve Johnson (Wartburg)

Buena Vista University "Beavers" Storm Lake, Iowa



MEN		
Name	Yr.	Hometown / High School
Brian Christiansen	Fr.	St. James, Minn./St. James
Jared Bruce	Fr.	Aurelia, Iowa/Aurelia
James Flaws	So.	Carlisle, Iowa/Carlisle
Jordan Flaws	Jr.	Carlisle, Iowa/Carlisle
Justus Harris	Fr.	Boone, Iowa/Boone
Ryan Marzen	So.	Dougherty, Iowa/North Butler
Alex Moore	Sr.	Park Forest, Ill./Rich South
Dan Pearson	So.	Spirit Lake, Iowa/Spirit Lake
Andrew Smith	Fr.	Brayton, Iowa/Exira
Andrew Soden	Fr.	Red Oak, Iowa/Red Oak
WOMEN		
Name	Class	Hometown / High School
Ali Bunde	Jr.	Lincoln, Neb./East
Andrea Boyd	So.	Chicago Heights, Ill./Bloom
Candace Klepper	Jr.	Terril, Iowa/Graettinger-Terril
Elizabeth Larschied	Fr.	Estherville, Iowa/Estherville-Lincoln Central
Molly Lorenz	So.	Spencer, Iowa/Spencer
Monica Miller	Fr.	Montezuma, Iowa/Montezuma
Breanna Platt	Jr.	Waterloo, Iowa/West

Head Coach: Nick Maas (3rd Season)

Central College "Dutch" Pella, Iowa



MEN		
Name	Yr.	Hometown / High School
David Baker	Jr.	Ankeny, Iowa/Ankeny
Cody Burkhardt	Fr.	Pittsburg, Mo./Hermitage
Teddy Clark	Sr.	Montgomery, Ill./Oswego
Brandon Clough	Fr.	Marshalltown, Iowa/GMG
Dustin Draisey	Jr.	Keota, Iowa/Keota
Brent Ewing	Fr.	Cincinnati, Iowa/Centerville
Jon Findlay	Fr.	Collins, Iowa/Collins-Maxwell
Cory Fitzsimmons	Sr.	Pella, Iowa/Pella
John Gonzalez	Fr.	San Antonio, Texas/Brackenridge
Andrew Hamer	So.	Murray, Iowa/Murray
Kenny Kemp	So.	Waterloo, Iowa/Waterloo West
Lars Larson	Fr.	Fort Dodge, Iowa/Fort Dodge
Adan Ledvina	Fr.	Toledo, Iowa/South Tama
Alex Miller	Sr.	Van Meter, Iowa/Van Meter
Justin Saxfield	Jr.	Charles City, Iowa/Charles City
Pierre Taylor	Sr.	Montgomery, Ill./Oswego
Austin Vondracek	Jr.	Swisher, Iowa/Cedar Rapids Prairie

WOMEN		
Name	Yr.	Hometown / High School
Hannah Anderson	Sr.	Goodell, Iowa/Garner-Hayfield
Angie Berry	Sr.	Norwalk, Iowa/Norwalk
Jenna Broghamer	Fr.	Iowa City, Iowa/West
Meghann Burt	Jr.	Slater, Iowa/Ankeny Christian
Kate Callan	So.	Clinton, Iowa/Clinton
Sara Davis	So.	Melbourne, Iowa/West Marshall
Jenni Hufford	Sr.	Ankeny, Iowa/Ankeny
Lisa Ledford	Fr.	Marshalltown, Iowa/Marshalltown
Amy Ledvina	Sr.	Tama, Iowa/South Tama
Melanie Louis	So.	Davenport, Iowa/Central
Amber Mayer	Sr.	Essex, Iowa/Shenandoah
Melony McDermott	Fr.	Britt, Iowa/Garner-Hayfield
Heidi Sartorius	So.	Cedar Falls, Iowa/Cedar Falls
Heather Shives	Sr.	Knoxville, Iowa/Knoxville
Rachelle Tipton	Sr.	Newton, Iowa/Newton
Kelsey Tompkins	Sr.	Webster City, Iowa/Webster City
Pa Vang	Fr.	Des Moines, Iowa/East
Molly Von Holten	Jr.	Walnut, Ill./Bureau Valley
Kelli Ziskovsky	Fr.	Dallas Center, Iowa/Dallas Center-Grimes

Head Coach: Joe Dunham (1st season)

Coe College "Kohawks" Cedar Rapids, Iowa



MEN		
Name	Yr.	Hometown / High School
Paden Chang	So.	Afton, Minn./Stillwater
Ethan Conner	Jr.	Fairbank, Iowa/Wapsie Valley
DC Cusanelli	Jr.	Saint Jacob, Ill./Triad
Paul Davis	So.	Winnebago, Ill./Pecatonica
Andrew Dewar	So.	Lake Bluff, Ill./Lake Forest
Kory Heineman	So.	Readlyn, Iowa/Wapsie Valley
Kyle Heineman	Jr.	Readlyn, Iowa/Wapsie Valley
Hunter Hills	Jr.	Swisher, Iowa/Cedar Rapids Prairie
Joel Hoover	So.	Walker, Iowa/North Linn
Jordan Lord	So.	Lee's Summit, Mo./Lee's Summit
Ryan McCleary	So.	Panora, Iowa/Panorama
Lane Moser	Sr.	Wapello, Iowa/Wapello
Craig Nie	So.	Jesup, Iowa/Don Bosco
Hoang Nguyen	So.	Vietnam
Brad Nosbisch	Fr.	Metamora, Ill./Metamora Township
Ben Potts	Jr.	Pleasant Hill, Iowa/Southeast Polk
Eric Wood	So.	Coon Rapids, Minn./Blaine

WOMEN		
Name	Class	Hometown / High School
Stephanie Dolezal	Jr.	Solon, Iowa/Solon
Danielle Fischbach	Sr.	Eagle River, Alaska/Eagle River
Kristine Gift	Fr.	Cedar Rapids, Iowa/Kennedy
Sara Heizer	Fr.	Milliken, Colo./Roosevelt
Michelle Klobassa	Jr.	Elma, Iowa/Riceville
Kimberly Kuda	Sr.	Cedar Rapids, Iowa/Jefferson
Elizabeth Matthias	Jr.	Readlyn, Iowa/Wapsie Valley
Jessica Robison	Sr.	Iowa City, Iowa/Iowa City
Keri Schaefer	Jr.	Cedar Rapids, Iowa/Kennedy
Kelly Strohm	Fr.	Cherry Hills Village, Colo./Regis Jesuit
Chelsey Thill	Fr.	Dubuque, Iowa/Senior
Stacy Voccia	Sr.	Glen Ellyn, Ill./Glenbard West
Heather White	Sr.	Dysart, Iowa/Union

Head Coach: Elaine Rydze (16th Season)

Cornell College "Rams" Mount Vernon, Iowa



MEN		
Name	Yr.	Hometown / High School
Kirkwood Donavin	Jr.	Salt Lake City, Utah/West
Matt Evans	So.	Racine, Wis./Prairie
Scott Hageman	Fr.	Ossian, Iowa/South Winneshiek
Ben Jacobs	So.	Three Rivers, Mich./Three Rivers
Andrew Jacobsmeyer	Jr.	St. Louis, Mo./DeSmet Jesuit
Michael Kelso	Fr.	Boulder City, Nev./Boulder City
Jordan Kemme	Fr.	Greeley, Colo./University
David Kuhlmann	So.	Readlyn, Iowa/Wapsie Valley
Tommy LeForce	So.	Lone Tree, Colo./Highlands Ranch
Jose Martinez	Fr.	Dallesport, Wash./Lyle
Chase Nowak	So.	Colorado Sprs., Colo./Cheyenne Mountain
Quin Purkey	Sr.	Appleton, Wis./North
Adam Rooyakkers	So.	Kimberly, Wis./Kimberly
Jordan Stacey	Sr.	Chicago, Ill./Northside College Prep
Chris Stadler	So.	Portland, Ore./Lincoln
Ben Swerdlow	Fr.	Highland Park, Ill./Highland Park
Andrew Tobben	Jr.	Washington, Mo./St. Francis Borgia
David Walker	Fr.	Madison, Wis./West

WOMEN		
Name	Yr.	Hometown / High School
Andrea Aerts	Jr.	David City, Neb./East Butler
Hannah Cargill	So.	Lancaster, Pa./Manheim Township
Ashley Ferreira	Fr.	Ludlow, Mass./Ludlow
Maria Helgeson	Fr.	Bloomington, Ill./University
Ellie Hutchison	Jr.	Greeley, Colo./Greeley Central
Allie Jagielo	Jr.	Almond, Wis./Tri-County
Amber Lanza	Fr.	Gladbrook, Iowa/Tilton
Laura Lindsay	So.	Glenview, Ill./Glenbrook South
Ellen Mariano	So.	Herndon, Va./Chantilly
Elise Mead	Fr.	Andover, Minn./Andover
Allison Newman	Jr.	Arvada, Colo./Pomona
Lauren Seemann	Fr.	West Des Moines, Iowa/Valley
Leslie Smebak	Fr.	Roseau, Minn./Roseau

Head Coach: Dan Schofer (4th Season)

University of Dubuque "Spartans" Dubuque, Iowa



MEN		
Name	Yr.	Hometown/High School
Adam Ahlden	Jr.	Aurora, Ill./Aurora
Nick Barker	Fr.	Oak Grove, Mo./Oak Grove
James Blacks	Fr.	Milwaukee, Wis./Bay View
Oscar Corona	Fr.	Buena Park, Calif./Vista Morrietta
Aaron Ewinger	Jr.	Burlington, Iowa/Burlington
Freddy Frick	Jr.	Burlington, Iowa/Burlington
Cory Grandon	Fr.	New Hartford, Iowa/Dike-New Hartford
Emmanuel Moore	So.	Selma, Ala./Hanau American
Michael Wilhite	Jr.	Chicago, Ill./Plainfield South

WOMEN		
Name	Yr.	Hometown/High School
Megan Bloedow	Fr.	Gays Mills, Wis./Boscobel
Kaylee Carter	Fr.	Lake in the Hills, Ill./Jacobs
Vanessa Cocom	Fr.	Zion, Ill./Zion Benton Township
Chelsea Kemp	Fr.	Graf, Iowa/Western Dubuque
Beth Michaelis	Fr.	Durand, Ill./Durand
Megan Michaelis	Jr.	Durand, Ill./Durand
Kelsey Rursch	So.	Clinton, Iowa/Clinton
Katie Tipping	So.	Winnebago, Ill./Pecatonica

Head Coach: Matthew Hayes (2nd Season)

Loras College "Duhawks" Dubuque, Iowa



MEN		
Name	Yr.	Hometown/High School
Ryan Engelman	Jr.	Bellevue, Iowa/Marquette
Tom Henders	Jr.	Arlington Heights, Ill./Rolling Meadows
Mike Higgins	Jr.	Geneva, Ill./Geneva
Joe Hughes	Fr.	Elmhurst, Ill./York
Russell Kalvelage	Jr.	Dubuque, Iowa/Hempstead
Dain Leytem	Jr.	Dubuque, Iowa/Hempstead
Grant Luense	Fr.	Coralville, Iowa/Iowa City Regina
Pat McCarty	Jr.	Carroll, Iowa/Kuemper Catholic
Dan McDermott	So.	Cedar Rapids, Iowa/Xavier
Tyler Meyer	Sr.	Dubuque, Iowa/Wahlert
Chris Miller	So.	Des Moines, Iowa/East
Dan Murphy	Sr.	Naperville, Ill./Neuqua Valley
Mike Roth	So.	Bloomington, Minn./Holy Angels
Kyle Schaffer	Fr.	Oxford, Iowa/Clear Creek Amana
Ben Schmall	So.	Dubuque, Iowa/Wahlert
Tyson Squiers	Fr.	Belle Plaine, Iowa/Belle Plaine
Austin Steil	Fr.	Cedar Rapids, Iowa/Xavier
Mark Sulkin	Jr.	Elmhurst, Ill./York
Ted Wittman	So.	Dubuque, Iowa/Hempstead

WOMEN		
Name	Yr.	Hometown/High School
Katie Flogel	Fr.	LaMotte, Iowa/Marquette
Colleen Gannon	Jr.	Cedar Falls, Iowa/Waterloo Columbus
Samantha Harris	Fr.	Bridgeview, Ill./Argo
Heather Heffernan	Sr.	Manchester, Iowa/West Delaware
Maria Kalb	Fr.	Dubuque, Iowa/Wahlert
Tara Kilburg	Jr.	LaMotte, Iowa/Andrew
Genna Kinley	So.	Waukee, Iowa/Van Meter
Kelsey Kruse	So.	Dubuque, Iowa/Wahlert
Molly Rea	Fr.	Rochester, Minn./Lourdes
Ashley Reimer	Jr.	Elkader, Iowa/Central
Allie Rizzo	Jr.	Wheaton, Ill./St. Francis
Lindsey Robinson	So.	Wheaton, Ill./St. Francis
Ashley Rouse	Fr.	Yorkville, Ill./Joliet Catholic
Erinn Sanstead	Jr.	Minneapolis, Minn./Holy Angels
Ashley Schoenoff	Fr.	Baraboo, Wis./Baraboo
Kelly Shew	Fr.	Zionsville, Ind./Cathedral
Emily Simones	Jr.	La Crosse, Wis./Aquinas
Meg Skaggs	Fr.	Winnebago, Ill./Winnebago
Erica Stevens	Sr.	Central City, Iowa/Central City
Hannah Weiss	Sr.	Dallas Center, Iowa/Dowling Catholic
Tonya Wittman	So.	Dubuque, Iowa/Hempstead
Meghan Wolett	Jr.	Colfax, Iowa/Colfax-Mingo

Head Coach: Bob Schultz (5th Season)

Luther College "Norse" Decorah, Iowa



MEN	Class	Hometown/High School
Nick Andresen	Fr.	Apple Valley, Minn./Eastview
Matthew Beniak	Fr.	Eden Prairie, Minn./Eden Prairie
Andrew Bentz	Fr.	Pella, Iowa/Pella
Thomas Bruemmer	Fr.	Orleans, Mass./Nauset
Tom Blattner	Sr.	Oakdale, Minn./North
Kyle Buck	Jr.	Dennison, Minn./Kenyon-Wanamingo
Drew Burmahl	Sr.	Maquoketa, Iowa/Maquoketa
Matt Christensen	Fr.	Luverne, Minn./Luverne
Alex Clark	So.	Sioux Falls, S.D./Lincoln
Sam Donlan	Sr.	Decorah, Iowa/Decorah
Joel Dotseth	So.	Coralville, Iowa/Iowa City West
Logan Dunn	Fr.	Madison, Wis./East
Andrew Finanger	So.	Decorah, Iowa/Fountain Valley
Josh Gerber	Sr.	Plymouth, Minn./Wayzata
Karl Gesch	So.	Sioux Falls, SD/Lincoln
Jacob Hellman	Sr.	Burt, Iowa/Algona Bishop Garrigan
Will Hoffman	So.	Rochester, Minn./Mayo
Erik Johnson	Jr.	Duluth, Minn./Duluth East
Bryce Kilker	Fr.	Lake Mills, Wis./Lake Mills
Peter Kraus	So.	Decorah, Iowa/Decorah
Eric Krueger	Sr.	Maplewood, Minn./North
Jordan Lang	Jr.	Le Claire, Iowa/Pleasant Valley
Logan Langley	Fr.	Zumbrota, Minn./Zumbrota-Mazeppa
Karl Larson	Sr.	Decorah, Iowa/Decorah
Brock Laue	Fr.	Loveland, Colo./Loveland
Evan Meyer	Fr.	Arlington, Iowa/North Fayette
Marty Mitchell	Fr.	Decorah, Iowa/Decorah
Max Molzahn	So.	South Milwaukee, Wis./South Milwaukee
Evan Neubauer	Fr.	Decorah, Iowa/Decorah
Dan Offerdahl	Sr.	Sartell, Minn./Sartell
Andrew Papke-Larson	So.	Bemidji, Minn./Bemidji
David Pedrick	Fr.	Douds, Iowa/Van Buren
Alex Rigdon	Fr.	Ely, Iowa/Cedar Rapids Prairie
Matt Rubins	Fr.	Bettendorf, Iowa/Pleasant Valley
Calvin Simmons	Fr.	Iowa City, Iowa/Iowa City
Shane Steele	So.	Rochester, Minn./Century
Tyler Stevenson	So.	St. Paul, Minn./Cretin-Derham Hall
Mike Switzer	Sr.	Willmar, Minn./Willmar
Austin Tegels	Sr.	Ankeny, Iowa/Ankeny
Stephen Uhl	Jr.	Bensenville, Ill./Fenton
Tom Wagner	Jr.	Mankato, Minn./West
Andrew Weckwerth	So.	Zumbro Falls, Minn./Century

WOMEN	Class	Hometown/High School
Michelle Boursier	So.	Maple Grove, Minn./Osseo
Alyse Carlson	Jr.	Centennial, Colo./Cherry Creek
Katie Dolan	Sr.	Plymouth, Minn./Wayzata
Becky Eckerman	Sr.	Fort Dodge, Iowa/St. Edmond
Melissa Erickson	So.	Mount Pleasant, Iowa/Mount Pleasant
Abigail Gould	Fr.	Iowa City, Iowa/Regina
Sharon Heyer	Jr.	Cedar Rapids, Iowa/Kennedy
Kim Horner	Jr.	Logansport, Ind./Logansport
Leah Jensen	Jr.	Menomonee Falls, Wis./Hamilton
Leah Jurgensen	Fr.	Elroy, Wis./Mauston
Sarah Lundine	Jr.	Villa Park, Ill./Willowbrook
Chelsea Lynch	So.	Waterloo, Iowa/West
Ashley Matthys	So.	Red Wing, Minn./Zumbrota-Mazeppa
Samantha McAllister	So.	Tiffin, Iowa/Clear Creek Amana
Kate McDonald	Jr.	Duluth, Minn./East
Annie McKay	Jr.	Iowa City, Iowa/Iowa City
Kelsey Mitchell	So.	Des Moines, Iowa/Roosevelt
Anna Murray	So.	Iowa City, Iowa/West
Ellie Neubauer	Jr.	Decorah, Iowa/Decorah
Julia Schiefelbein	Jr.	Fall Creek, Wis./Fall Creek
Cally Simanski	So.	Red Wing, Minn./Red Wing
Lauren Stokke	Fr.	Ames, Iowa/Gilbert
Christina Storlie	Fr.	Decorah, Iowa/Decorah
Andrea Sturdevant	So.	Urbandale, Iowa/Urbandale
Samantha Stykel	So.	Colgate, Wis./Germantown
Lisa Wegman	So.	Dover, Minn./Dover-Eyota
Kristin Westby	So.	Erhard, Minn./Pelican Rapids
Rachel Wiesenbergl	Jr.	Monroe, Wis./Monroe
Anna Wikan	Sr.	Decorah, Iowa/Decorah
Nicole Wilson	Jr.	Urbandale, Iowa/Urbandale

Head Men's Coach: Steve Pasche (5th Season)

Head Women's Coach: Yarrow Pasche (5th Season)

Simpson College "Storm" Indianola, Iowa



MEN

Name	Yr.	Hometown / High School
Arron Bodine	So.	Des Moines, Iowa/North
Baron Davis	Sr.	Hamilton, Iowa/Knoxville
Mitchell Davis	Fr.	Algona, Iowa/Algona
Lucas Draisey	Fr.	Keota, Iowa/Keota
Ben Duea	So.	Waukee, Iowa/Waukee
Casey Dunning	Sr.	Marion, Iowa/Linn-Mar
Ryan Edwardson	So.	Spencer, Iowa/Spencer
Louie Elbert	Jr.	Indianola, Iowa/Indianola
Wes Farrington	So.	Rockwell City, Iowa/Rockwell City-Lyton
Pat Gerhardt	So.	Algona, Iowa/Algona
Tyler Jordison	Sr.	Fort Dodge, Iowa/Fort Dodge
Eric Patten	Sr.	Webb, Iowa/Sioux Central
Ben Robison	Sr.	New Virginia, Iowa/Interstate 35
Aaron Skopec	Sr.	Traer, Iowa/North Tama
Mark Stanek	Fr.	Ottumwa, Iowa/Ottumwa
Matt Stone	So.	Boone, Iowa/Boone
John Warnke	Fr.	Dubuque, Iowa/Senior
Luke Weber	Jr.	Waukon, Iowa/Waukon

WOMEN

Name	Yr.	Hometown / High School
Andrea Benson	Jr.	Conrad, Iowa/BCLUW
Ameila Borgomainerio	So.	Fairfield, Iowa/Fairfield
Jayde Boyle	Fr.	Holstein, Iowa/Galva-Holstein
Amanda Carson	Sr.	Alburnett, Iowa/Cedar Rapids Prairie
Jess Christensen	Sr.	Harlan, Iowa/Harlan
Tricia Davis	Sr.	Fort Madison, Iowa/Fort Madison
Ashley Drogo	Jr.	Red Oak, Iowa/Griswold
Steph Eide	Sr.	Radcliffe, Iowa/Hubbard-Radcliffe
Catie Ellingson	Jr.	Indianola, Iowa/Indianola
Erin Guzman	So.	Traer, Iowa/North Tama
Sarah Hammel	Sr.	Dorchester, Iowa/Waukon
Alyssa Hedrick	Sr.	Council Bluffs, Iowa/Jefferson
Alyssa Henderson	Fr.	Ames, Iowa/South Hamilton
Courtney Licht	So.	Dallas Center, Iowa/Dallas Center-Grimes
Signe Mayland	So.	Buffalo Center, Iowa/North Iowa
Maddy McAreavy	Fr.	Holstein, Iowa/Galva-Holstein
Victoria Osborne	Fr.	Goodyear, Arizona/Millennium
Molly Rhodes	Fr.	Des Moines, Iowa/North
Kristin Simpson	Sr.	Jefferson, Iowa/Jefferson-Scranton
Rachel Smith	So.	Marion, Iowa/Marion
Emily Tripp	So.	Boone, Iowa/Boone

Head Coach: Brad Hofer (3rd season)

Wartburg College "Knights" Waverly, Iowa



Men

Name	Yr.	Hometown / High School
Luke Appleton	Sr.	Prescott, Wis./Prescott
Brad Bogardus	Jr.	Council Bluffs, Iowa/Iowa State
Steve Bruxvoort	Fr.	Mitchellville, Iowa/Southeast Polk
Parker Comentino	Fr.	Nora Springs, Iowa/Rockford Senior
Joel Francis	Sr.	Waseca, Minn./Waseca
Ben Hackbart	Jr.	Plymouth, Minn./Plymouth
Jordan Hochstetler	Fr.	Kalona, Iowa/Iowa Mennonite
Josh Hones	Fr.	Pella, Iowa/Pella
Patrick Huff	Fr.	Waverly, Iowa/Waverly-Shell Rock
Erik Jolivet	Fr.	Garner, Iowa/Garner-Hayfield
Nick Lee	Jr.	Cedar Rapids, Iowa/Prairie
Tanner Linden	So.	Polk City, Iowa/North Polk
Aaron Monroe	So.	Newton, Iowa/Newton
Matt Moore	So.	Iowa City, Iowa/West
Grant Moser	So.	Wapello, Iowa/Wapello
Jeffrey Murray	So.	Keokuk, Iowa/Keokuk
Nick Ohrt	So.	Tipton, Iowa/Tipton
Jordan Paulus	Sr.	Rockford, Iowa/Senior
Tim Reisner	So.	Powell, Wyo./Park County
Jon Stover	Jr.	Humboldt, Iowa/Humboldt
Jon Sturm	So.	Shenandoah, Iowa/Shenandoah
Sam Sturtz	So.	Waterloo, Iowa/West
Jake Sutton	Fr.	West Des Moines, Iowa/Valley
Logan Swarts	Fr.	Marshalltown, Iowa/Marshalltown
Josh Trueblood	Fr.	Bettendorf, Iowa/Bettendorf
Shane Warehime	Fr.	Gowrie, Iowa/Prairie Valley
Gabriel Williams	Fr.	Roland, Iowa/Roland-Story

Women

Name	Yr.	Hometown / High School
Arielle Brown	Fr.	Ottumwa, Iowa/Ottumwa
Renata Bryson	Jr.	Amana, Iowa/Clear Creek-Amana
Nicole Calabrese	Sr.	Spring Valley, Minn./Kingsland
Emily Eimers	So.	Lone Rock, Iowa/Algona
Elissa Hageman	So.	Fort Atkinson, Iowa/Turkey Valley
Abby Hanson	Sr.	Forest City, Iowa/Forest City
Anna Kraayenbrink	Sr.	Sioux Center, Iowa/Sioux Center
Amanda Kuiken	Sr.	Fairfield, Iowa/Fairfield
Jennifer Kuiken	Sr.	Fairfield, Iowa/Fairfield
Emily Long	Jr.	Webster City, Iowa/Webster City
Nikki Newbrough	Sr.	Montour, Iowa/East Marshall
Amanda Paige	Sr.	Dubuque, Iowa/Hempstead
Sarah Ritchie	So.	Cedar Rapids, Iowa/Jefferson
Erin Seymour	Fr.	Peosta, Iowa/Western Dubuque
Laura Sigmund	So.	Stanhope, Iowa/South Hamilton
Alexis Spain	Fr.	Castalia, Iowa/Valley Community
Lori Tlach	Jr.	Britt, Iowa/West Hancock
Kelsey VanderWerf	Sr.	Charles City, Iowa/Charles City
Audrey Weidman	So.	Council Bluffs, Iowa/St. Albert
Brendelyn White	Sr.	Roland, Iowa/Roland-Story
Kirsten Youngberg	Fr.	Pocahontas, Iowa/Pocahontas Area

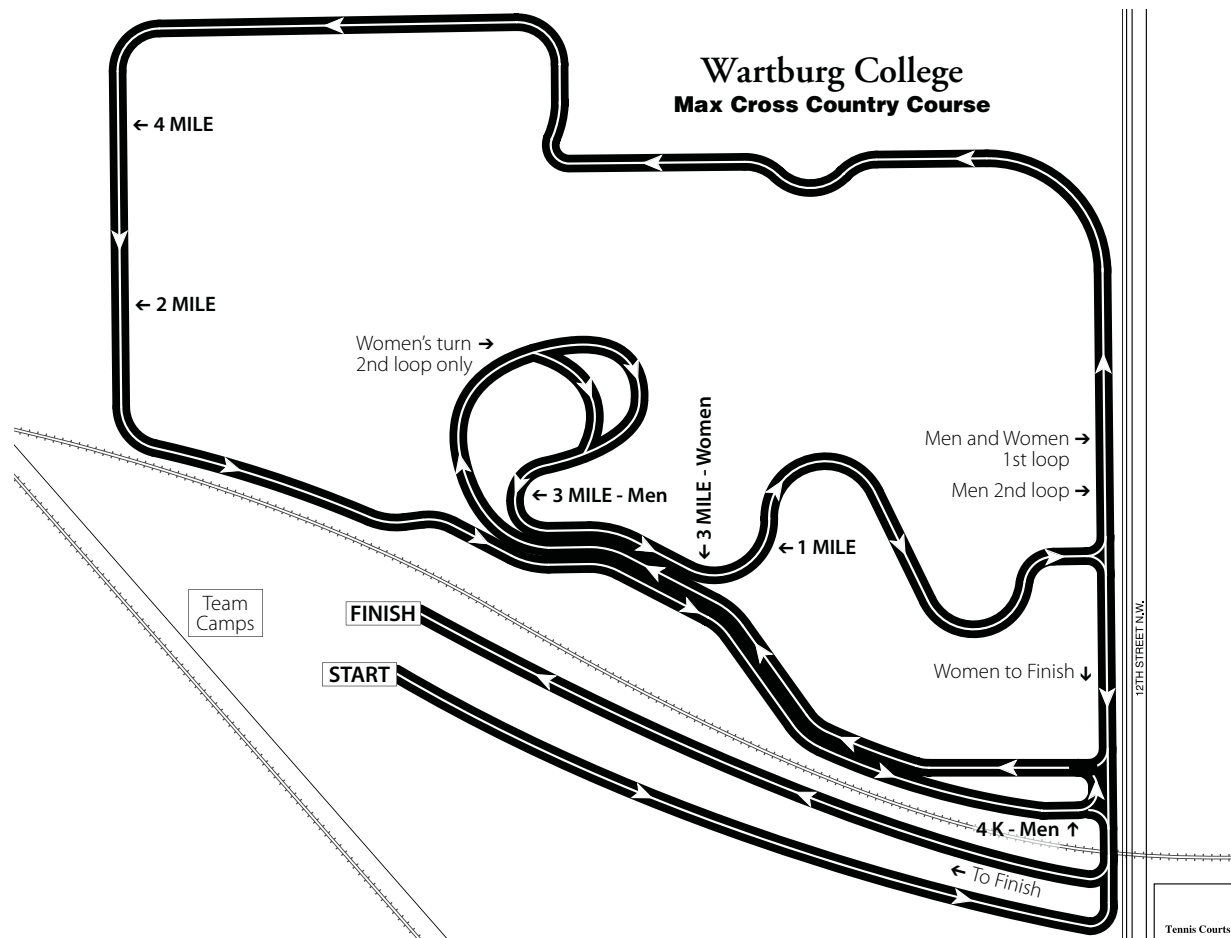
Head Coach: Steve Johnson (21st season)



**Wartburg College
2008 Women's Champion**



**Luther College
2008 Men's Champion**



2008 Iowa Conference Cross Country Championships
at Lake Creek Country Club, Storm Lake, hosted by Buena Vista University
November 1, 2008

Most Valuable Runners

M—Brian Chenoweth, Wartburg
W—Mary Bridget Corken, Loras

Coaches of the Year

M—Steve Pasche, Luther
W—Steve Johnson, Wartburg

		Women							
		Team Scoring							
Fin.	School	Pts.	1	2	3	4	5	6	7
1	Wartburg	28	2	5	6	7	8	12	24
2	Luther	49	3	9	10	11	16	17	21
3	Loras	90	1	18	20	23	28	36	38
4	Central	109	15	19	22	26	27	37	39
5	Simpson	136	14	29	30	31	32	33	43
6	Cornell	147	4	25	34	40	44	45	50
7	Coe	177	13	35	41	42	46	47	48
8	Dubuque	267	49	51	52	56	59	--	--
9	Buena Vista	277	53	54	55	57	58	--	--

		Men							
		Team Scoring							
Fin.	School	Pts.	1	2	3	4	5	6	7
1	Luther	48	2	9	10	13	14	15	21
2	Loras	59	3	7	12	18	19	20	23
3	Coe	67	4	8	11	16	28	37	41
4	Simpson	81	5	6	17	24	29	36	40
5	Wartburg	114	1	25	26	30	32	33	34
6	Central	170	22	31	35	38	44	45	48
7	Cornell	208	27	39	46	47	49	50	51
8	Dubuque	255	42	43	54	57	59	61	62
9	Buena Vista	274	52	53	55	56	58	60	63

All-Iowa Conference			Top 15 at IIAC Championship	
1	Mary Bridget Corken	Loras.....	20:25.72	
2	Anna Kraayenbrink	Wartburg.....	20:35.89	
3	Janet Dobyns	Luther.....	20:59.94	
4	Rachelle Hawkins	Cornell.....	21:15.38	
5	Emily VanOosbree	Wartburg.....	21:18.84	
6	Jennifer Kuiken	Wartburg.....	21:22.18	
7	Amanda Kuiken	Wartburg.....	21:25.91	
8	Lori Tlach	Wartburg.....	21:29.84	
9	Elise Bennett	Luther.....	21:30.46	
10	Becky Eckerman	Luther.....	21:33.61	
11	Flannery Cerbin	Luther.....	21:35.59	
12	Brendelyn White	Wartburg.....	21:36.21	
13	Ashley Schnell	Coe.....	21:37.22	
14	Catie Ellingson	Simpson.....	21:39.26	
15	Jess Clark	Central.....	21:41.94	

All-Iowa Conference			Top 15 at IIAC Championship	
1	Brian Chenoweth	Wartburg.....	24:06.51	
2	David McKay	Luther.....	24:13.51	
3	John Fry	Loras.....	24:17.14	
4	Brad O'Neil	Coe.....	24:34.46	
5	Eric Osterhaus	Simpson.....	24:36.77	
6	Eric Patten	Simpson.....	24:45.62	
7	Greg Bell	Loras.....	24:47.05	
8	Ryan Schroeder	Coe.....	24:53.13	
9	Erik Johnson	Luther.....	24:54.56	
10	Shane Steele	Luther.....	24:55.50	
11	Lane Moser	Coe.....	24:58.63	
12	Alex Eischeid	Loras.....	24:59.19	
13	Kyle Buck	Luther.....	24:59.93	
14	Jordan Lang	Luther.....	25:00.20	
15	Drew Burmahl	Luther.....	25:00.88	



**NCAA Division III
Central Region Championships**
November 14, 2009 • Oakland Acres Golf Course
Oakland Acres, Iowa • Grinnell College, host

**NCAA Division III
Cross Country Championships**
November 21, 2009 • Highland Park G.C.
Highland Hills, Ohio • Baldwin-Wallace College, host

Championship Administration

Meet Director.....Ben Carlson, Wartburg
Games Committee.....Nick Maas, Buena Vista
Steve Johnson, Wartburg
Matthew Hayes, Dubuque
Chuck Yrigoyen, Iowa Conference
IIAC Director of Information.....Joshua Schroeder