



2005 Bearcat Cross Country



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Northwest Cross Country Prepares for Concordia Invitational

2005 Cross Country Schedule

Date	Meet	Location	Time/Result
Sept. 3	CU/UNO Invitational (Women)	Omaha, Neb.	4th
	Alumni Meet (Men)	Maryville, Mo.	N/A
Sept. 9	CMSU Mule Run	Warrensburg, Mo.	M-5th/W-5th
Sept. 17	Woody Greeno/UNL Invite	Lincoln, Neb.	M-19th/W-19th
Sept. 24	Dean White Invitational (Men)	Crete, Neb.	2nd
Oct. 1	Loyola Lakefront Invite (Women)	Chicago, Ill.	8th
Oct. 8	Concordia Invitational	Seward, Neb.	10:00 A.M.
Oct. 22	MIAA Championships	Pittsburg, Kan.	10:30 A.M.
Nov. 5	NCAA South Central Regionals	Abilene, Tex.	TBA
Nov. 19	NCAA D-II Championships	Ponoma, Calif.	TBA

All Times CST

Home meets in **BOLD** held on Northwest Missouri State campus

Quick Facts

Name of School: Northwest Missouri State University
City/Zip: Maryville, MO 64468
Founded: 1905
Enrollment: 6,350
Nickname: Bearcats
Colors: Forest Green and White
Affiliation: NCAA Division II
Conference: Mid-America Intercollegiate Athletics Association (MIAA)
President: Dr. Dean L. Hubbard
Director of Athletics: Dr. Bob Boerigter
Office Manager: Michele Steinmeyer
Athletic Phone: 660-562-1713
Tickets Phone: 660-562-1212
Website: www.NorthwestBearcats.com
Home Course: Mozingo Golf Course
Men's Head Coach: Richard Alsup
Years at School: 29
Men's Assistant: Ed Hart
Men's MIAA Championships: 1 total
Women's Head Coach: Scott Lorek
Years at School: 2
Women's Assistant: Shelley Lorek
Women's MIAA Championships: 3 total

Athletic Media Relations

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This Week in Cross Country

Both Northwest Missouri State Cross Country teams will travel to Seward, Neb., for the Concordia Invitational on Sat., Oct. 8, with races beginning at 10:00 A.M. The women are coming off of an eighth place finish in the Loyola Lakefront Invitational in Chicago, Ill., this past weekend. The men's team was off last weekend.

Women's Notes

Freshman **Anna O'Brien** (Easton, Mo.) finished 14th for the Bearcats in the Loyola Lakefront Invitational this past weekend, with a time of 19:08 in the 5K run. O'Brien has placed first for Northwest in all four events this season. She also holds the fourth fastest time in school history for a 6K race, when she ran 23:23 at the Woody Greeno/UNL Invite on Sept. 17. **Karah Spader** (York, Neb.) finished second for the Bearcats for the fourth time this season, finishing 47th overall with a time of 19:53 in Chicago, Ill., along with a 15th place finish at the CMSU Mule Run and 18th place finish at the CU/UNO Invitational. Senior **Heather Brokaw** (Lake St. Louis, Mo.) placed third for the Bearcats for the second time this season during the weekend, finishing 50th of 310 runners. Brokaw also finished 33rd overall and third for Northwest at the CMSU Mule Run (Sept. 9). The women's team placed eighth of 27 teams in the Loyola Invitational. The Bearcats are currently ranked eighth in the South Central Region of the Sept. 26 poll of the Division II Cross Country Coaches Association.

Men's Notes

Junior **Drew Wilson** (Stanton, Iowa) finished first overall in the Dean White Invitational on Sept. 24. His finish was good enough to earn him MIAA Runner of the Week honors for the week of Sept. 26. Wilson also finished 79th in the Woody Greeno/UNL Invite and 24th at the CMSU Mule Run. **Matt Pohren** (Omaha, Neb.) finished third overall and second for Northwest at Dean White, while also finishing 13th at the CMSU Mule Run (Sept. 9) and 65th at Woody Greeno (Sept. 17). **Brandon Dart** (Fremont, Neb.) finished third for Northwest and tenth overall in the Dean White Invite Sept. 24. The men's team finished second of four teams in Crete, Neb., on Sept. 24, missing out on first by seven points. The men's team is currently ranked ninth in the South Central Region of the Sept. 26 poll of the Division II Cross Country Coaches Association.

Coaching Staff

Men's head coach **Richard Alsup** is in his 29th year at Northwest Missouri State, while **Scott Lorek** logs his second year as head coach for the women's team.

Alsup led the Bearcats to the Great Lakes Regional Championship and a second place finish in the MIAA Championships in 1998, the first time Northwest had won a regional title in men's cross country. He was also awarded the MIAA Cross Country Coach of the Year in 1997, and MIAA Track and Field Coach of the Year three times. Lorek led the Bearcats to a sixth place finish at the MIAA Championships in his first year at Northwest.

Previously, Lorek worked at Western State (Colo.) as the head men's and women's track and field coach. At Western, he led the team to a second-place finish in the NCAA Division II Outdoor Championships in 2002, and finished third in 2004. He was named the Rocky Mountain Athletic Conference Women's Indoor and Outdoor Coach of the Year in 2001.

Before working at Western State, Lorek was the head men's and women's track and field/cross country coach at Wittenberg University in Ohio for two seasons. He was also an assistant coach at Butler University (Ind.) for one season in 1996-97, and the head women's track and field/cross country coach at the University of Idaho for 11 years.

Next Week

Both Northwest teams will be off after Concordia, as they prepare for the MIAA Championships in Pittsburg, Kan., on Oct. 22. Races are set to begin at 10:30 A.M.



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2005 Individual and Team Results

Race #1

**CU/UNO Invitational, Omaha, Neb.
- Sept. 6**

Women - 4th

- 9. Anna O'Brien (20:26.03)
- 18. Karah Spader (21:25.35)
- 31. Maggie McManigal (22:28.31)
- 33. Dia McKee (22:42.16)
- 35. Kristen Degase (23:00.71)
- 37. Emily Von Weihe (23:42.87)
- 38. Heather Brokaw (23:53.23)
- 42. Carly Reinoehl (24:28.13)
- 43. Krista Martine (24:51.40)
- 44. Lacey Jackson (25:02.78)
- 45. Megan Tinsley (25:08.88)
- 46. Jennifer Williams (25:21.58)
- 47. Kara Poehlman (25:32.95)

Race #2

**CMSU Mule Run, Warrensburg,
Mo. - Sept. 9**

Men - 5th, Women - 5th

• Men's Results

- 13. Matt Pohren (21.13.10)
- 22. Brandon Dart (21:38.92)
- 24. Drew Wilson (21:47.19)
- 34. Bryan Touney (22:00.29)
- 44. Austin Huerta (22:18.93)
- 57. Brad Sorenson (22:34.62)
- 62. Jeff Ritchie (22:43.81)
- 82. Devin McCall (23:26.77)
- 90. Anthony Davidson (23:59.03)

• Women's Results

- 5. Anna O'Brien (15:05.98)
- 15. Karah Spader (15:35.34)
- 33. Heather Brokaw (16:10.69)
- 34. Maggie McManigal (16:12.33)
- 49. Amanda Gray (16:49.03)
- 52. Emily Von Weihe (16:53.46)
- 54. Dia McKee (16:57.80)
- 62. Kristen Degase (17:27.16)
- 77. Carly Reinoehl (17:54.41)
- 81. Lacey Jackson (18:14.43)
- 85. Krista Martine (18:32.43)
- 91. Megan Tinsley (18:48.81)
- 94. Jennifer Williams (18:58.70)

Race #3

**Woody Greeno/UNL Invite, Lincoln,
Neb. - Sept. 17**

Men - 19th, Women - 19th

• Men's Results

- 65. Matt Pohren (27:06)
- 79. Drew Wilson (27:16)
- 111. Brandon Dart (27:39)
- 151. Bryan Touney (28:10)
- 203. Brad Sorenson (29:05)
- 211. Devin McCall (29:12)
- 295. Anthony Davidson (31:51)
- 300. Austin Huerta (32:14)

• Women's Results

- 35. Anna O'Brien (23:23)
- 70. Karah Spader (24:08)
- 94. Maggie McManigal (24:35)
- 161. Dia McKee (25:43)
- 178. Kristen Degase (26:03)
- 204. Emily Von Weihe (26:35)
- 228. Carly Reinoehl (27:16)
- 229. Amanda Gray (27:18)
- 237. Lacey Jackson (27:42)
- 242. Kara Poehlman (27:57)
- 247. Krista Martine (28:15)
- 251. Jennifer Williams (28:26)
- 252. Megan Tinsley (28:36)

Race #4

**Dean White Invite, Crete, Neb.
- Sept. 24**

Men - 2nd

- 1. Drew Wilson (26:22.86)
- 3. Matt Pohren (26:44.96)
- 10. Brandon Dart (28:05.22)
- 12. Austin Huerta (28:28.51)
- 13. Jeff Kangar (28:31.91)
- 14. Devin McCall (28:40.57)
- 19. Daniel Pescador (29:30.21)
- 23. Anthony Davidson (30:45.27)

Race #5

**Loyola Lakefront Invite, Chicago,
Ill. - Oct. 1**

Women - 8th

- 14. Anna O'Brien 19:08

47. Karah Spader 19:53

50. Heather Brokaw 19:54

68. Maggie McManigal 20:17

96. Dia McKee 20:42

131. Amanda Gray 21:30

148. Emily Von Weihe 21:44

155. Kristen Degase 21:50

203. Carly Reinoehl 22:56

239. Lacey Jackson 23:39

2005 Men's Roster

Name	Year	Hometown
Brandon Dart	Fr.	Fremont, Neb.
Anthony Davidson	So.	Grant City, Mo.
Asrat Geleta	Fr-RS	Waco, Tex.
Jeremy Gomez	Fr-RS	Kansas City, Mo.
Austin Huerta	Fr.	Mesa, Ariz.
Eric Isley	Jr.	Pleasantville, Iowa
Jeff Kangar	So.	Omaha, Neb.
Devin McCall	Jr.	High Ridge, Mo.
Daniel Pescador	Jr-RS	Chandler, Ariz.
Matt Pohren	Jr.	Omaha, Neb.
Jeff Ritchie	Fr.	Bedford, Iowa
Brad Sorenson	Fr.	Clarinda, Iowa
Brad Trede	Sr.	Treynor, Iowa
Bryan Touney	Jr.	Lake Lotawana, Mo.
Drew Wilson	Jr.	Stanton, Iowa

2005 Women's Roster

Name	Year	Hometown
Heather Brokaw	Sr.	Lake St. Louis, Mo.
Kristen Degase	Fr.	Maryville, Mo.
Amanda Gray	Fr.	Rock Port, Mo.
Kim Homan	Jr.	Lee's Summit, Mo.
Lacey Jackson	Jr.	Emerson, Iowa
Julie Kreikemier	Sr.	Vichy, Mo.
Krista Martine	So.	Liberty, Mo.
Dia McKee	Sr.	O'Fallon, Mo.
Maggie McManigal	Fr.	Colorado Springs, Colo.
Anna O'Brien	Fr.	Easton, Mo.
Kara Poehlman	Jr.	Kansas City, Mo.
Carly Reinoehl	Fr.	Kansas City, Mo.
Cassie Sherlock	Fr-RS	Murray, Neb.
Karah Spader	So.	York, Neb.
Megan Tinsley	Fr.	Liberty, Mo.
Emily Von Weihe	So.	Treynor, Iowa
Jennifer Williams	Jr.	Columbus, Neb.



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Northwest Cross Country Records

Women's 5K

Athlete	Time	Course	Year
1. Kathy Kearns	17:33	Rim Rock, Kan.	1996
2. Heidi Metz	17:34	Rim Rock, Kan.	1996
3. Renata Eustice	18:14	Joplin, Mo.	1995
4. Lindsey Borgstadt	18:22	Kenosha, Wis.	1997
5. Carrie Sindelar	18:23	Joplin, Mo.	1995
6. Ronda Cheers	18:31	St. Louis, Mo.	2000
7. Gina Gelatti	18:41	St. Louis, Mo.	2000
8. Jen Miller	18:46	Kenosha, Wis.	1997
9. Megan Carlson	18:49	St. Louis, Mo.	1999
10. Renee Stains	18:53	Joplin, Mo.	1993

Men's 6K

Athlete	Time	Course	Year
1. Robby Lane	18:47	Mozingo Lake	1996
2. Don Ferree	18:53	Mozingo Lake	1996
3. Bryce Good	19:09	Bearcat Classic	1999
4. Mike Ostreko	19:21	Bearcat Classic	1999
5. Kenrick Sealy	19:27	Buxton Invite	1991
6. Chad Fowler	19:33	Bearcat Classic	2003
7. Jamison Phillips	19:34	CMSU Mule Run	2003
8. Matt DiPretore	19:38	Bearcat Classic	1999
9. John Heil	19:47	CMSU Mule Run	2003
10. Brad Chellew	19:55	Bearcat Classic	2000

Women's 6K

Athlete	Time	Course	Year
1. Megan Carlson	23:10	Hillsdale, Mich.	1998
2. Dia McKee	23:12	Joplin, Mo.	2002
3. Ashley Grosse	23:22.7	Joplin, Mo.	2004
4. Anna O'Brien	23:23	Lincoln, Neb.	2005
5. Lindsey Borgstadt	23:28	Hillsdale, Mich.	1998
6. Karah Spader	23:29.2	Joplin, Mo.	2004
7. Rebecca Glassel	23:32	Rolla, Mo.	1999
8. Ashley Grosse	23:42	Commerce, Tx.	2003
9. Ashley Grosse	23:49	Kirksville, Mo.	2003
10. Ashley Grosse	23:53	Joplin, Mo.	2001

Men's 8K

Athlete	Time	Course	Year
1. John Wellerding	24:13	Tarkio Golf Course	1975
2. Brad Ortmeier	24:17	Notre Dame Inv.	1984
3. Vernon Darling	24:21	Tarkio Golf Crs.	1975
4. Kenrick Sealy	24:25	JCCC Invite	1991
5. Jason White	24:34	SMSU Invite	1989
6. Brad Ortmeier	24:37	Notre Dame Invite	1984
7. Jim Ryan	24:42	Kenosha, Wis.	1982
8. Dave Montgomery	24:46	Nodaway Lake	1978
9. Rob Finegan	24:47	Tarkio Golf Course	1988
10. Rusty Adams	24:48	Notre Dame Invite	1984

Men's 10K

Athlete	Time	Course	Year
1. Vernon Darling	30:55	Nodaway Lake	1978
2. Jim Ryan	31:03	Kenosha, Wis.	1983
3. Dave Montgomery	31:17	Riverside, Calif.	1979
3. Kenrick Sealy	31:17	Edwardsville, Ill.	1992
5. Rob Finegan	31:18	Cape Girardeau	1990
6. Brad Ortmeier	31:45	Kenosha, Wis.	1983
7. John Heil	31:50	Commerce, Tex.	2003
7. Mark Davis	31:50	Nodaway Lake	1981
9. Robby Lane	32:00	Kenosha, Wis.	1997
10. Tim Kinder	32:11	Nodaway Lake	1981