



2005 Bearcat Cross Country



Cross Country Contact - Jared Verner • s260440@mail.nwmissouri.edu • 660.562.1118

Northwest Travels to Abilene, Tex., for NCAA Division II Regional Meet

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.	M-2nd/W-3rd
Oct. 22	MIAA Championships	Pittsburg, Kan.	M-3rd/W-6th
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
 Athletics Fax: 660-562-1493
 Tickets Phone: 660-562-1212
 Website: www.NorthwestBearcats.com
 Home Course: Mzingo 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

Director: Chad Waller
 Waller's e-mail: cwall@mail.nwmissouri.edu
 SID Office Phone: 660-562-1118
 Home Phone: 218-766-0159
 Cell Phone: 660-562-8868
 Graduate Assistant: Tony Black
 Black's e-mail: s267326@mail.nwmissouri.edu
 Black's Cell Phone: 913-269-6299
 Cross Country Contact: Jared Verner
 Verner's e-mail: s260440@mail.nwmissouri.edu
 SID Fax: 660-562-1582

This Week in Cross Country

Both Northwest Missouri State Cross Country teams will travel Sat., Nov. 5, to Abilene, Tex., for the NCAA Division II South Central Regional meet. Both teams competed last Saturday in the MIAA Championships in Pittsburg, Kan., with the men's team finishing third and the women finishing sixth.

Women's Notes

Anna O'Brien (Easton, Mo.) finished 11th at the MIAA Championship Meet, running the 6K course in 22:41.1, a new school record for times in the 6K run. O'Brien also finished 35th at the Woody Greeno/UNL Invite, running the 6K race in 23:23, a time that currently is seventh fastest in school history. Sophomore **Karah Spader** (York, Neb.) finished 17th in last week's meet, running 22:59.8, placing second in the school record list for times in the 6K. O'Brien and Spader have finished first and second, respectively, in all six races this season. **Heather Brokaw** (Lake St. Louis, Mo.) finished third for Northwest in Pittsburg, Kan., running 23:14.2, and earning the fifth fastest time in the all-time list for the 6K run. To date, four new times have been added to the 6K top-ten list this season. The women's team was also ranked ninth in the Oct. 10 poll of the South Central Region, as compiled by the Division II Cross Country Coaches Association.

Men's Notes

Matt Pohren (Omaha, Neb.) finished sixth overall in the conference meet last Saturday, running the 8K course in 25:41.9, while posting his fourth top-ten overall finish. Pohren has finished first the Bearcats in four races this season. Junior **Drew Wilson** (Stanton, Iowa) finished eighth overall and second for Northwest, running 25:15.5, Wilson earned MIAA Runner of the Week honors for the week of Sept. 26 for his first place overall finish at the Dean White Invite on Sept. 24. **Brandon Dart** (Fremont, Neb.) finished 12th at the MIAA Championships and third for Northwest, crossing the finish line in 26:02.8. The third place team finish for Northwest was their highest in the MIAA Championship Meet since they placed second in 1998. The men's team was also ranked seventh in the South Central Region of the Oct. 10 poll of the Division II Cross Country Coaches

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 2004 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 worked in coaching positions at Wittenberg (Ohio) University for two seasons, Butler (Ind.) University for one season, and at the University of Idaho for 11 years.

Next Meet

If a runner from Northwest qualifies, they will travel to Ponoma, Calif., for the NCAA Division II Championships on Nov. 19. To qualify, all runners of the top three men's team and the top two women's teams will advance to the championships, as well the next two individual runners not on a qualifying team. If an individual places in the top five, and is not a member of one of the qualifying teams or not one of the top two runners, they will also qualify for the national meet.



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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 Invitational, 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

Race #6

Concordia Invitational, Seward, Neb. - Oct. 8

Men - 2nd, Women - 3rd

• Men's Results

- 6. Matt Pohren (26:41)
- 9. Brandon Dart (27:04)
- 10. Austin Huerta (27:28)
- 12. Bryan Touney (27:40)
- 20. Jeff Kanger (28:04)
- 23. Devin McCall (28:12)
- 30. Brad Sorenson (28:41.78)
- 38. Anthony Davidson (30:13)

• Women's Results

- 6. Anna O'Brien (19:36)
- 7. Karah Spader (19:37)
- 14. Maggie McManigal (20:31)
- 17. Dia McKee (20:34.99)
- 26. Amanda Gray (21:41)
- 29. Emily Von Weihe (21:54)
- 30. Kristen Degase (22:09)
- 31. Krista Martine (22:25)
- 32. Carly Reinoehl (22:33)
- 35. Lacey Jackson (23:16)
- 36. Megan Tinsley (23:22)
- 37. Jennifer Williams (23:26)

Race #7

MIAA Championships, Pittsburg, Kan - Oct. 22

Men - 3rd, Women - 6th

• Men's Results

- 6. Matt Pohren (25:41.9)
- 8. Drew Wilson (25:51.5)
- 12. Brandon Dart (26:02.8)
- 22. Jeff Kanger (26:35.8)
- 25. Bryan Touney (26:52.1)
- 28. Austin Huerta (27:03.9)
- 40. Devin McCall (27:26.6)
- 45. Jeff Ritchie (27:58.7)
- 49. Brad Sorenson (28:30.7)
- 52. Anthony Davidson (29:11.6)

• Women's Results

- 11. Anna O'Brien (22:41.1)
- 17. Karah Spader (22:59.8)
- 23. Heather Brokaw (23:14.3)
- 37. Dia McKee (23:57.4)
- 44. Maggie McManigal (24:18.4)
- 49. Amanda Gray (25:07.1)
- 52. Krista Martine (26:11.1)
- 53. Emily VonWeihe (26:21.7)
- 54. Kristen Degase (26:31.4)
- 55. Carly Reinoehl (25:51.0)

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.	Pleaseantville, 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. Anna O'Brien	22:41.1	Pittsburg, Kan.	2005
2. Karah Spader	22:59.8	Pittsburg, Kan.	2005
3. Megan Carlson	23:10	Hillsdale, Mich.	1998
4. Dia McKee	23:12	Joplin, Mo.	2002
5. Heather Brokaw	23:14.3	Pittsburg, Kan	2005
6. Ashley Grosse	23:22.7	Joplin, Mo.	2004
7. Anna O'Brien	23:23	Lincoln, Neb.	2005
8. Lindsey Borgstadt	23:28	Hillsdale, Mich.	1998
9. Karah Spader	23:29.2	Joplin, Mo.	2004
10. Rebecca Glassel	23:32	Rolla, Mo.	1999

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