



# 2006 Bearcat Cross Country



Cross Country Contact - Caitlin Jeske • s202172@nwmissouri.edu • 660.562.1118

## Northwest Men Head to St. Paul, Minn., for Roy Griak Invitational

### 2006 Cross Country Schedule

Date	Meet	Location	Time/Result
Sept. 2	Alumni Meet (Men)	Maryville, Mo.	N/A
Sept. 8	CMSU Mule Run	Warrensburg, Mo.	M-2nd/W-6th
Sept. 16	Woody Greeno/UNL Invite	Lincoln, Neb.	M-T5th/W-9th
Sept. 23	Roy Griak Invitational (Men)	St. Paul, Minn.	10:00 A.M.
Sept. 30	Rhodes Invitational (Women)	Memphis, Tenn	9:45 A.M.
Oct. 7	Coyote Invitational	Vermillion, S.D.	10:30 A.M.
Oct. 21	MIAA Championships	Bollivar, Mo.	10:00 A.M.
Nov. 4	NCAA South Central Regionals	Warrensburg, Mo.	TBA
Nov. 18	NCAA D-II Championships	Pensacola, Fla.	TBA

All Times CST

Home games in BOLD held on Northwest Missouri State campus

### General Information

Name of School: ... Northwest Missouri State University  
City/Zip: ..... Maryville, MO 64468  
Founded: ..... 1905  
Enrollment: ..... 6,400  
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

### Athletic Media Relations

Director: ..... Chad Waller  
Waller's e-mail: ..... cwall@nwmissouri.edu  
SID Office Phone: ..... 660-562-1118  
Home Phone: ..... 218-766-0159  
Cell Phone: ..... 660-562-8868  
Graduate Assistant: ..... Chad Zutter  
Zutter's e-mail: ..... s203477@nwmissouri.edu  
Zutter's Cell Phone: ..... 715-379-9089  
Media Relations Assistant: ..... Jared Verner  
Verner's email: ..... s260440@nwmissouri.edu  
Verner's Cell Phone: ..... 660-853-8092  
Cross Country Contact: ..... Caitlin Jeske  
Jeske's e-mail: ..... s202172@nwmissouri.edu  
SID Fax: ..... 660-562-1582

### This Week in Cross Country

Just the men will be in action for the Northwest Missouri State cross country teams with a showing at the Roy Griak Invitational in St. Paul, Minn. on Sat., Sept. 23. The women's team will have the week off and prepare to go to Memphis Tenn., for the Rhodes Invitational on Sept. 30th.

### Women's Notes

Sophomore **Anna O'Brien** ran the 6K race in 24:09.20, good for 29th overall. She was first on the team for the ninth consecutive time, dating back to the beginning of her freshman season. Junior **Karah Spader** was 46th with a clocking of 24:48.95. The women took ninth overall out of 22 teams in the college division with 229 points.

### Men's Notes

The men are coming off a top-five team effort at the Woody Greeno/Nebraska Invitational last Saturday, hosted by the University of Nebraska. Northwest had two runners finish in the front 50 out of more than 250 runners in the 8K race. Senior **Matt Pohren** was the top Bearcat runner in 18th-place (26:48.10) while senior **Drew Wilson** took 33rd (27:23.45).

The Bearcat men are also enjoying their third consecutive week in regional rankings released by the United States Track and Field/Cross Country Coaches Association. Northwest is ranked fifth in the latest poll released on Sept. 19.

### Coaching Staff

Men's head coach **Richard Alsup** is entering his 30th year at Northwest Missouri State, while **Scott Lorek** enters his third 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 Meet

The Northwest men will take the week off as the women head to Memphis, Tenn., for the Rhodes Invitational. Start time is scheduled for 9:45 a.m.



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## 2006 Individual and Team Results

### Race #1 - Sept. 8

#### Central Missouri State Mule Run

#### Warrensburg, Mo.

##### • Men 4 Mile - 2nd

- 5. Matt Pohren (20:26.25)
- 9. Drew Wilson (20:39.48)
- 12. Brandon Dart (20:48.79)
- 22. Bichok Deng (21:10.37)
- 57. Jesse Sewell (22:22.29)
- 73. Jeff Ritchie (22:43.72)
- 83. Austin Huerta (23:04.53)
- 88. Ryan Gates (23:20.16)
- 99. Anthony Davidson (23:34.46)
- 128. Alex Oliver (25:30.21)

##### • Women 2.5 Mile - 6th

- 8. Anna O'Brien (15:04.45)
- 19. Karah Spader (15:26.46)
- 41. Jennifer Dittburner (15:57.86)
- 56. Anne Benedict (16:29.38)
- 64. Jane Bowness (16:45.11)
- 68. Blair Sample (16:54.12)
- 69. Maggie McManigal (16:54.50)
- 77. Kimberly Eversgerd (17:10.05)
- 78. Amanda Gray (17:13.28)
- 82. Kim Homan (17:25.82)
- 83. Mandee Johnson (17:28.69)
- 98. Tennille Shearer (18:14.39)
- 103. Megan Tinsley (18:33.42)

### Race #2 - Sept. 16

#### Woody Greeno/UNL Invitational

#### Lincoln, Neb.

##### • Men 8K - T-5th

- 18. Matt Pohren (26:48.10)
- 33. Drew Wilson (27:23.45)
- 52. Bichok Deng (27:50.40)
- 61. Brandon Dart (28:04.30)
- 125. Auston Huerta (29:08.30)
- 172. Brad Sorensen (30:07.50)
- 187. Jeff Ritchie (30:28.50)
- 219. Anthony Davidson (31:12.15)
- 229. Ryan Gates (31:31.45)
- 234. Jesse Sewell (31:45.35)
- 276. Alex Oliver (34:36.65)

##### • Women 6K - 9th

- 29. Anna O'Brien (24:09.20)
- 46. Karah Spader (24:48.95)
- 75. Jennifer Dittburner (25:23.50)
- 106. Maggie McManigal (26:08.50)
- 143. Anne Benedict (27:00.10)
- 156. Kim Eversgerd (27:18.40)
- 171. Blair Sample (27:44.45)
- 175. Amanda Gray (27:51.95)
- 176. Mandee Johnson (27:54.30)
- 184. Kimberly Homan (28:19.25)
- 202. Jane Bowness (28:59.50)
- 214. Megan Tinsley (29:38.10)
- 222. Tennille Shearer (30:26.85)

### 2006 Men's Roster

Name	Year	Hometown
Brandon Dart	Jr.	Fremont, Neb.
Anthony Davidson	So.	Grant City, Mo.
Bichok Deng	Jr.	Marshalltown, Iowa
Ryan Gates	Fr.	Neosho, Mo.
Asrat Geleta	So.	Waco, Tex.
Austin Huerta	So.	Mesa, Ariz.
Patrick Hughes	Fr.	Lorton, Va.
Eric Isley	Sr.	Pleasantville, Iowa
Jeff Kanger	RS.	Omaha, Neb.
Alex Oliver	Jr.	Woodbine, Iowa
Elliot Perkins	Fr.	LaVista, Neb.
Matt Pohren	Sr.	Omaha, Neb.
Jeff Ritchie	So.	Bedford, Iowa
Jesse Sewell	So.	St. Ambrose, Iowa
Brad Sorensen	So.	Clarinda, Iowa
Drew Wilson	Jr.	Stanton, Iowa

### 2006 Women's Roster

Name	Year	Hometown
Anne Benedict	Fr.	St. Joseph, Mo.
Jane Bowness	Fr.	Steelville, Mo.
Kristen Degase	So.	Maryville, Mo.
Jennifer Dittburner	Fr.	Scottsdale, Ariz.
Kim Eversgard	Fr.	Wathena, Kans.
Amanda Gray	So.	Rock Port, Mo.
Mandee Johnson	Fr.	Lawson, Mo.
Kim Homan	Jr.	Lee's Summit, Mo.
Maggie McManigal	So.	Colorado Springs, Colo.
Anna O'Brien	So.	Easton, Mo.
Carly Reinoehl	So.	Kansas City, Mo.
Bair Sample	Fr.	St. Joseph, Mo.
Karah Spader	Jr.	York, Neb.
Megan Tinsley	So.	Liberty, Mo.