



2006 Bearcat Cross Country



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Northwest Women head to Memphis Tenn., for the Rhodes 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.	17th
Sept. 30	Rhodes Invitational (Women)	Memphis, Tenn	9:45 A.M.
Oct. 6	Coyote Invitational	Vermillion, S.D.	4:00 P.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
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This Week in Cross Country

Just the women will be in action for the Northwest Missouri State cross country teams with a showing at the Rhodes Invitational, in Memphis Tenn. on Sat., Sept. 30. The men's team will have the week off and prepare to go to the Coyote Invitational in Vermillion, S.D. on Oct. 6.

Women's Notes

Sophomore **Anna O'Brien** ran the 6K race in 24:09.20, good for 29th overall, at the Woody Greeno/UNL Invite on Sept. 16. 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 from a top-20 finish at the Roy Griak Cross Country Invitational, hosted by the University of Minnesota. Northwest had two runners finish in the top 80 out of the 509 participants in the 8K race. Senior **Matt Pohren** was the top Bearcat runner in 41st-place (26:56) while senior **Drew Wilson** took 80th-place (27:23). The men took 17th place overall out of 52 teams with 574 points.

The Bearcat men are also enjoying their fourth consecutive week in regional rankings released by the United States Track and Field/Cross Country Coaches Association. Northwest is ranked sixth in the latest poll released on Sept. 26.

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 and women travel to Vermillion, S.D. for the Coyote Invitational on Oct. 6 which is scheduled to start at 4:00 P.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)

Race #3 (Men) - Sept. 23

Roy Griak Invitational St. Paul, Minn.

• Men 8K - 17th

- 41. Matt Pohren (26:55.15)
- 80. Drew Wilson (27:22.15)
- 88. Bichok Deng (27:31.80)
- 124. Brandon Dart (27:57.80)
- 241. Auston Huerta (29:22.35)
- 271. Brad Sorensen (29:52.65)
- 280. Ryan Gates (30:03.45)
- 358. Jeff Ritchie (30:09.80)
- 396. Jesse Sewell (30:46.70)
- 424. Anthony Davidson (31:25.95)

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.	La Vista, 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.