



2006 Bearcat Cross Country



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Northwest heads to Vermillion, S.D. for the Coyote 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	2nd
Oct. 6	Coyote Invitational	Vermillion, S.D.	4:00 P.M.
Oct. 21	MIAA Championships	Bolivar, 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

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This Week in Cross Country

Both Northwest Missouri State University cross country teams will be traveling to Vermillion, S.D., for the Coyote Invitational hosted by the University of South Dakota on Oct. 6. The meet is scheduled to start at 4:00 P.M. at the Don Baker Memorial Cross Country Course.

Women's Notes

The women enjoyed a second-place finish last week at the Rhodes Invitational in Memphis, Tenn. The top Northwest runners took first and third place in the 5k out of the 95 participants. The top runner for Northwest was sophomore **Anna O'Brien** who took first place (19:07) while junior **Karah Spader** took third place (19:19).

O'Brien is the first women's cross country athlete to win a meet since Lindsey Borgstadt won the Doane College Invitational on Sept. 26, 1998. The win marked O'Brien's tenth consecutive first-place finish among the Bearcat squad.

Men's Notes

The men are coming from a top-20 finish at the Roy Griak Cross Country Invitational (Sep. 23), 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 in his 30th year at Northwest Missouri State, while **Scott Lorek** is in 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 men and women will be heading to Bolivar, Mo., for the MIAA Championships on Oct. 21. Last year, the women finished in fifth place and the men finished in third place allowing both to advance to NCAA Regionals. The 2006 Regionals will take place on Nov. 4 in Warrensburg, Mo.



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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)

Race #3 (Women) - Sept. 30

Rhodes Invitational

Memphis, Tenn.

• Women 5k - 2nd

- 1. Anna O'Brien (19:07.10)
- 3. Karah Spader (19:19.52)
- 18. Jennifer Dittburner (20:43.64)
- 22. Kristen Degase (20:52.05)
- 26. Maggie McManigal (21:05.46)
- 30. Anne Benedict (21:21.37)
- 32. Jane Bowness (21:32.77)
- 39. Blair Sample (21:51.16)
- 40. Kim Eversgerd (21:51.86)
- 44. Amanda Grey (21:59.42)
- 46. Kim Homan (22:08.23)
- 52. Mandee Johnson (22:25.22)

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.