



# 2006 Bearcat Cross Country



Cross Country Contact - Nate Thompson • s260451@nwmissouri.edu • 660.562.1118

## Northwest prepares for the MIAA Championships

### 2006 Cross Country Schedule

Date	Meet	Location	Time/Result
Sept. 2	<b>Alumni Meet (Men)</b>	<b>Maryville, Mo.</b>	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.	N/A
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

The Northwest men's and women's cross country teams will be traveling to Bolivar, Mo. for the MIAA Championships on Saturday Oct. 21. The meet will be hosted by Southwest Baptist, and will take place at Bolivar Golf Course. The men are scheduled to start at 10:00 A.M. and the women are scheduled to start at 10:45 A.M.

### Women's Notes

At the Coyote Invitational, (Oct. 6) the women competed in the 5K course finishing with two runners in the top ten. Sophomore **Anna O'Brien** finished first among the women Bearcat runners which extends her streak to 11 straight meets. O'Brien finished in fifth place with a time of 19:19.54. Junior **Karah Spader** finished directly behind O'Brien in sixth place with a time of 19:25.15.

Going into the MIAA championships coach Scott Lorek gave a few words of about what he can expect, "I think this is going to be our best race of the year, we are going to compete very well".

### Men's Notes

The men competed in the 8K race two weeks ago at the Coyote Invitational. They finished very strongly with five runners placing in the top 12, including a second place individual finish. Senior **Matt Pohren** finished first among the men finishing second with a mark of 26:13.12. Junior **Bichok Deng** finished in seventh place with a time of 27:12.72.

In the latest USTFCCCA regional poll (Oct. 10), the Northwest men are currently ranked in sixth place. This is the fifth consecutive week that they have been ranked in the top ten.

Talking with coach Richard Alsop, he said that his expectations are mixed. "Number three runner, Drew Wilson, has a stress fracture and will not be running. On the bright side, my number 5-6 runner has been improving greatly and the team is ready as whole".

### Coaching Staff

Men's head coach **Richard Alsop** 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.

Alsop 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 cross country teams will be heading to Warrensburg, Mo. for the NCAA South Central Regionals on Saturday Nov. 4th. The meet will take place at the Keth Memorial Golf Course and will start at 10:00 A.M. for the men and 11:15 A.M. for the women.



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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)

### Race #4 - Oct. 6

#### Coyote Invitational Vermillion, S.D.

##### Men's Bearcat Finishers - 8K

- 2. Matt Pohren - 26:13.12
- 7. Bichok Deng - 27:12.72
- 8. Drew Wilson - 27:25.16
- 11. Auston Huerta - 28:19.74
- 12. Brandon Dart - 28:25.67
- 16. Brad Sorensen - 29:03.10
- 22. Anthony Davidson - 29:50.60
- 23. Jesse Sewell - 29:55.29
- 24. Ryan Gates - 30:09.08
- 27. Alex Oliver - 31:29.28

##### Men's Bearcat Finishers - 4K

- 6. Abraham Mayola - 15:19.13

##### Women's Bearcat Finishers - 5K

- 5. Anna O'Brien - 19:19.54
- 6. Karah Spader - 19:25.15
- 14. Jennifer Dittburner - 20:55.13
- 16. Blair Sample - 21:24.18
- 17. Jane Bowness - 21:34.04
- 18. Anne Benedict - 22:05.79
- 19. Amanda Gray - 22:09.19
- 21. Kim Eversgerd - 22:24.37
- 22. Kristen Degase - 22:35.83
- 23. Kim Homan - 22:44.75
- 24. Tennille Shearer - 23:22.33
- 26. Megan Tinsley - 23:48.64

### 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 Reinhoehl	So.	Kansas City, Mo.
Blair Sample	Fr.	St. Joseph, Mo.
Karah Spader	Jr.	York, Neb.
Megan Tinsley	So.	Liberty, Mo.