



# 2006 Bearcat Cross Country



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## Northwest heads to Warrensburg, Mo., for the NCAA Regionals

### 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 Missouri State men's and women's teams will be traveling 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 begin at 10:00 a.m. for the men and 11:15 a.m. for the women.

### Women's Notes

Two weeks ago the women competed in the 6K race at the MIAA Championships. The women's team finished eighth with a team score of 174 points. Sophomore **Anna O'Brien** finished first among Northwest runners in 18th place with a finishing time of 22:45.09. This extends her streak of finishing first among Northwest runners to 12 straight meets. Junior **Karah Spader** finished second in 21st place with a mark of 22:53.80. O'Brien and Spader have finished first and second among Northwest runners for the past 12 meets straight.

Last year, the women finished in 12th place at the NCAA Regionals and in 2004 they finished in seventh place.

### Men's Notes

The men competed in the 8K race at the MIAA Championships two weeks ago. The men's team finished in fifth place with a team score of 128 points. Senior **Matt Pohren** finished in fifth with a time of 24:58.75. This top-ten finish gives Pohren All-MIAA status. Finishing second was junior **Brandon Dart** in 21st place with a mark of 25:50.93. The Bearcats were without their number three runner, **Drew Wilson**, because he was out due to injury.

The Bearcat men are enjoying their seventh consecutive week in regional rankings released by the United States Track and Field/Cross Country Coaches Association (USTFCCCA). Northwest is ranked sixth in the latest poll (Oct. 24).

The men finished in seventh place at the NCAA Regionals in 2005 and in 2004 they finished in sixth place.

### 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 NCAA Championships will be held in Pensacola, Fl., but only the top three men's teams and top two women's teams, as well as the top two individuals from non qualifying teams and individual competitors who finish in the top five overall and are not a member of a qualifying team will advance to the NCAA Championships on Nov. 18.



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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

### Race #5 - Oct. 21

MIAA Championships  
Bolivar, MO.

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

- 5. Matt Pohren - 24:58.75
- 21. Brandon Dart - 25:52.92
- 29. Auston Huerta - 26:05.47
- 52. Brad Sorensen - 25:59.87
- 66. Anthony Davidson - 27:50.81
- 69. Ryan Gray - 28:04.85
- 70. Jesse Sewell - 28:19.00
- 71. Alex Oliver - 31:16.83

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

- 18. Anna O'Brien - 22:45.09
- 21. Karah Spader - 22:53.80
- 50. Jennifer Dittburner - 24:50.15
- 51. Anne Benedict - 24:50.58
- 52. Jane Bowness - 24:51.09
- 53. Kristen Degase - 24:52.49
- 54. Blair Sample - 24:58.82
- 59. Maggie McManigal - 25:16.23
- 62. Kim Eversgerd - 25:31.01
- 65. Amanda Gray - 26:06.70

### 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.	Pleaseantville, 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 Sorenson	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.