



Northwest Missouri State University

Athletic Media Relations
Office: 660.562.1118

Cross Country Release

www.northwestbearcats.com

Sept. 6, 2008

2008 ROSTER

Women

Yr.	Hometown (Previous School)
Fr.	North Kansas City, Mo.
Jr.	Steelville, Mo. (Steelville HS)
Jr.	Scottsdale, Ariz. (Desert Mountain HS)
Fr.	Hamilton, Mo.
Fr.	Hoskins, Neb.
Sr.	Rock Port, Mo. (Rock Port HS)
So.	Pella, Iowa (Pella HS)
So.	Beatrice, Neb. (Beatrice HS)
Fr.	Clarksdale, Mo.
So.	Marshall, Mo. (Marshall HS)
So.	Burke, Va. (Robinson HS)
Sr.	Colorado Springs, Colo. (Wasson HS)
So.	Louisiana, Mo. (Louisiana HS)
Sr.	Easton, Mo. (East Buchanan HS)
Fr.	Peculiar, Mo.
Fr.	Omaha, Neb.
So.	St. Joseph, Mo. (Benton HS)
Jr.	Independence, Mo. (Truman HS)
Sr.	Liberty, Mo. (Liberty HS)

Men

Yr.	Hometown (Previous School)
Jr.	St. Joseph, Mo. (West Valley (Calif.) Coll.)
Fr.	Prairieville, La.
Sr.	Grant City, Mo. (Worthy County HS)
Fr.	St. Joseph, Mo.
Sr.	Belton, Mo. (Johnson County (Kan.) CC)
Jr.	Neosho, Mo. (Neosho HS)
Jr.	Clinton, Mo.
So.	Redding, Iowa (Mt. Ayr HS)
Fr.	Platte City, Mo.
Fr.	California, Mo.
So.	Blue Springs, Mo.
Fr.	Omaha, Neb.
Fr.	Grant City, Mo.
Fr.	Sedalia, Mo. (Sedalia HS)
Sr.	Phoenix, Ariz.
So.	Peoria, Ill. (Limestone HS)
Fr.	St. Joseph, Mo.
Fr.	Adel, Iowa
Fr.	Mt. Pleasant, Iowa

Head Coach: Scott Lorek

Assistant Coach: Tessa Koschel

Bearcats Start Season With Bearcat/Spoofhound Open

This Week

The Northwest Missouri State men's and women's cross country teams will start the season by hosting the Second Annual Bearcat/Spoofhound Open Sept. 6. Races at the Northwest Cross Country Course with start and finish between the High Rise Tennis Courts and Bearcat Baseball Field, beginning with high school races at 9 a.m. and collegiate races at 10:20 a.m.

Highland Community College men and women and the Peru State women are scheduled to participate.

In the inaugural race in 2007, Anna O'Brien won the meet in 19:40.0, leading Northwest to a perfect team score of 15 points. Alumnus Matt Pohren won the men's race in 21:38.5. Ben Chappell led the Northwest team in 22:31.1, finishing second overall.

The 2008 season will be the first with Scott Lorek as the head coach for both men's and women's programs. Tessa Koschel will begin her first year as an assistant coach with the cross country and track and field programs, after earning 12 Rocky Mountain Athletic Conference titles under Lorek at Western State College.

Men's Notes

Chappell returns after earning Honorable Mention All-MIAA honors last season, finishing first for the Bearcats in every meet last season. He earned MIAA Runner of the Week honors on Oct. 8 after finishing 11th among non-Division I/unattached runners at the Christian Brooks Twilight Classic.

T.R. Pursell, David Franz and Ryan Gates all return, after scoring points for Northwest at the NCAA regional meet (finishing in the top five on the team).

Women's Notes

Anna O'Brien will redshirt this season to focus training on her senior season of 2009. O'Brien was an all-region and All-MIAA athlete in 2007, leading the Bearcats in every race. She lowered her own program record in the 6K record to 22:09.7 at the South Central Regional in 2007.

Maggie McManigal is the top returning finisher from the last three races last season. She is fourth in school 6K records with a 23:13.4 run at the NCAA meet. Also expected to lead the Bearcats are Jennifer Dittburner (4th on team at MIAA) and Madison Marshman (4th on team at NCAA Regional - 10th in 6K records).

Next Week

The Bearcats will be off the weekend of Sept. 13, but head to Lincoln, Neb., Sept. 20 for the Woody Greeno/Nebraska Invitational.

2008 Schedule

Date	Meet	Location	Result / Time
Sept. 6	Bearcat/Spoofhound Open	Bearcat Cross Country Course	10:20 a.m.
Sept. 20	Woody Greeno/Nebraska Invitational	Lincoln, Neb.	10 a.m.
Sept. 27	Roy Griak Invitational (men)	Minneapolis, Minn.	11:20 a.m.
Oct. 4	Cowboy Jamboree (women)	Stillwater, Okla.	8 a.m.
Oct. 11	Loper Open	Kearney, Neb.	10 a.m.
Oct. 25	MIAA Championships	Warrensburg, Mo.	10:30 a.m.
Nov. 8	NCAA South Central Regional	San Antonio, Texas.	9:30 a.m.
Nov. 22	NCAA Championships	Slippery Rock, Pa.	11 a.m.

Northwest Missouri State University • Bearcats Athletics

800 University Dr., LAC Press Box • Maryville, MO 64468

(660) 562-1118 • www.northwestbearcats.com