

ST. OLAF COLLEGE CROSS COUNTRY



ST. OLAF INVITATIONAL

SEPT. 18, 2010 | ST. OLAF CROSS COUNTRY TRAILS

Welcome

Welcome to the 2010 St. Olaf Cross Country Invitational. Today is the 34th running of the women's race and the 39th men's race.

St. Olaf Men's Notes

St. Olaf men's cross country team was ranked 28th in the latest U.S. Track and Field and Cross Country Coaches Association (USTFCCCA) national poll, the group announced on Wednesday.

St. Olaf finished third in the region last season and qualified for the NCAA Championships.

The St. Olaf Invitational marks the men's first championship length race of the year.

St. Olaf Women's Notes

The St. Olaf women's cross country team moved up seven spots to 25th in the latest United States

Track and Field and Cross Country Coaches Coaches (USTFCCCA) Top 35 poll, the group announced on Wednesday.

The Oles finished second at last weekend's Les Duke Invitational as the Oles took five of the top 17 spots in the 12-team race.

They were led by a pair of sophomores -- Emma Lee and Rachel Dean -- who finished fifth and sixth. Another sophomore, Sophie Pietrick, was 13th overall while juniors Hannah Dennis and Christine Muller were 15th and 17th.

Truman State edged the Oles, who were without a pair of top runners, by two points for the team title while Wartburg and Bethel finished third and fourth.

PARTICIPATING TEAMS

Men

Augsburg College
 Carleton College
 Central College
 Concordia College-Moorhead
 Concordia Univ.-St. Paul
 Gustavus Adolphus
 Macalester College
 MSU-Mankato
 Minnesota State-Moorhead
 Simpson College
 St. Olaf College
 Saint Mary's University
 University of Minnesota-Duluth
 UW-Stout
 Valley City State University
 Winona State University

Women

Augsburg College
 Carleton College
 Concordia College-Moorhead
 Concordia Univ.-St. Paul
 Gustavus Adolphus College
 Macalester University
 MSU-Mankato
 Minnesota State-Moorhead
 Simpson College
 St. Catherine University
 St. Olaf College
 University of Minnesota-Duluth
 Winona State University
 UW-Stout
 Valley City State University
 Winona State University

MEN'S SCHEDULE/RESULTS

Date	Event	Location	Time/Results
Sept. 4	Alumni 5K	Home	
Sept. 11	5K Ole Open	Home	
Sept. 18	St. Olaf Invitational	Home	
Oct. 1	Blu-Gold Invite	Eau Claire, Wis.	
Oct. 16	Jim Drews Invitational	La Crosse, Wis.	
Oct. 30	MIAC Championships	St. Paul, Minn.	
Nov. 4	Karhu Shoe Race	Northfield, Minn.	
Nov. 13	NCAA Division III Central Regionals	Waverly, Iowa	
Nov. 20	NCAA Division III Championships	Waverly, Iowa	

WOMEN'S SCHEDULE/RESULTS

Date	Event	Location	Time/Results
Sept. 2	Ole/Macalester Time Trial	Home	
Sept. 4	Alumnae Race 5K	Home	
Sept. 11	Les Duke Invitational	Oakland Acres, Iowa	2nd of 12
Sept. 18	St. Olaf Invitational	Home	10:45 a.m.
Oct. 1	BluGold Invitational	Colfax, Wis.	3 p.m.
Oct. 2	Willamette's Charles Bowles Invite	Salem, Ore.	10 a.m.
Oct. 9	Dan Huston Invite	Waverly, Iowa	10 a.m.
Oct. 16	Tori Neubauer Invitational	LaCrosse, Wis.	12 p.m.
Oct. 30	MIAC Championships	St. Paul, Minn.(Como Park)	3 p.m.
Nov. 13	NCAA Div. III Central Regional	Waverly, Iowa	12 p.m.
Nov. 20	NCAA Div. III Nationals	Waverly, Iowa	12 p.m.

ST. OLAF QUICK FACTS

President: David R. Anderson
Enrollment: 3,040
Founded: 1874
Dean and Provost: Dr. James May
Conference: Minnesota Intercollegiate Athletic Conference (MIAC)
Athletic Affiliation: NCAA Division III
Nickname: Oles (O-les)
Colors: Black and Old Gold

ST. OLAF COLLEGE CROSS COUNTRY



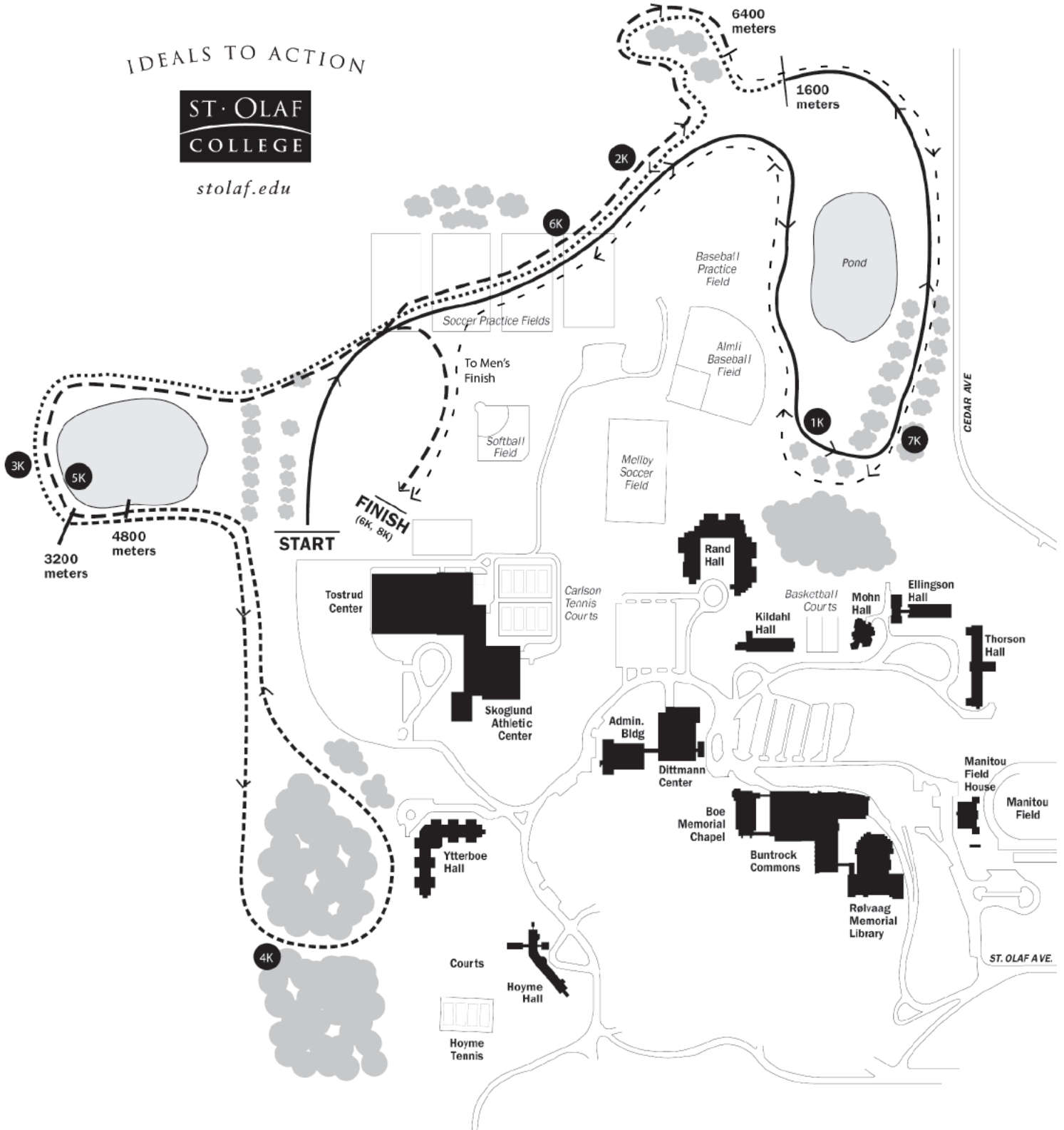
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CHAMPIONSHIP CROSS COUNTRY COURSES WOMEN'S 6000 METERS MEN'S 8000 METERS

IDEALS TO ACTION



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ST. OLAF COLLEGE MEN'S ROSTER

Name	Year	Hometown	High School
Daniel Bakken	Soph.	Orono, Minn.	
Benjamin Bayer	Sr.	Duluth, Minn.	East
Aron Block	Soph.	Green Bay, Wis.	
Pat Boland	Soph	Chesterfield, Mont.	
Chris Bowman	Soph.	Bemidji, Minn.	Bemidji
John Christian	Fy.	Port Angeles, Wash.	
Dillon Davis	Fy.	St. Louis Park, Minn.	
Tim Erickson	Fy.	Austin, Minn.	
Nick Evens	Fy.	St. Louis, Mo.	
Lucas Foley	Fy.	Montague, Mass.	
Christian Folken	Fy.	Austin, Minn.	
Daniel Friedrichsen	Jr.	Overland Park, Kan.	Rockhurst
Andrew Fuglestad	Fy.	Moorhead, Minn.	
Reid Gilbertson	Jr.	Lake Elmo, Minn.	
Frankie Heller	Jr.	Minneapolis	De La Salle
Bryan Hulse	Soph.	Overand Park, Kan.	Blue Valley Northwest
Logan Johnson	Sr.	Plymouth, Minn.	Wayzata
Eric Klein	Jr.	Wells, Minn.	United South Central
Andrew Kleven	Fy.	Wayzata, Minn.	
Steven Krouse	Sr.	Highlands Ranch, Colo.	Thunder Ridge
Jonathan Lambert	Sr.	Plymouth, Minn.	Wayzata
Matt Lefebvre	Jr.	Roseville, Minn.	
Stefan Lemke	Fy.	Morris, Minn.	
Tim Lillehaugen	Fy.	Moorhead, Minn.	Moorhead
Chris Massey	Soph.	Rosemount, Minn.	Rosemount
Kellen McMillen	Soph.	Chanhassen, Minn.	Chaska
Adam Napolitano	Fy	Excelsior, Minn.	Minnetonka
Anders Nienstaedt	Jr.	Iron Mountain, Mich	Kingsford
Ian Nystrom	Fy.	Ann Arbor, Mi	Dexter
Kyle Obermann	Fy.	Austin, Texas	
Evan Olson	Sr	Minneapolis, Minn..	
Ian O'Neill	Fy.	Northfield, Minn.	
Joseph Paille	Sr.	Sewickley, Pa.	Quaker Valley
Matthew Perkovich	Soph.	Green Bay, Wis.	Notre Dame Academy
Ryan Powley	Soph.	Neenah, Wis.	Xavier
Mike Roth	Soph.	Delano, Minn.	
Brian Saksa	Fy.	Dassel, Minn.	
Adrian Swanson	Sr.	Oregon, Wis.	Oregon
Aaron Thompson	Sr.	Arden Hills, Minn.	
Brian Tomlinson	Soph.	Orlando, Fla.	Cypress Creek
Benjamin Wilson	Jr.	Alexandria, Minn.	Jefferson
Dan Wilson	Soph.	Burnsville, Minn.	
Josh Wold	Fy	Rochester, Minn.	Century

MEN'S COURSE RECORDS

St. Olaf Invitational Record:

Joshua Sawe, 25:17, Iowa Central, 9/15/2007

Course Record:

Tyler Sigl, 24:24, UW-Platteville, 11/24/2007

History

Year Champions

2009 MSU-Mankato
2008 MSU-Mankato
2007 UW La Crosse
2006 UW La Crosse
2005 MSU, Mankato
2004 St. Olaf
2003 MSU Mankato
2002 North Central (Ill.)
2001 St. Olaf
2000 UW-Stevens Point
1999 UW-Stevens Point
1998 UW Stevens Point
1997 MSU Mankato
1996 UW Stevens Point
1995
1994 Wartburg
1993
1992 Carleton
1991
1990 MSU Mankato
1989 St. Olaf
1988 MSU Mankato
1987 UW La Crosse
1986 UW La Crosse
1985 St. Thomas
1984 St. Thomas
1983 South Dakota
1982 St. John's Univ.
1981 Carleton
1980 St. Thomas
1979 Carleton
1978 Luther
1977 Luther
1976 Luther
1974 Golden Valley JC
1973 UW-La Crosse
1972 Luther
1971 Luther

Champion

James Krasja MSU-Mankato
Dubuol Ruon, St. Olaf
Joshua Sawe, Iowa Central CC
Hillary Samoel, Iowa Central CC
Tony Hoff, St. Olaf
Malcom Richards, St. Olaf
Matt Hooley, Carleton
R. Kleimenhagen, UW- Platteville
John Gurtin, Unattached
Jesse Drake, UW-Stevens Point
Jesse Drake, UW-Stevens Point
Joseph Kogo, MSU Mankato
Chad Christenson, UWSP
Chad Johnson, UW-Stevens Point

Doug Gurgel, Martin Luther

Will Kemper, Carleton

John Mirth, Racer's Edge
Tom Faust, GBS
Tom Ansberry, Unattached
Mark Lingle, Concordia
Tom Ansberry, Unattached
Tom Faust, St. Thomas
Pete Wareham, St. Thomas
Brian Smith, Saint John's
Nick Manciu, St. Thomas
Todd Sperling, UW-Superior
Paul Mausling, Macalester
Mike Palmquist, St. Olaf
Jim Ingold, UW-La Crosse
Dale Kramer, Carleton
Dale Kramer, Carleton
Jeff Jirele, GVLJC
Jim Drews, UW-La Crosse
Gordy Benfield, GVLJC
Jim Drews, UW-La Crosse

Head Coach: Phil Lundin (3rd season in 2010-11)

Assistant Coach: Dave Griffith

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ST. OLAF COLLEGE WOMEN'S ROSTER

Name	Year	Hometown	High School
Michelle Anderson	Fy.	Waverly, Iowa.	Waverly-Shell Lake
Jennika Bastian	Soph.	Wausau, Wis.	Wausau
Kelsey Bean	Soph.	Sioux Falls, S.D.	Lincoln
Anna Bernard	Jr.	Urbandale, Iowa	Urbandale
Rebecca Bevans	Soph.	Waverly, Neb.	Waverly
Marit Block	Fy.	Green Bay, Wis.	East
Anne Bodeau	Fy.	Edina, Minn.	Edina
Hillary Boyce	Jr.	Duluth, Minn.	East
Allison Brandt	Soph.	Minneapolis	Mahtomedi
Marie Buchner	Fy.	Excelsior, Minn.	Minnetonka
Lauren Carlson	Soph.	Victoria, Minn.	Chaska
Karin Christenson	Sr.	Springfield, Va.	Robert E. Lee
Margaret Christner	Sr.	Rochester, Minn.	Century
Sarah Cole	Soph.	Madison, Wis.	West
*Laura Cook	Sr.	Custer, Wis.	Rosholt
Heather Dansingburg	Jr.	Rushford, Minn.	Winona
Rachel Dean	Soph.	Fort Collins, Colo.	Poudre
*Hannah Dennis	Jr.	Grand Forks, N.D.	Red River
Andrea Dittman	Jr.	Stillwater, Minn.	Stillwater Area
Abigail Engelhart	Fy.	Minnetrissa, Minn.	Mound Westonka
Meggie Exner	Fy.	Wheaton, Ill.	North
Lauren Fitze	Fy.	Hinsdale, Ill.	Hinsdale Township Central
Georgia Greene	Soph.	Madison, Wis.	West
Kelsey Grinde	Fy.	Wayzata, Minn.	Wayzata
Johanna Gruenewald	Jr.	Ames, Iowa	Ames
Hanna Helwig	Soph.	Chicago	Luther North
Kelly Hennessey	Soph.	Port Angeles, Wash.	Port Angeles
Jennifer Jones	Soph.	Plymouth, Minn.	Minnetonka
Emily King	Soph.	Fridley, Minn.	Totino Grace
Nicole Klein	Soph.	Wells, Minn.	United South Central
Kortney Krueger	Fy.	Sun Prairie, Wis.	Sun Prairie
Taisa Kushner	Fy.	Plymouth, Minn.	Wayzata
Sophie Lafond	Soph.	Duluth, Minn.	Central
Emma Larson	Fy.	Winona, Minn.	Winona
Emma Lee	Soph.	St. Paul, Minn.	Como Park
Libby Magnuson	Soph.	Mahtomedi, Minn.	Mahtomedi
Theresa McDewitt	Jr.	Lake City, Minn.	Quincy High School (Ill.)
Jamie Mosel	Jr.	Minneapolis	Southwest
Gretchen Mueller	Fy.	Marine-On St. Croix, Minn.	Minn.
Kelsey Mullen	Fy.	Excelsior, Minn.	Holy Family
Christine Muller	Jr.	Shoreview, Minn.	Mounds View
Kristen Nelson	Soph.	Edina, Minn.	Edina
Moriah Novacinski	Fy.	St. Joseph, Minn.	St. Cloud Apollo
Sophie Pietrick	Soph.	Minnetonka, Minn.	Minnetonka
Jackie Reich	Jr.	Appleton, Wis.	North
Leah Roth	Fy.	St. Paul, Minn.	Como
Claire Scott	Soph.	Lagrange, Ill.	Lyons Township
Laura Smith	Jr.	Eden Prairie, Minn.	Eden Prairie
*Rebecca Spurr	Sr.	West St. Paul, Minn.	Henry Sibley
Robin Stramp	Fy.	Anchorage, Alaska.	AJ Dimond
Keeley Susienka	Fy.	Oconomowoc, Wis.	
Mary Swiggum	Soph.	St. Charles, Minn.	St. Charles
Sijia Wei	Soph.		
*Maren Westby	Jr.	Salem, Ore.	West Salem

* Denotes Captain

Head Coach: Chris Daymont

Assistant Coach: Becky Peterson Ruud, Andrea Gelle

WOMEN'S COURSE RECORDS/ MEET HISTORY

St. Olaf Invitational Record:

Morgan Place, 21:48, UMD, 9/19/2009

Course Record:

Missy Buttry, 20:17.3, Wartburg College, 11/23/02

History

Year Champions

2009 UMD
2008 UW-La Crosse
2007 UW-EauClaire
2006 Carleton
2005 St. Olaf
2004 Macalester
2003 UW Eau Claire
2002 Washington Univ.
2001 Concordia/UST
2000 St. Olaf
1999 St. Olaf
1998 St. Olaf
1997 St. Olaf
1996 St. Olaf
1995 St. Olaf
1994 St. Olaf
1993 Wartburg
1992 Minnesota B
1991 Carleton
1990 Concordia
1989 Carleton
1988 UW-Oshkosh
1987 UW-Oshkosh
1986 UW-Oshkosh
1985 UW-EauClaire
1984 Mankato
1983 Mankato
1982 UW-EauClaire
1981 St. Thomas
1980 St. Olaf
1979 St. Cloud State
1978 St. Olaf
1977 Not Available
1976 Not Available

Champion

Morgan Place, UMD
Morgan Place, UMD
Becca Jordahl, UW-River Falls
Hailey Harren, Gustavus
Hailey Harren, Gustavus
Sara Frederickson, UMD
Amy Lyons, Bethel
Kathleen Brice, Elmhurst
Katie Martin, Concordia Moorhead
Becky Lebak, UW-Stevens Point
Christina Vetter, St. Olaf
Sarah Anderson, UW-Superior
Sarah Anderson, UW-Superior
Turena Johnson, Luther
Missy Peterson, Saint Benedict
Robin Olson, Wartburg
Robin Olson, Wartburg
Maureen Ryder, Winona State
Moirra Petit, St. Olaf
Moirra Petit, St. Olaf
Jenny Larson, St. Olaf
Cheryl Niederberger, UW-Oshkosh
Tiffany Fox, UW-Oshkosh
Rochelle Swiggum, Luther
Chris Goepfel, UW-Eau Claire
Julia Kirtland, Macalester
D.Marchello, UW-Eau Claire
D.Marchello, UW-Eau Claire
Leslie Seymour, St. Olaf
Donna Gathje, MSU-Mankato
Donna Gathje, MSU-Mankato
Jan Ensrud, St. Olaf