

# 2012 MIAC Men's Cross Country Championship Preview

Posted: Oct 23, 2012

SAINT PAUL, Minn. -- Several key questions surround the 2012 MIAC Men's Cross Country Championships. Will one of the other 10 teams be able to end Hamline's three-year run atop the conference? And with the top five finishers from the 2011 race all graduated, which individuals will emerge as contenders for the individual title? Saturday, those questions will be answered.

The 2012 race marks the 15th anniversary of Como Park Golf Course in St. Paul, Minn., serving as the championship host site. The event will begin with the men's 8K race at 2:15 p.m., followed by the women's 6K race and a short awards ceremony. Augsburg College is the host school for the 2012 MIAC Cross Country Championships, which feature nine returning All-Conference men's runners who headline the competitive, 11-team field.



Head Coach **Paul Schmaedeke** and his Piper squad have enjoyed a three-year reign atop the MIAC, as they edged St. Olaf by nine points (45-54) a year ago to complete their three-peat. However, Hamline graduated **Devin Monson**, **Jack Deichert** and **Ellis Richardson** - who finished 2-3-4 a year ago, making the race for the 2012 conference title a wide-open affair. Also graduated is St. Thomas' **Ben Sathre** - the 2011 MIAC and NCAA Division III national champion - clearing the way for a new conference individual winner.

Despite their losses, Hamline will again be among the contenders, led by senior **Brendan Ruter** who finished 20th and earned All-MIAC Honorable Mention a year ago. The 2011 runner-up Oles also look loaded heading into the championship race with three All-MIAC runners and one Honorable Mention performer back for **Phil Lundin's** squad. Sophomore **Grant Wintheiser** is the top returner after finishing sixth a year ago, and **Brian Saksa** (eighth) and **Tim Lillehaugen** (10th) joined him on the All-MIAC squad, while **Josh Wold** (19th) received Honorable Mention honors for his performance.

Saint John's finished third a year ago with a team score of 111, and it returns talented upperclassmen **Matt Scherber** and **John Subialka**, who finished 21st and 24th, respectively, to earn All-MIAC Honorable Mention status in 2011. Bethel also has to be considered one of the top contenders for the team title with a deep, talented group back in the fold. **Zach Haskins** (seventh), **Matt Schafer** (ninth) and **Matt Berens** (15th) give the Royals a returning All-MIAC trio as talented as any in the league.

St. Thomas finished fifth a year ago with a score of 150, and will be led by emerging star **Keaton Wendroth** as the Tommies adjust to life without the immensely-talented Sathre. Carleton is another team looking to move up into contention after scoring 163 points to finish sixth in 2011, but the Knights bring back All-MIAC runner **Marcus Huderle** (12th) and Honorable Mention teammate **Bobby Davis** (17th) to bolster their hopes in this season's race.

Saint Mary's finished seventh a year ago (185 points) and hopes seniors **Jake Traxler** and **Peter Borash** can lead the team to another strong showing in 2012. Gustavus was eighth (211 points) and returns its top runner from a year ago, **Dillon Emo**, who just missed Honorable Mention honors by finishing 26th. Macalester has All-MIAC standout **Joe Giamberdino** (12th) back in the mix, who was one of the top freshman finishers a year ago, and the Scots hope to follow his lead up the standings after a ninth-place finish (220 points) in 2011.

Concordia came in 10th last season (227 points) and said goodbye to standout **Tom Sederquist**, who led the Cobbers with a top-five finish in 2011. The Cobbers have high hopes for top returner **Tanner Sakrismo** and **Brad McConn** to lead the way Saturday. Augsburg rounded out the 2011 field in 11th place (260 points), but the host school has its sights set on climbing the standings behind All-Conference standout **Micheale Tesema** (14th) and company.

The MIAC Championships will conclude with a short awards ceremony to honor the team and individual champions and All-Conference runners near the clubhouse following the end of the women's race. The Top 15 runners in each race will be named All-MIAC, with finishers 16-25 receiving Honorable Mention, and all will be recognized for their accomplishment during the presentation.

The MIAC has a Web page dedicated to the event, and complete results, recaps, photos and more will be available on that site following the event. [Webcast America](#) will also be offering on-demand video highlights of both races following the event on its Web site. There will be a limited quantity of 2012 MIAC Championship T-shirts available for purchase on site, and the Como Park clubhouse concession stand will have concessions available for purchase as well.

The MIAC would like to thank Augsburg for its efforts as the host school for the event, as well as Como Park Golf Course for the outstanding accommodations for the 15th consecutive season. The MIAC also offers thanks to Twin Cities Orthopedics, which will provide on-site athletic training and medical services again in 2012.

## 2012 MIAC Cross Country Championships Preview Video

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### 2012 MIAC Men's Cross Country Championship Coverage

The MIAC Web site will be the first place for results and recaps from the 2012 MIAC Cross Country Championships, with photo galleries and on-demand video from Webcast America as well. Stay tuned to the 2012 MIAC Cross Country Championship Home Page, as well as the MIAC's social media networks on [Facebook](#), [Twitter](#) and [YouTube](#) throughout the weekend to stay connected to all the action at Como Park.

| [2012 MIAC Cross Country Championships Page](#) |

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### MIAC Men's Cross Country Links

| [MIAC Men's Cross Country Page](#) | [Schedule](#) | [Recordbook](#) | [Archives](#) |

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**AUGSBURG** | [Auggies' men's cross country home page](#) |

#### Head coach

- Dennis Barker (19th season)

#### A Year Ago

- 11th place (260 points)

#### Top Returners

- Micheale Tesema (JR | Placed ninth at the Willamette (Ore.) Invite, All-MIAC in 2011 with 14th-place finish at the MIAC Championships)
- Luke Iverson (SO | Took 17th place at the Augsburg Triangular and 69th at the MIAC meet in 2011)
- Brian Byrnes (SR | Placed 18th at the Augsburg Triangular and placed 64th at the MIAC meet in 2011)

#### Key Losses

- Joe Arnold (Placed 43rd at the MIAC Meet in 2011)

#### By the Numbers

- 1,779: Miles the Auggies traveled (by air) to participate in the Willamette (Ore.) Invitational earlier this season.
- 54: NCAA Division III championship qualifiers Barker has coached in cross country and track and field at Augsburg.
- 1: Micheale Tesema's placing at the Augsburg Triangular on Sept. 1.

#### Did You Know?

- Micheale Tesema placed fourth at the Wisconsin-La Crosse Jim Drews Invite and his time of 25:26 marked the third=-fastest time among NCAA Division III participants in the field.

#### Off the Course

- The Augsburg men's cross country team had a team grade-point-average of 3.28 earning them USTFCCCA All-Academic Team honors in 2011.
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**BETHEL** | [Royals' men's cross country home page](#) |

#### Head coach

- Jim Timp (16th season)

#### A Year Ago

- 4th place (118 points)

## In the 2012 NCAA Championships

- 2012 NCAA Men's Cross Country Championships - Zach Haskins – 53rd place – time of 24:57.

## Top Returners

- Zach Haskins (Sr., | 25:45, 7th at 2011 MIAC Championship, 53rd at NCAA Championship)
- Matt Berens (So., | 26:06, 15th at 2011 MIAC Championship)
- Matt Schafer (Sr., | 25:53, 9th at 2011 MIAC Championship)

## By the Numbers

- 16: Royals coach Jim Timp is in his 16th season as men's cross country coach at Bethel. For the past eight seasons he has been the women's cross country coach as well. He is also on the track and field coaching staff as an assistant after spending seven seasons as the head coach.
- 10: Bethel finished 10th overall out of 30 teams at the Pre-National Meet in Terre Haute, Indiana at the LaVern Gibson Cross Country Course, the site of the 2012 NCAA Division III Cross Country National Championships on November 17.
- 11: The Royals Matt Berens and Zach Haskins have competed in six meets each so far this season and have combined for a total of 11 Top 20 finishes.

## Did You Know?

- Seniors Matt Schafer and Zach Haskins were All-American track athletes in 2012. Schafer finished third in the nation in the 800 meter dash and Haskins finished eighth in the 1,500 meters.

## Off the Course

- For as long as Coach Timp has been coaching at Bethel (16 years with the men), the Royals have taken a pre-season trip to Grand Marais for team building and training. The men spent five days at a cabin, owned by a friend of Coach Timp's, the week before school started in late August.



**CARLETON** | [Knights' men's cross country home page](#) |

## Head coach

- Dave Ricks (Fifth season)

## A Year Ago

- Sixth place (163 points)

## Top Returners

- Marcus Huderle (Jr. | 12th at 2011 MIAC Championships, 2011 All-Region, All-MIAC)
- Bobby Davis (Sr. | 17th at 2011 MIAC Championships, two-time All-MIAC honorable mention)
- Jacob Hoerger (Jr. | 40th at 2011 MIAC Championships)

## Key Losses

- Kiann Flynn (77th at NCAA Central Region Championships, 49th at MIAC Championships)

## By the Numbers

- 23: Carleton men's cross country has won 23 MWC and MIAC titles over the last 60 years.
- 99: Carleton's first year of competition in cross country was 99 years ago with a 1913 dual meet against St. Olaf College.

## Did You Know?

- Marcus Huderle has been Carleton's top finisher at all but one race over the last two seasons. The lone exception was this year's Roy Griak Invitational where first-year Jonah Barry was the Knights' top scorer. That day Carleton had three rookies among the team's first five finishers.

## Off the Course

- Carleton men's cross country team posted a 3.49 cumulative grade-point average for the 2011 fall term, the 10th-best figure in the nation, earning yet another USTFCCCA All-Academic Team award.
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## **CONCORDIA** | [Cobbers' men's cross country home page](#) |

### **Head coach**

- Garrick Larson (16th season)

### **A Year Ago**

- 10th place (227 points)

### **Top Returners**

- Tanner Sakrismo (Sr., | Has led Concordia in three meets in 2012, finished 27th at 2011 MIAC Championship Meet)
- Brad McConn (Sr., | Won the 2012 Valley City Invite, has led Concordia in two meets in 2012)

### **Key Losses**

- Tom Sederquist (Two-time All-Region, two-time All-MIAC, 2012 Roy Griak Invite individual champion)

### **By the Numbers**

- 3: Concordia has placed in the top 5 as a team in three different meets this season. The Cobbers won the season-opening Valley City Invite and placed second at the Jimmie Invitational on Oct. 12
- 5: The Cobbers have had five different combinations of runners place in the top 5 for the team in their five meets this season

### **Did You Know?**

- Concordia head coach Garrick Larson was one of the few people in Minnesota to be stricken with the West Nile virus. Larson spent most of the 2012 season recovering from the disease and has just recently returned to the team.
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## **GUSTAVUS** | [Gusties' men's cross country home page](#) |

### **Head coach**

- Dale Bahr (Fourth season)

### **A Year Ago**

- Eighth place (211 points)

### **Top Returners**

- Dillon Emo (So., Brookings, S.D.) | Led team with 26th place finish at 2011 MIAC Championships
- Joseph Renier (Jr., Cambridge, Minn.) | Has led team in two of four races this season
- Adam Lund (Sr., Burnsville, Minn.) | Led team at St. Olaf Invitational with 16th place finish

### **Key Losses**

- Mark Bartley (Blue Earth, Minn.) | Finished second on team in 37th place at 2011 MIAC Championships

### **By the Numbers**

- 4: It has been four years since the Gusties placed in the top five at the MIAC Championships.
- 2: The Gustavus men have finished in the top three twice this year at the Saint John's Invitational and the Gale Woods Invitational.
- 2008: The last time the Gusties had an all-conference finisher was in 2008 when Dan Foley finished fifth.

### **Did You Know?**

- This season is the 53rd anniversary of Gustavus' first MIAC Champion. Jim Carlson was crowned the MIAC's top runner in the Gusties' second year of the program, which marked the first individual champion in the history of Gustavus men's cross country.

### **Off the Course**

- The Gustavus men's cross country team participated in Walk to School Day – an annual event that involves communities from more than 40 countries walking and biking to school on select days through the month of October. Walk to School Day helps raise awareness of the need to create safer routes for walking and bicycling and emphasize the importance of issues such as increasing physical activity among children, pedestrian safety, traffic congestion and concern for the environment.
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## **Hamline** | [Pipers' men's cross country home page](#) |

### **Head coach**

- Paul Schmaedeke (24th season)

### **A Year Ago**

- First place (45 points)

### **In the 2012 NCAA Championships**

- The Pipers finished in 17th place at the NCXAA D-III Championship meet with a total of 433 points

### **Top Returners**

- Brendan Ruter (Co-Capt. Sr., 20th in last year's MIAC meet)
- Nate Dobbins (Co-Capt., Sr., 29th in last year's meet)
- Chris Reisdorfer (Sr., 42ns in last year's meet)

### **Key Losses**

- Devin Monson (2nd last year)
- Jack Deichert (3rd last year, All-Region team, All-American team)
- Ellis Richardson (4th last year, All-Region team)

### **By the Numbers**

- 3: Number of years in a row the Piper men have won the MIAC Cross Country title
- 4: Consecutive years the HU men have produced at least one All-American
- 7: years in a row HU has finished in the top 3 at the MIAC meet

### **Did You Know?**

- All 18 Hamline CC runners intend to run for the track and field team in the winter and spring seasons.

### **Off the Course**

- Chris Reisdorfer is the president of the Hamline University Student Congress. Brendan Ruter is the Vice President of the same group.
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## **MACALESTER** | [Scots' men's cross country home page](#) |

### **Head coach**

- Matt Haugen (10th season)

### **A Year Ago**

- Ninth place (220 points)

### **Top Returners**

- Joe Giamberdino (All-MIAC '11 as frosh, 13th at MIAC's)
- Andy Keefe (73rd of 400+ at Jim Drews)

### **Key Losses**

- Carl Biggers (49th last year, graduated)
- Dan Voss (63rd last year, study abroad)
- Ross Boehme (injured)

### **By the Numbers**

- 5: Macalester had five runners place in the top five of the field at the Jim Drews Invitational.
- 6: Six of the top seven runners in the lineup are frosh and sophomores.
- 4: Macalester's roster features athletes from four countries (USA, German, Japan and Norway)

### **Did You Know?**

- Head Coach Matt Haugen is a former MIAC champion. He won the race as an Ole in 1977.

### Off the Course

- The Scots earned the USTFCCCA Academic Team Award last year the the 17th best GPA among Division III programs (3.42).
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## Saint John's | [Johnnies' men's cross country home page](#) |

### Head coach

- Tim Miles (34th season)

### A Year Ago

- Third place (111 points)

### Top Returners

- Matt Scherber (Sr., season-best time of 25:44 at Blugold Invite Sept. 21; has finished within the top 10 in three of the five meets for the Johnnies; led SJU in 32nd at last year's NCAA Regional)
- John Subialka (Jr., season-best time of 25:58 at Jim Drews Race Oct. 13, followed Scherber in 35th at last year's regional)
- Willie Versen (Jr., season-best time of 26:30 at Blugold Invite Sept. 21)

### Key Losses

- Ruairi Moynihan (Finished 18th at last year's MIAC Championship, 49th at regional)
- Joe Gair (Finished 23rd at last year's MIAC Championship, 41st at regional)
- Jordan Fladland (Finished 25th at last year's MIAC Championship, 44th at regional)

### By the Numbers

- 34: SJU's Tim Miles is in his 34th season as head coach, making him the longest-tenured men's cross country coach in the MIAC.
- 3: SJU has won three of its five meets this fall.
- 22: The Johnnies have finished in the top two at the MIAC Championship 22 times under Miles' direction, including nine MIAC titles.

### Did You Know?

- The Johnnies were ranked fourth in the latest U.S. Track & Field and Cross Country Coaches' Association (USTFCCCA) Central Region rankings released Oct. 15, and received votes in Oct. 16's national poll.

### Off the Course

- The SJU cross country team, which earned All-Academic Team recognition from the USTFCCCA for its cumulative team GPA of 3.32 last season, participated in Campus Cleanup following the Johnnies' Homecoming Sept. 30.
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## SAINT MARY'S | [Cardinals' men's cross country home page](#) |

### Head coach

- Ward Berndt (8th season)

### A Year Ago

- Seventh place (185 points)

### Top Men Returners:

- Jake Traxler (5-10, Sr. | Season-best 8K time of 26:59 at 2012 St. Olaf Invite)
- Peter Borash (5-10, Sr. | Top team finisher twice, including season-best 26:41 8K at 2012 St. Olaf Invite; Individual winner at 2012 SMU Open with four-mile time of 21:16)
- Aaron Haley (5-6, So. | Season-best 8K time of 26:52 at 2012 SMU No-Limit Invitational; Won first-ever collegiate race with first-place finish at 2012 SMU No-Limit Invitational)

### Key Men's Losses:

- David Feather (Four-year regular; Top SMU finisher in five of team's seven races, including season-best 8K time of 26:24 at MIAC)
- Robby McGuire (Four-year regular; Ran season-best 27:38 at MIAC)

### By The Numbers:

- 1-2-3: The Cardinals boasted a 1-2-3 individual finish at the 2012 SMU No-Limit Invitational, as Aaron Haley, Peter Borash and Jake Traxler finished first, second and third, respectively lead the SMU men to a first-place team finish.

- 7: The Cardinal men's seventh-place finish at the 2011 MIAC Championships was their highest in coach Ward Berndt's seven-year tenure

#### Did You Know?

- Cross country runners Regina Quandt and Michael Mockler were named Saint Mary's University's 2012 Outstanding Seniors.

#### Off The Course

- Along with sweeping Saint Mary's Outstanding Senior honors in 2011-2012, the Cardinal men's and women's teams each boasted five Academic All-MIAC selections, while also earned USTFCCCA All-Academic status.
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**ST. OLAF** | [Oles' men's cross country home page](#) |

#### Head coach

- Phil Lundin (Fifth season)

#### A Year Ago

- Second place (54 points)

#### In the 2012 NCAA Championships

- 2011 NCAA Men's Cross Country Championships-23rd – Team score: 505; Grant Wintheiser: 80th place

#### Top Returners

- Grant Wintheiser – Soph. 2x MIAC athlete of the week: Sept. 17 & Oct.1, 2012. All-Region 2011, All-MIAC 2011
- Brian Saska – Junior, All-MIAC 2011

#### By the Numbers

- 1: Grant Wintheiser finished first at the St. Olaf Invitational

#### Did You Know?

- Head coach Phil Lundin was a four-time Big Ten Coach at the U of M before his time at St. Olaf.
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**ST. THOMAS** | [Tommies' men's cross country home page](#) |

#### Head coach

- Pete Wareham (20th season)

#### A Year Ago

- Fifth place (150 points)

#### In the 2011 NCAA Championships

- Team didn't qualify ... Ben Sathre was NCAA Division III individual champ

#### Top Returners

- Ben Rascher, SO, 2011: 47th MIAC, 100th regional
- Ethan Armbruster, JR, 2011: 78th regional
- Robby Williams, SO, 2011: 90th MIAC

#### Key Losses

- Ben Sathre, 2011 NCAA CC champ; 2010 NCAA CC runner-up
- Tyler Iverson, Grad, 4-year varsity runner, 18th at 2011 regional
- Brian Anderson (Injured), 2011: 34th MIAC, 79th regional

#### By the Numbers

- 1: Number of healthy runners competing this fall from the Tommies' top six at the 2011 MIAC meet
- 0: Number of college CC races before this fall for UST top runner Keton Wendroth, a third-year sophomore
- 1: Number of seniors in Tommies' top nine this fall

#### Did You Know?

- Keaton Wendroth didn't run cross country as a freshman and missed the 2011 season with an injury. He's been the Tommies' top finisher



in all five competitions he's entered this fall with a best time of 25:33.

**Off the Course**

- The Tommie men were among 131 teams in all of Division III honored with the 2011 team academic award by the USTFCCCA, with a combined gpa of 3.31.
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[MIAC Cross Country Championships Home Page](#)