

2013 MIAC Men's Cross Country Preview

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2013 MIAC MEN'S CROSS COUNTRY CONFERENCE PREVIEW

ST. PAUL, Minn. -- A year ago, the St. Olaf men's cross country team ruled the Minnesota Intercollegiate Athletic Conference (MIAC), running to an impressive victory at the conference championship race. In 2013, the top question is whether or not any of the contenders - which were closely grouped behind the Oles - have made enough progress to challenge St. Olaf for MIAC supremacy.

The Oles dazzled at the 2012 MIAC Championships, scoring 54 points and winning by a comfortable margin of 43 points. St. Olaf placed four in the top 14, five in the top 20 and all seven in the top 30, led by Grant Wintheiser, the MIAC's individual champ. Now a junior, Wintheiser and the Oles are again looking strong to lead Head Coach Phil Lundin's squad as they try to defend their title.

The next three teams in the standings couldn't get much closer, as St. Thomas finished second with 97 points, Bethel was third at 101 and Saint John's was just two more points back at 103. With just six points separating that trio, they return as the top contenders to the Oles' repeat hopes, and all three enter 2013 with high hopes.

Hamline (133) edged Carleton (139) a year ago for the final spot in the top five. Saint Mary's was just seven points behind the Knights at 146 to finish seventh, and all of the teams in that trio also hope to climb the MIAC leader board and challenge St. Olaf in 2013.

The final four teams in the standings were neck-and-neck as well, and all enter the new season with optimism for improvement. Macalester came in eighth a year ago with 242 points. Concordia was ninth with 248 points, and Augsburg and Gustavus tied for 10th to round out the standings, with identical team scores of 252.

As the 2013 season begins, optimism for the MIAC's teams is evident outside the league as well, with national and regional preseason rankings for several conference teams. The defending champion Oles start the season ranked No. 15 in Division III, with Saint John's joining the Oles in the poll at No. 30. The Carleton men also received votes in the poll, but finished just outside the top 35.

There were four MIAC teams to earn Central Region rankings, again starting with the Oles at No. 2 behind only Central (Iowa). St. Olaf is the defending Central Region champion. The Johnnies are right behind their MIAC counterpart at No. 3, while St. Thomas checks in at No. 6 and Carleton is ranked No. 10 in the region. The MIAC and IAC tied with four ranked teams apiece, while the Midwest had one selection and the final was independent.

Between the returning talent, results from a season ago and preseason expectations, it's clear the 2013 season will certainly be an exciting one. Will St. Olaf reassert itself as the conference favorite? Which of the three other contenders from a year ago will emerge as the Oles' top threat in 2013? Which teams and individuals will make the biggest improvements between now and the MIAC Championships in early November? Over the next two months, those questions will all be answered.

WHAT'S NEW?

The only new name on the coaching front is Adam Frye, who was named the co-head coach at Hamline this summer. He joins MIAC veteran Paul Schmaedeke, who is beginning his milestone 25th season leading the Pipers.

Other than that, the consistency the conference has enjoyed in recent memory continued. Other than Frye, all of the MIAC coaches have been at their current posts for at least five seasons. Saint John's Tim Miles is also celebrating a milestone - he's the dean of the MIAC coaches and starting his 35th season with the Johnnies. Schmaedeke is the second-longest tenured coach, and the third-longest, Dennis Barker of Augsburg, is celebrating his 20th season leading the Auggies.

WHO'S BACK?

Who's back for the defending champions at St. Olaf? Almost everyone. Two of the Oles' key contributors graduated in Chris Massey and Tim Lillehaugen, but the rest of the lineup returns, starting with Wintheiser. In addition to his MIAC win, he also was the Central Region champ and he finished third at the NCAA Division III meet. Wintheiser enters as a favorite to defend his MIAC title, and compete for a national championship as well. Fellow All-MIAC runners Brian Saksa and Jake Campbell are also back to lead Lundin's team on their quest to repeat.

St. Thomas benefitted from the emergence of sophomore Keaton Wendroth a year ago, and he enters his junior season as one of the MIAC's most talented runners. Fellow All-Conference honoree Ethan Armbuster returns, as does fellow junior C.J. Seifert, to give Head Coach Pete Wareham and talented nucleus to try and challenge St. Olaf for the top spot in the league.



Bethel graduated one star in Zach Haskins, but returns another in junior Matt Berens, who was third at the MIAC meet in 2012. Berens also started 2013 strong, winning MIAC Athlete-of-the-Week honors to open the season. Sophomore Matthew Poss and junior Harrison Hitt are also back for Bethel this season.

Saint John's returns everyone from last year's fourth-place team, starting with senior John Subialka, who was an All-MIAC runner. Fellow senior Willie Versen is also back, along with sophomore Thomas Feichtinger, who had a breakout track season as a freshman and hopes to carry that over to cross country. Hamline graduated a pair of All-MIAC runners in Brendan Ruter and Nate Dobbins, but hopes to reload with senior co-captain Colin Rogers, sophomore Nathan Rock and junior Chris Gill.

Carleton returns two of its top runners, starting with senior star Marcus Huderle, who is a two-time All-MIAC selection. All-MIAC Honorable Mention senior Guthrie Cunningham also returns, as does classmate Jacob Hoerger. Saint Mary's will also try to replace a pair of talented runners in Jake Traxler and Peter Borash, but junior Aaron Haley will be back to lead the Cardinals again after an All-MIAC season in 2012. Senior John Soucheray and sophomore Jase Pater will add to SMU's nucleus in 2013.

Macalester lost its top runner from a year ago in Andy Keefe, but has a pair of talented juniors back to lead the way in 2013. Joe Giamberdino and Dylan Saul will be among the Scots leaders this season. Concordia is excited about Ryan Sederquist's upcoming senior season, who started the season with a second-place finish last weekend. Junior Henry Dobbs is also back to help lead the Cobbers in 2013.

Back to lead Augsburg this season is a pair of juniors who represented the Auggies at the MIAC Championships a year ago - Ahmed Nur and Luke Iverson. Gustavus has two of its top runners back as the Gusties look for improvement in 2013. Sophomore Leighton Becher and senior Joe Reiner both return to lead Gustavus this season.

CIRCLE THESE DATES

Clearly the first date any MIAC men's cross country fan will want to circle on the 2013 calendar is Saturday, Nov. 2. That's the date the conference's 11 teams will come together to compete for the title at the 2013 MIAC Cross Country Championships. The race will again be held at St. Paul's Como Park Golf Course, with the men's 8K race scheduled to start at 3:15 p.m. Spectators are welcome, and the MIAC web site will be a great resource for previews, details, results, recaps, photos and more.

There are several other races of interest throughout the season, starting with a pair each featuring a handful of MIAC teams in late September. St. Olaf will host the St. Olaf Invitational, which will feature the Oles, Carleton, Gustavus and Macalester, on Sept. 21. A week later, on Sept. 28, Augsburg, Bethel, Concordia, Hamline and Macalester will all run at the University of Minnesota's Roy Griak Invitational, which is always a highlight of the fall.

On Oct. 4, Carleton, Gustavus, Macalester, Saint John's, Saint Mary's and St. Olaf will all travel into Wisconsin to run at the UW-Eau Claire Blugold Open. Finally, most of the league will compete against one another on Oct. 19 at the UW-La Crosse Jim Drews Invitational in La Crosse, Wis. Augsburg, Carleton, Concordia, Gustavus, Hamline, Macalester, Saint John's, Saint Mary's, St. Olaf and St. Thomas will all be in the field in the final big tune-up prior to the MIAC meet.

A CLOSER LOOK

The rest of the 2013 MIAC Men's Cross Country Preview contains MIAC Championship details, helpful links and a preview for each team submitted by their sports information director. The new MIAC web site - www.miacathletics.com - will be an outstanding source for MIAC men's cross country news, schedules, results, stats and more throughout the 2013-14 season.

This year, the [MIAC scoreboard](#) will include men's cross country events, with links to results to see how MIAC teams fared in each race throughout the season. Also, download the [MIAC mobile app](#) to have all the information with you anywhere you travel. Also, connect to the conference on its [Facebook](#), [Twitter](#) and [YouTube](#) pages for updates and interaction all season long.

2013 MIAC CROSS COUNTRY CHAMPIONSHIPS

The 2013 MIAC Cross Country Championships will be held Saturday, Nov. 2, at Como Park Golf Course in St. Paul, Minn. This year's host school is Bethel University. The MIAC has a championship home page for the event, which will feature complete details and race previews as well as results, recaps, photos and more. The men's 8K race, which begins at 3:15 p.m., will crown the MIAC team champion, and the top 15 individuals will be honored with All-Conference honors. Finishers 16-25 will receive All-MIAC Honorable Mention. Admission is free and spectators are encouraged to attend.

| [2013 MIAC Cross Country Championships Page](#) |

MIAC MEN'S CROSS COUNTRY LINKS

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

TEAM-BY-TEAM PREVIEWS

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Head coach

- Dennis Barker (20th season)

A Year Ago

- T-10th place | 252 points

Full Augsburg preview coming soon.



Head coach

- Jim Timp (17th season)

A Year Ago

- Third place | 101 points

In the 2013 NCAA Championships

- Zach Haskins (45th place at NCAA Championships), Matt Berens (91st place at NCAA Championships)

Top Returners

- Matt Berens (Jr. | 3rd place at MIAC Championships, 91st place at NCAA Championships)
- Matthew Poss (So.)
- Harrison Hitt (Jr.)

Key Losses

- Zach Haskins (4th place at MIAC Championships, 45th at NCAA Championships)
- Matt Schafer
- Brent Schultz

By the Numbers

- 3: Zach Haskins competed in three NCAA Championships in 2012-13, including the NCAA Indoor and Outdoor and Cross Country meets. Haskins was honored as an All-American—for the second time in his career—with a sixth place finish in the 1-mile run at the NCAA National Indoor Meet. He finished 18th at the National Outdoor Meet in the 1500m race, setting a new school record, and placed 45th at the National Cross Country Meet.
- 2: The Royals had two runners qualify for the NCAA National Cross Country Meet in 2012, with Matt Berens and Zach Haskins. The duo finished third and fourth at the MIAC Championships respectively and helped lead the Royals to a third place conference finish.
- 1: The Royals third place finish in the 2012 MIAC Championships was the top team finish in program history.

Did You Know?

- Bethel has finished in the top four at the MIAC Championships in three of the past five years. The Royals will host the 2013 MIAC Championships at Como Park Golf Course in St. Paul, Minn.

Off the Course

- Three Royals were awarded MIAC Academic All-Conference status in 2012. Justin Ivory, Matt Berens and Harrison Hitt all qualified by having a minimum cumulative GPA of 3.5 on a 4.0 scale. As a team the Royals were named to a 2012 Division III All-Academic Team by U.S. Track & Field and Cross Country Coaches Association. Bethel's team GPA was 3.286. Matt Berens was named an All-Academic Individual by the USTFCCA.



Head coach

- Dave Ricks (seventh season)

A Year Ago

- Sixth place | 139 points

Top Returners

- Marcus Huderle (Sr. | 2011 and 2012 All MIAC, 2011 All-Region, finished 46th at 2012 Regional Championships)
- Guthrie Cunningham (Sr. | All-MIAC Honorable Mention (21st), finished 55th at 2012 Regional Championships)
- Jacob Hoerger (Sr. | Finished 77th at 2012 Regional Championships)

Key Losses

- Bobby Davis (2012 All-MIAC Honorable Mention (16th), finished 53rd at 2012 NCAA Central Region Championships)
- Aaron Hirsh (Finished 42nd at 2012 MIAC Championships)
- Matt Harrison (Finished 54th at 2012 MIAC Championships)

By the Numbers

- 15: Marcus Huderle earned All-MIAC distinction for the second straight year last season with his 15th place at the 2012 MIAC Championships
- 12: The Knights closed the 2012 season with a 12th place finish at the NCAA Central Region Championships
- 6: Carleton was one of only four teams to put six racers among the top 50 at the 2012 MIAC Championships

Did You Know?

- Marcus Huderle was Carleton's top finisher in all but one race last season

Off the Course

- The team posted a 3.51 cumulative grade-point average for the 2012 fall term, the seventh-best figure in the nation, earning the Knights the USTFCCCA All-Academic Award for the seventh consecutive season.



CONCORDIA | [Cobbers' men's cross country home page](#) |

Head coach

- Garrick Larson (17th season)

A Year Ago

- Ninth place | 248 points

Top Returners

- Ryan Sederquist (Sr. | Top returning runner from last year's squad at the MIAC Meet; finished 2nd at the first meet of the 2013 season)
- Henry Dobbs (Jr. | Finished in the top 5 of the team's runners in the final 5 meets of 2012)

Key Losses

- Brad McConn (Concordia's top runner at the MIAC Meet in 2012)
- Tanner Sakrismo (Led the team at the 2012 NCAA Central region Meet)

By the Numbers

- 17: All 17 runners on the 2013 Concordia roster are either from Minnesota or North Dakota
- 96: The Cobbers spend the first week of preseason training at Itasca State Park in Park Rapids which is 96 miles away from the Concordia campus
- 100: Cobber senior Ryan Sederquist logged 100 miles of training during the first week of the season

Did You Know?

- Concordia senior Ryan Sederquist is also an accomplished musician and is a Music Education major. He has played the trumpet in the Concordia jazz band and is also a board member and newsletter editor for the Bad Medicine Lake Association.

Off the Course

- For the past 12 years Concordia has volunteered with the Itasca State Park and the Park Service doing various conservation projects. This year the Cobbers helped the Department of Natural Resources at the new LaSalle State Recreational Area just north of Itasca State Park between Park Rapids and Bemidji make a brand new trail around LaSalle Lake.



GUSTAVUS | [Gusties' men's cross country home page](#) |

Head coach

- Dale Bahr (Fifth Season)

A Year Ago

- T-10th Place | 252 points

Top Returners

- Leighton Becher (So., Woodbury, Minn.) | Finished 51st with a time of 27:20.2 at the 2012 MIAC Championships.
- Joe Renier (Sr., Cambridge, Minn.) | Top returning performer from last season's NCAA Regional Championships, placing 74th overall with a time of 27:34.4.

Key Losses

- Dillon Emo | Led team in 41st (27:02.6) at 2012 MIAC Championships...Led team in 60th (27:07.4) at 2012 NCAA Regional Championships.

By the Numbers

- 21: The number of Minnesota natives on the 2013 Gustavus cross country roster. This year's squad features three runners from outside the Land of 10,000 Lakes - two from Iowa and one from Florida.

Did You Know?

- Gustavus assistant coach Brenden Huber won the men's 10k race at the Ninth Annual Fargo Marathon this past May. Huber turned in a winning time of 33:41. Also at the 2013 Fargo Marathon, 2005 Gustavus graduate, Nicole Porath, won the women's marathon with a time of 2:50.49.

Off the Course

- The Gustavus men's and women's cross country teams have committed to improving their favorite training venue. The Gusties will take part in a community service project that will make upgrades and improvements to Seven Mile Creek County Park, a 628 acre park with 10 miles of multi-use trails located off highway 169 between St. Peter and Mankato. The student-athletes will help clear and widen trails, split firewood, and fill sandbags to aid washout areas.



HAMLIN | [Pipers' men's cross country home page](#) |

Co-Head coaches

- Paul Schmaedeke (25th season)
- Adam Frye (First season)

A Year Ago

- Fifth place | 133 points

Top Returners

- Colin Rogers (Sr, co-captain)
- Nathan Rock (So., 26th last year)
- Chris Gill (Jr., 46th last year)

Key Losses

- Brendan Ruter (5th last year)
- Nate Dobbins (6th last year)

By the Numbers

- 10: returning runners from last year's team
- 3: first year runners

Did You Know?

- New co-head coach Adam Frye goes home again for the first meet of the year. The Sept. 14 meet is at Luther, where Frye ran and later coached.

MACALESTER | [Scots' men's cross country home page](#) |



Head coach

- Matt Haugen (11th season)

A Year Ago

- Eighth place | 242 points

Top Returners

- Joe Giamberdino (Jr., 37th at '12 championships)
- Dylan Saul (Jr.)

Key Losses

- Andy Keefe (Academic All-America, top runner in lineup)

By the Numbers

- 12 – Macalester's roster features runners from 12 states.
- 3 – Three Scots gained Academic All-MIAC honors last year.
- 3.38 – Macalester's team GPA last fall was 3.38.

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 Macalester men's cross country team received the United States Track & Field/Cross Country Coaches Association (USTFCCCA) 2012 NCAA Division III Men's Cross Country All-Academic award.

SAINT JOHN'S | [Johnnies' men's cross country home page](#) |



Head coach

- Tim Miles (35th season)

A Year Ago

- Fourth place | 103 points

Top Returners

- John Subialka (Sr. | 2012 All-MIAC; 2012 All-Region; led SJU in 16th at the 2012 NCAA Central Regional; finished 10th at 2012 MIAC Championship; 2013 MIAC Outdoor champion in the 10,000 meters)
- Willie Versen (Sr. | Claimed 37th at 2012 NCAA Central Regional; finished 29th at 2012 MIAC Championship; 2013 All-MIAC indoors with a third-place finish in the 3,000 meters)
- Thomas Feichtinger (So. | 2012 All-Region; finished 18th at the 2012 NCAA Central Regional; 2013 Outdoor Track and Field All-American in the 800 meters; also a member of SJU's MIAC-champion 3,200-meter relay team last spring)

Key Losses

- N/A

By the Numbers

- 6: SJU returns six of its top seven runners that performed at the MIAC Championship and NCAA Central Regional last fall.
- 30: The Johnnies have 30 top-eight finishes at the last 31 NCAA Central Regionals (back to 1982), including five titles and 23 top-five finishes. SJU finished fourth last fall.
- 35: The 2013 season is Tim Miles' 35th at SJU. He has produced a winning program that has finished among the MIAC's top two squads in 22 of the past 34 seasons, including nine MIAC titles (1981, 1982, 1983, 1996, 1997, 1998, 1999, 2006 and 2007). He has had 22 cross country teams qualify for the national meet, with 17 recording top-15 finishes.

Did You Know?

- Senior Matt Scherber (Royalton, Minn./Sartell-St. Stephen) enters his second year as the Johnnies' Student-Athlete Advisory Committee (SAAC) president in 2013-14. Scherber led SJU with a ninth-place finish at the 2012 MIAC Championship.

Off the Course

- The 2012 SJU cross country team earned U.S. Track & Field and Cross Country Coaches' Association (USTFCCCA) All-Academic recognition. Thirty-seven Johnnies combined for a cumulative team GPA of 3.17. A total of 141 institutions represented 34 conferences in Division III. The MIAC led all conferences with 10 institutions on the All-Academic list. To qualify as a USTFCCCA All-Academic Cross Country Team, the team must record a cumulative team GPA of 3.10 or better.



SAINT MARY'S | [Cardinals' men's cross country home page](#) |

Head coach

- Ward Berndt (Ninth season)

A Year Ago

- Seventh place | 146 points

Top Returners

- Aaron Haley (5-6, Jr. | Season-best 8K time of 26:00 at 2012 Jim Drews Invitational; Won first-ever collegiate race with first-place finish at 2012 SMU No-Limit Invitational; 2012 First-Team All-MIAC)
- John Soucheray (6-5, Sr. | Posted season-best 8K time of 26:03 at 2012 MIAC Championships; School record-holder in 5,000 meters)
- Jase Pater (5-6, So. | Ran season-best 27:26 8K at 2012 Jim Drews Invitational)

Key Losses

- 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)

By the Numbers

- 1: Aaron Haley (Plainview, Minn.) set the school's eight-kilometer record with a time of 26:00 at the Jim Drews Invitational on Oct. 13, and narrowly missed rewriting the record books again at the MIAC Championships, clocking a time of 26:03
- 1-2-3: The Cardinals boasted a 1-2-3 individual finish at the 2012 SMU No-Limit Invitational, as Aaron Haley (Plainview, Minn.), Peter Borash (Bowlus, Minn.) and Jake Traxler (Le Center, Minn.) finished first, second and third, respectively lead the SMU men to a first-place team finish.
- 7: The Cardinals seventh-place finish at the 2012 MIAC Championships was their highest in coach Ward Berndt's eight-year tenure

Did You Know?

- The MIAC performances of Aaron Haley (13th), Jake Traxler (17th) and Peter Borash (18th) marked the first time in coach Ward Berndt's eight-year tenure that the Cardinals have had three runners in the top 20 at the conference championships.

Off the Course

- The SMU men's cross country team, who boasted five athletes on the Academic All-MIAC Team — Peter Borash (Bowlus, Minn.), John Soucheray (Woodbury, Minn.), Jake Traxler (Le Center, Minn.), Gabe Thiel (Berlin, Wis.) and Aaron Haley (Plainview, Minn.) — also earned USTFCCCA All-Academic status.

ST. OLAF | [Oles' men's cross country home page](#) |

Head coach



- Phil Lundin (Sixth season)

A Year Ago

- First place | 54 points

In the 2013 NCAA Championships

- 2012 NCAA Central Regional Team Champions; 70 points | 14th at 2012 NCAA National Championships; 371 points

Top Returners

- Grant Wintheiser (Junior | 3rd at 2012 NCAA Championships; 2012 MIAC Champion; Two time all-conference; All-America honors 2012; 2012 Central Region Champion)
- Brian Saksa (Senior | 52nd at 2012 NCAA Championships; 8th at 2012 MIAC Championships; Two time all-conference; 11th at 2012 Central Region Championships)
- Jake Campbell (Sophomore | 102nd at 2012 NCAA Championships; 12th at MIAC Championships; All-conference; 15th at 2012 Central Region Championships)

Key Losses

- Chris Massey (25th at 2012 MIAC Championships; 220th at 2012 NCAA Championships; 26th at 2012 Central Region Championships)
- Tim Lillehaugen (14th at 2012 MIAC Championships; 199th at 2012 NCAA Championships; 17th at 2012 Central Region Championships)

By the Numbers

- 5: Five of the seven St. Olaf runners from the 2012 NCAA team are returning in the 2013 season

Did You Know?

- Grant Wintheiser was the fifth Ole MIAC Champion since 1997.



ST. THOMAS | [Tommies' men's cross country home page](#) |

Head coach

- Pete Wareham (21st season)

A Year Ago

- Second place | 97 points

In the 2012 NCAA Championships

- Keaton Wendroth placed 99th out of 270 in his first national meet

Top Returners

- Keaton Wendroth, JR; 2012: 99th NCAAs, 9th regional, 7th MIAC
- Ethan Armbruster, SR; 2012: 28th regional, 11th MIAC
- C.J. Seifert, JR, 2012: 27th regional, 20th MIAC

Key Losses

- Brian Farley, Grad; 2012: 47th MIAC

By the Numbers

- 9: Number of Tommie CC runners who scored indoors and outdoors in track and field for MIAC title teams
- 63: Number of places improved by Robby Williams at MIAC cross country from the his 90th place in 2011 to 27th in 2012
- 1: Number of seniors in Tommies' top seven last fall

Did You Know?

- Keaton Wendroth didn't run cross country as a freshman and missed the 2011 season with an injury. He was the Tommies' top finisher in all eight competitions he entered last fall with a best time of 25:33.

Off the Course

- The 2012 Tommies ranked in the top 100 of all Division III men's cross country teams with their cumulative 3.24 grade-point average, led by Wendroth's 3.88.