

2000 MIAC MEN'S CROSS COUNTRY PREVIEW

The 2000 MIAC Men's Cross Country season is almost underway with high hopes of several squads being in contention for the MIAC Championship. Saint John's University, last years MIAC Champion and seventh place finisher at the NCAA Div. III Championship, seems a likely candidate for this seasons champion. SJU has finished in either first or second place in nineteen of the past twenty-one years.

The 2000 MIAC Championship will be October 28 at Como Park in St. Paul.

Augsburg College

Head Coach: Dennis Barker (7th season)

1999 MIAC Chapiionship: 10th

Key Returners: (Name, Yr, Highlight)

Eric Bloemendal (Sr.), All-MIAC in 1998, HM All-MIAC in 1999

Christian Dawson (Sr.), HM All-MIAC in 1998

Lawrence Mboga (Jr.)

Season Preview:

Last year, Augsburg finished 10th in the end-of-season MIAC meet. This year, the men's squad should show improvement with an experienced, veteran roster that produced 13 career personal bests during the course of the 1999 season. Coach Dennis Barker says that there are several individuals that could push for All-MIAC finishes and individual berths in the NCAA Division III national championship meet for the first time since 1996.

The Auggies will be led by seniors Eric Bloemendal (Sr., Brampton, Ontario/Huntsville HS) and Christian Dawson (Sr., Invercargill, New Zealand, Cargill HS), who have been the dominant runners for the Auggies the last three years. Bloemendal earned All-MIAC honors with a 10th-place conference finish in 1998 and made honorable-mention All-MIAC last season with a 19th-place finish in the league meet. His career personal best came last year at the Wisconsin-La Crosse meet (26:22.7 for 8,000 meters). Dawson, an honorable-mention All-MIAC runner in 1998, notched two personal bests last season, including a 26:22.7 at the La Crosse meet.

Joining the two seniors will be Lawrence Mboga (Jr., Kisii, Kenya/MenYenYa HS), who became a solid No. 3 runner for the squad last year, showing consistent improvement in every race. Allen Lundberg (Jr., Minneapolis, MN) transferred to Augsburg from Gustavus, where he was the Gusties' No. 2 runner last fall.

Barker also has several recruits and first-year runners who will challenge for the scoring spots this season. Chris Ohnstad (Jr., Faribault, Minn.) was a state cross country competitor in high school. Ben Burgess (So., Hopkins, MN), Ryan Nevin (Fr., Barron, WI.) and George Spears (Fr., Minneapolis, MN) will also add team depth.

Bethel College

Head Coach: Jim Timp (4th season)

1999 MIAC Chapiionship: N/A

Key Returners: (Name, Yr, Highlight)

KeSung Anderson, Senior, New Brighton, MN

Kevin Lightner, Junior, Windom, MN

Brent Warren, Junior, Paddock Lake, WI

Kevin Muras, Junior, Winona, MN

Dan Opitz, Junior, Minneapolis

Season Preview:

Bethel's 2000 cross country campaign will be somewhat dependant on how the team prepares for the season throughout the offseason and how many quality new faces come in for fall camp in August. Senior KeSung Anderson is a strong runner who provides quality leadership to the team. Coach Timp believes that the 2000 squad is capable of running in the upper half of the Minnesota Intercollegiate Athletic Conference if the team puts in a quality summer of preparation as they look to the new year.

Carleton College

Head Coach: Bill Terriquez (5th season)

1999 MIAC Chapiionship: 5th

Key Returners: (Name, Yr, Highlight)

Paul Anderson '01

Andy Sherman '01

Collin Lawrence '02

Jimmy Blair '02

Season Preview:

The future is bright for the Knights, as five of the top seven runners from the 1999 squad return. The squad will be led by senior co-captains Paul Anderson (Boulder, Mont.) and Andy Sherman (Mequon, Wis.), both all-conference runners during the track and field season. Valuable juniors Collin Lawrence (Elmhurst, Ill.) and Jimmy Blair (Libertyville, Ill.) also return, as do key sophomores Bryan Donald (St. Paul, Minn.) and Graham Zorn (Ashland, Wis.). With that level of returning experience the Knights look to improve their conference standing and qualify for the NCAA National Championships.

Concordia College

Head Coach: Garrick Larson (4th season)

1999 MIAC Chapiionship: 4th

Key Returners: (Name, Yr, Highlight)

Steven Edlund, Sr., Cyrus, MN/Morris H.S.

- (1999 NCAA Regional Honorable Mention)

Chris Goebel, Sr., Albany, MN

- (NCAA qualifier in 1500 meter in 2000)

Brian Klug, Jr., Alexandria, MN,

- (Finished in top 20 of MIAC in 1999)

Season Preview:

Last year the Cobbers finished fourth in the MIAC, their highest finish in the MIAC in 20 years. They continued that success in the NCAA Regionals by finishing ninth, which was their highest finish since 1983. The 2000 Concordia Cross Country team will be looking to pick up where they left off in 1999. With five top runners returning, and a strong incoming freshman class the Cobbers are hoping to challenge for the top spots in the MIAC and qualify for nationals. The team will be led by Chris Goebel (Sr., Albany, MN, Albany H.S.) who qualified for outdoor nationals in the 1500 meter run last spring and Steve Edlund (Sr., Cyrus, MN, Morris H.S.) who made the NCAA regional cross country team last season.

Gustavus Adolphus College

Head Coach: Scott Jerome (1st season)

1999 MIAC Chapiionship: 8th

Key Returners: (Name, Yr, Highlight)

Mike Henderson, SR, Isanti, Minn. (44th at MIAC Championships and 53rd at NCAA Regions)

Joe Thompson, SR, Osseo, Minn. (66th at MIAC Championships and 81st at the NCAA Regions)

Jake Moen, SO, Cambridge, Minn. (51st at MIAC Championships and 59th at the NCAA Regions)

David Bernhardson, SO, Eden Prairie, Minn. (59th at MIAC Championships and 99th at NCAA Regions)

Season Preview:

The Gustavus men's cross country program will begin a new era under the direction of new head coach Scott Jerome, who comes to St. Peter from Northern Michigan University where he was the assistant women's coach for two seasons. Jerome will welcome back eight letterwinners from a team that finished eighth at the MIAC Championships and 12th at the NCAA Regional meet. Leading the returners will be seniors Mike Henderson and Joe Thompson. Henderson finished 44th at the conference meet and 53rd at the region meet while Thompson finished 66th at the conference meet and 81st at the region meet. Other top returners include sophomores Jake Moen and David Bernhardson who finished 51st and 59th respectively at last year's conference meet. Jerome will also hope to get contributions from six freshman including William Holmquist, Gerald Ryan, Justin Scanlan, Paul Sellers, Lucas Twedt and James Vinson.

Hamline University

Head Coach: Paul Schmaedeke (21st season)

1999 MIAC Chapiionship: 7th (11th in NCAA Central Regional)

Key Returners: (Name, Yr, Highlight)

Tom Kregar, SO (23rd in MIAC Championship, 33rd in NCAA Regional)

Chuck Dusbabek, SR

Eric Kaluza, JR

Chad Seller, SR

Season Preview:

The Pipers have prepared well this summer and expect to improve considerably on last years team finishes in the MIAC and NCAA. They will be led by a strong and hungry core of veteran runners and are hungry to advance in the MIAC standings.

Macalester College

Head Coach: Steve Pasche (1st season)

1999 MIAC Chapiionship: 6th

Key Returners: (Name, Yr, Highlight)

Aaron Ritz (Jr., Ames, IA)

Ben Knudson (Sr., Hastings, NE)

Season Preview:

New head coach Steve Pasche takes over a Macalester program which placed sixth out of 11 teams last year in the MIAC and 10th out of 27 at the Central Regionals. The Scots must replace some key seniors from '99, including Brandon Guthrie, the team's top runner in every meet over the past four years. Guthrie was a close second at last year's MIAC meet and then placed fifth at regionals and 40th at nationals.

Pasche, a graduate of and former standout runner at St. John's, will have the services of veterans Aaron Ritz (Jr., Ames, IA) and Ben Knudson (Sr., Hastings, NE). Ritz was Macalester's No. 2 runner behind Guthrie in three meets, including regionals, and placed 35th at the conference meet. Knudson was strong early in the campaign and placed 14th at the St. Olaf Invitational. Tim Lewandowski (So., Hopkins, MN) and Jude Henningsgaard (Jr., Albany, MN) are also significant returners for the Scots.

Saint John's University

Head Coach: Tim Miles (22nd season)

1999 MIAC Chapionship: 1st

Key Returners: (Name, Yr, Highlight)

Nick Thoemke, Sr., two-time All-MIAC selection

Todd Larsen, Sr., 16th place at '99 MIAC meet

John Fehr, Sr., 50th place at '99 MIAC meet

Andy Keenan, Jr., 38th place at '99 MIAC meet

Tom Myers, So., 42nd place at '99 MIAC meet

Season Preview:

The tradition of cross country excellence started at Saint John's University in the late 1960s and continues into its fifth decade as the Johnnies enter the 2000 season as the four-time defending MIAC champions. Besides the four consecutive MIAC titles, SJU also has had three straight top ten NCAA Division III finishes, including a seventh place finish in 1999. SJU will have to replace three-time All-American and two-time MIAC champion John Krueger, along with All-American Chet Boom. All-MIAC runners Lee Hodin and Mike Cook will also be missed. Tim Miles, a 1976 graduate of SJU, has produced a winning program that has finished among the MIAC's top two squads in 19 of the past 21 seasons. At the national level, Miles' teams have gained 14 top 15 finishes at the NCAA Division III meet and have produced 13 All-Americans.

Complete preview can be found at: www.csbsju.edu/sjusports/ccpre00.html

Saint Mary's University

Head Coach: John Skemp (10th season)

1999 MIAC Chapionship: 9th

Key Returners: (Name, Yr, Highlight)

Joe Thompson (Sr.)

Rob Brajkovich (So.)

B.J. Klenke (So.)

Kevin Schemenauer (So.)

Season Preview:

It was a storybook ending for graduating seniors Mark Bolster, Ryan Bickler, Rob Edwards and Carl Wallin.

The Cardinal quartet closed out their collegiate careers on the highest of high notes last November, leading the Saint Mary's University men's cross country team to an eighth-place finish at the NCAA Regional Meet.

Unfortunately, as happy a moment as it was, it was also a rather somber time for SMU coach John Skemp. After all, the veteran coach knew that, when the 2000 cross country season rolled around, those four runners, the mainstays of the Cardinal program for the past four years, would be gone.

Gone, but certainly not forgotten.

"When you lose four guys like that, no question it's going to have an impact," admitted Skemp, whose men's and women's teams open up their seasons Saturday, Sept. 2, with the SMU Invitational. "But that's part of the process you go through."

Helping to ease the blow of losing his top four runners from a year ago, Skemp does return a solid core of runners, led by Joe Thompson (Lake City, Minn.), Rob Brajkovich (Whiting, Ind.), B.J. Klenke (Prior Lake, Minn.) and Kevin Schemenauer (Chippewa Falls, Wis.).

Complete cross country preview: www.smumn.edu/sports/cross_country/newsletter/ccpreview.html

St. Olaf College

Head Coach: Bill Thornton (18 total seasons / 4th consecutive)

1999 MIAC Chapionship: 3rd

Key Returners: (Name, Yr, Highlight)

Mark Bresnan, Sr.

Andrew Cole, Jr.

Chris Coffey, So.

Chris Grorud, Sr.

Mark Murakami, Jr.

Season Preview:

The 2000 Ole Harriers will be without a seasoned front runner, however, during a 1999 junior varsity invitational the Oles were able to pack five in the top 21 to place second in the meet. The Oles will have to depend on pack running during the 2000 season to be successful.

University of St. Thomas

Head Coach: Pete Wareham (8th season)

1999 MIAC Chapionship: 2nd (12th in NCAA)

Key Returners: (Name, Yr, Highlight)

Ryan Kollmann, SR, 3X All-American (1999: 8th MIAC, 101st NCAA)

Dan Draine, SR, (1999: 5th MIAC, 100th NCAA)

Rick Chapko, SR, (1999: 13th MIAC, 84th NCAA)

Nick Maddox, JR, (1999: 6th MIAC, 67th NCAA)

Brian Preus, SO, (1999: 11th MIAC, 108th NCAA)

Season Preview:

The St. Thomas men's cross country team is looking to make some noise from coast-to-coast in 2000. Coach Pete Wareham appears to have another team capable of bidding not only for an MIAC championship but also for UST's fourth consecutive top-12 NCAA finish. Highlighting the October schedule are the St. Lawrence Invite in New York and the MIAC championships in St. Paul. The Toms, ranked ninth nationally in the preseason poll, hope to close out the season in November at the NCAA championships in Spokane, Wash. UST is looking to qualify a team to the NCAA meet for the 19th time in the last 23 seasons. The 1999 Tommies put five runners in the top 13 at the MIAC meet and scored 43 team points, yet took second to St. John's total of 34. (Only twice previously since 1971 has an MIAC team scored 43 or less points and not won the team championship.) St. John's has won four MIAC championships in a row with the Tommies second each season. Those schools have combined to win 20 of the last 22 team titles (13 by UST), and likely will be the teams to beat again in 2000. The Toms return their top five from a 12th-place NCAA finish -- all five were bunched within 20 seconds at nationals. Wareham has nine freshmen among his 23-man roster. Senior Ryan Kollmann, a three-time track and field All-American, was second in the NCAA indoor 1,500 and fourth at the NCAA outdoor 1,500 last season. He was slowed by a stress fracture last fall but is ready for another All-America bid. He's trying to join a select group of MIAC cross country four-time all-conference finishers, and already is a six-time All-MIAC honoree in track and field.

1999 Men's Championship Results**1999 MIAC Final Standings**

	Points
Saint John's	34
St. Thomas	43
St. Olaf	104
Concordia	123
Carleton	147
Macalester	182
Hamline	193
Gustavus	197
Saint Mary's	215
Augsburg	227