

2002 MIAC MEN'S CROSS COUNTRY PREVIEW

The 2002 MIAC Men's Cross Country have begun with several teams contending for the MIAC top spot. St. Thomas repeated as the MIAC team champion to bring home the 2001 MIAC Championship. Watch for Saint John's to try and reclaim the MIAC title in 2001 as they have finished in either first or second place in twenty-one of the past twenty-three years. Brian Preus of St. Thomas returns for his senior year to defend his top time in the MIAC Championships last season. Four of the top five finishers are back from 2001.

The 2002 MIAC Championships will be November 2, 2002 at Como Park in St. Paul. Men will run at 2:00pm.

Augsburg College		
Head Coach:	Dennis Barker (9th season)	
2001 Record:	7th at MIAC Championship, 12th at NCAA regional	
Key Returners:	Ryan Nevin (Jr., Barron, Wis.) -- Top Augsburg returner, No. 2 runner on team in 2001, six personal bests in Augsburg career (three in 2001), current PB of 26:48.6; 35th at MIAC championships, 56th at NCAA regional. Alan Wilson (So., Arden Hills, Minn./Mounds View HS) -- No. 3 runner on team in 2001, 3 personal bests in freshman year, 27:33 at NCAA regional (68th); 58th at MIAC meet. George Spears (Jr., Minneapolis, Minn./South HS) -- No. 4 runner on team in 2001, four personal bests in Augsburg career (3 in 2001), current PB of 27:47 at NCAA regional (76th), 96th at MIAC meet. Dan Vogel (So., LaCrescent, Minn.) -- No. 5 runner on team in 2001, four personal bests in freshman year, current PB of 28:16.12 (71st) at MIAC meet, 98th at NCAA regional.	
Season Preview:	<p>There's high hopes for the Augsburg College cross country program in 2002. Both the men's and women's squad return most of their top runners, with just six letterwinners gone from the team. It's that corps of runners that has head coach Dennis Barker confident for improvement in his ninth season coaching the Auggies. "Both teams are quite young, but we return a good group of quality runners," Barker said.</p> <p>Augsburg's men's squad scored one of its best seasons in school history in 2001, with a seventh-place finish in the Minnesota Intercollegiate Athletic Conference meet and its best-ever finish, 12th, in the NCAA Division III Central Regional. With just one of the top six runners lost to graduation, the Auggies have a solid shot of improving even more this season.</p> <p>"This is certainly a group with the ability to improve upon our seventh-place (conference) finish from last year. With no seniors, we have the potential to move into the top five in the MIAC over the next few years," Barker said.</p> <p>Ryan Nevin (Jr., Barron, Wis.) is Augsburg's top returning runner. Last year, he continued to show steady improvement as Augsburg's No. 2 runner, breaking the 27-minute barrier (8,000 meters) with a 26:48 effort in October, just the 14th time an Auggie runner has run a sub-27-minute 8,000 meter race in the last four seasons. This year, Nevin will be counted on to be a team leader.</p> <p>George Spears (Jr., Minneapolis, Minn./South HS) came back from an injury-plagued 2000 season to shine in 2001, setting a career-best with a 27:47 effort in last season's regional meet. Barker said he expects Spears to have a "breakthrough season" in 2002.</p> <p>Alan Wilson (So., Arden Hills, Minn./Mounds View HS) and Dan Vogel (So., LaCrescent, Minn.) both showed steady improvement in both cross country and track and field, and should continue that improvement in their sophomore campaigns. Wilson set personal bests three times, including a 27:33 in the regional meet, while Vogel recorded a 28:16.2 at the MIAC meet. Jason Edwards (Jr., Fergus Falls, Minn.) will also be expected to improve upon his times, as will Tony Schaden (So., Minneapolis, Minn./South HS).</p> <p>Several promising recruits join the Auggies, led by Riley Conway (So., Lake City, Minn.), a transfer from St. John's and a three-time all-state competitor in high school. Erik Lundberg (Fr., Roseville, Minn./Mounds View HS) was the No. 5 runner on a Mounds View state tournament team last year in his first season of competitive cross country, Eric Foley (Fr., Minneapolis, Minn./South HS) was a solid runner at Minneapolis South, and Abe Dominguez (Fr., Rosemount, Minn.) was a top runner in his high school career.</p> <p>Complete preview can be found at: www.augsburg.edu/athletics/xcountry/0203preview.html</p>	

Bethel College		
Head Coach:	Jim Timp (6th season)	

2001 Record:	10th place at MIAC Championships	
Key Returners:	Joe Boone, SR, Stone Lake, Wis. Brent Warren, SR, Paddock Lake, Wis. John Lawrey, SO, Apple Valley, Minn. Adam Erickson, SO, Roseville, Minn. Nick Jones, SO, Kearney, Neb.	
Season Preview:	<p>After finishing in 10th place at the MIAC meet last fall, coach JimTimp is optimistic as he looks ahead to the 2002 season and beyond. The squad welcomes back 12 runners, including a very talented group of sophomores. Last year, nine runners ran under 30 minutes in races throughout the season, which is a Bethel record. Five of Bethel's top seven from last year return and will give the Royals a solid foundation for the 2002 campaign. "In the past, we have had trouble keeping our runners out for more than one or two years. This group is committed to the program and has the fire and discipline to achieve what no other Bethel cross country teams have achieved" Timp said.</p> <p>With only three seniors, the squad is very young, but the leadership of the upperclassmen and the addition of some talented newcomers, the Royals hope to springboard into the top five or six in the MIAC. Timp continued, "Every year it gets a little better in regard to being competitive in this conference. The numbers speak for themselves. My first couple of years here, we could barely field a team, now we are looking at maintaining 20 to 25 runners. My philosophy has always been with quantity. Quality will follow close behind. This is the group that is going to turn the corner for Bethel cross country."</p>	

Carleton College		
Head Coach:	Bill Terriquez (19th season)	
2001 Record:	5th MIAC Championship, 6th NCAA Central Regional	
Key Returners:	Matt Hooley, Jr., All-MIAC (4th), All-Region, National qualifier in 2001 Dan Bucy, So., All-MIAC honorable mention, All-Region in 2001 Chris Lundberg, So., All-MIAC honorable mention Phil Schrader, Jr., member of top 5 in region Aaron Lande, Jr., member of top 5 in region	
Season Preview:	Look for Carleton to continue their cross country success as the top five members of the NCAA regional team return. Junior Matt Hooley, fourth in the MIAC Championships, leads the way. Besides the highly touted top five, senior co-captains Bryan Donald and Tom Church also return. Donald is coming off a highly successful track season where he was conference 1,500 meter champion. Church looks to regain his sophomore season form after an injury plagued his junior year. Three first-year runners, Stephen Jahn, Stephen Harris and Charles Yin competed in the Minnesota State High School Cross Country Championships last fall and should contribute substantially. Jahn was the bronze medalist in the state meet in 2000.	

Concordia College		
Head Coach:	Garrick Larson (6th season)	
2001 Record:	8th at MIAC Championship	
Key Returners:	Nick Myran (So., West Concord, Minn.) Kirk Nelson (Sr., Hettinger, N.Dak.) Ben Nylander (Jr., Lisbon, ND) Jim Monson (Sr., Maple Plain, MN)	
Season Preview:	<p>The 2002 Concordia men's cross country team will have a familiar look to it this year. Four of the Cobbers top five runners from a year ago are back to push the team towards a top-five finish in the MIAC.</p> <p>Concordia will be led by a trio of runners from last year's squad. The top finisher from last year's MIAC championships, Nick Myran (So., West Concord, Minn.) will benefit from a year's experience and understanding race techniques at the college level. Senior Kirk Nelson (Hettinger, N.Dak.) was consistently one of the Cobbers top two finishers from 2001, and won the 3000 meter steeplechase last spring at the MIAC outdoor track and field championships. Jim Monson (Sr., Maple Plain, Minn.) rounds out the trio of experienced runners that return for Concordia.</p> <p>The Cobbers will also be benefitted by the return of junior Ben Nylander who sat out last season due to an injury. As a first year runner in 2000, Nylander was one of Concordia's mainstays in every meet.</p> <p>Follow Cobber Men's Cross Country all season long at: www.cord.edu/dept/sports/mx02</p>	

<u>Gustavus Adolphus College</u>		
Head Coach:	Scott Jerome (2nd season)	
2001 Record:	9th at MIAC Championship	
Key Returners:	Dave Bernhardson (Sr., Eden Prairie, Minn.) 3-year letterwinner, 129th at '01 MIAC meet James Sor enson (So., Hastings, Minn.) 84th at '01 MIAC meet Jake Moen (Sr., Isanti, Minn.) 34th at '01 MIAC meet Drew Scanlan (Jr., New Orleans, La) injured most of last season Brent Magnusson (So., Pelican Rapids, Minn.) 82nd at '01 MIAC meet	
Season Preview:	The Gusties will look to move up significantly from their ninth place finish at the MIAC Championships last fall. Coach Scott Jerome is patiently bringing the team along in a rebuilding project that he hopes will bring the squad to the middle of the MIAC pack this season and then higher each season after that. There is a core group returning that Jerome's expects to give quality leadership to the team. That group includes seniors Dave Bernhardson and Jake Moen, junior Drew Scanlan and sophomores Brent Magnusson and James Sorenson. This entire group ran at the MIAC Championships last year except Scanlan who was out with an injury. Jerome also welcomes a good-sized group of newcomers which includes sophomore transfers Erich Ziegler (Univ. of Michigan) and Jon Miller (Carleton) and freshmen Brady Rutman (Brainerd, Minn.) and Andy Rishavy (Alexandria, Minn.).	

Hamline University		
Head Coach:	Paul Schmaedeke (22nd season)	
2001 Record:	2nd at MIAC Championships	
Key Returners:	Tom Kreger Mike Baker Justin Steen Peter Kuznia Zach Bullis	
Season Preview:	<p>The Fighting Piper men's cross country team will look to improve upon an outstanding 2001 season. The Pipers, led by All-American selection Tom Kreger and All Region selection Mike Baker, finished second in the always tough MIAC conference and helped Hamline to earn a trip to the NCAA division III national cross country championships.</p> <p>"We want to get better," said head coach Paul Schmaedeke. "This is a tremendously devoted group of guys who are going to compete everytime out and we're excited about what we can achieve this year."</p> <p>Along with Kreger and Baker, look for Peter Kuznia, Justin Steen and Zach Bullis to make their mark for the Piper effort this season.</p>	

Macalester College		
Head Coach:	Steve Pasche (3rd season)	
2000 Record:	6th MIAC / 11th Central Region	
Key Returners:	Bo Rydze (So., Iowa City, IA) Eric Olson (So., Faribault, MN) Peter Dilon (Jr., Eugene, OR)	
Season Preview:	Third-year coach Steve Pasche and the Macalester men's cross country team looks to continue its climb up the MIAC ladder after placing sixth in the league and 11th out of 22 in the region a year ago. Macalester loses its top runner, Jude Henningsgaard, to graduation, but has a very young and talented team. Sophomores Bo Rydze and Eric Olson were the team's second and third runners last year as a couple of the MIAC top newcomers. Peter Dilon is another key returner, while Coach Pasche is looking for several first-year runners to step in and contribute immediately, led by Sky Brandt. Other fast newcomers include Roscoe Sopiwnik, Ben Johnson and Jordan Selbo.	

Saint John's University	
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Head Coach:	Tim Miles (24th season at SJU)
2001 Record:	3rd place MIAC / 7th place NCAA Central Regional
Key Returners:	Tom Myers, Sr., Shakopee – two-time All-MIAC, 10th place at MIAC meet in 2001. Dan Hushagen, Sr., Mora – 14th place at MIAC meet in 2001 to earn All-MIAC honors. John Mathews, Sr., St. Cloud – two-time 1,500-meter MIAC track and field champion.
Season Preview:	The Saint John's University cross country team enters the 2002 season after finishing third last season at the MIAC Championships and seventh at the NCAA Central Regional. Leading the way for the Johnnies this fall will be seniors Tom Myers, Shakopee; Dan Hushagen, Mora and John Mathews, St. Cloud. SJU is expected to return five of seven runners that scored points for the Johnnies at last year's MIAC Championships. Complete preview can be found at: gojohnnies.com/cross_country/02preview.html

Saint Mary's University	
Head Coach:	John Skemp (12th season)
2001 Record:	11th at MIAC Championship
Key Returners:	Jim Baertsch (Jr., Winona, Minn.) B.J. Klenke (Sr., Jordan, Minn.) Keith Pieschek (Jr., Sturgeon Bay, Wis.) Andy Marter (Sr., Winona, Minn.) Luke Hofmann (Sr., St. Louis, Mo.)
Season Preview:	For 11 years, John Skemp has been the head coach of the Saint Mary's University cross country teams. Yet, in all that time, Skemp has made sure to make it perfectly clear who the real coach of the Cardinal teams was - the runners themselves. "I do all the organizational work, make sure the meets are set and make sure the workouts are prepared," said Skemp. "But what it really comes down to is, it's the athletes who have to do the work." And from all early indications, this year's teams have definitely done their summertime homework. "I like what I've seen so far," said Skemp. "It's obvious who hit the workouts hard in the summer and who didn't, and those that did will be at a real advantage." Unlike years past, depth will be a real plus for Skemp this season, as both his men's and women's rosters boast 12 runners - including nine returners on the men's side and seven on the women's side. Junior Jim Baertsch (Winona, Minn.), the Cardinals' top runner in six of their seven meets, leads an experienced group of men runners. Seniors Luke Hofmann (St. Louis, Mo.), B.J. Klenke (Jordan, Minn.) and Michael Uffenbeck (Drummond, Wis), along with junior Keith Pieschek (Sturgeon Bay, Wis.) and sophomore Pat Polasek (Glendale Heights, Wis.) all saw extensive action SMU's top seven, while freshmen Jim Bansley (Chicago, Ill.), Andy Boisjolie (Austin, Minn.) and Luke Thompson (Lake City, Wis.) have also shown the ability to compete at the collegiate level. Complete preview can be found at: sports.smumn.edu/cross_country/2002/newsletter/ccpreview.html

St. Olaf College	
Head Coach:	Bill Thornton (20 total seasons / 6th consecutive)
2001 Record:	4th at MIAC Championship
Key Returners:	

Season Preview:	<p>The 2002 St. Olaf Men's Cross country team returns only eight letter winners from a very successful 2001 team. The 2001 Ole runners finished one point out of third place in the MIAC Championships and fifth place in the very competitive NCAA Central Regional Championships, where three of the National Qualifying Teams finished in the top ten at the NCAA Championships.</p> <p>The 2002 season promises to be another extremely competitive season for the Oles as they strive to improve upon their 2001 finishes at the MIAC and the Central Regionals.</p> <p>Top returnees for the Oles this fall include: Peder Arneson (Jr.) All Conference in 2001 by finishing 13th at MIAC Championships; Chris Coffey (Sr.) 6th runner at the 2001 Central Regionals where he finished 43rd; Kelly Fulton (So) Missed the 2001 MIAC Championships, however finish 20th at the Central Regionals which gained him the last Individual Qualifying spot for the NCAA Championships; Robert Hillard (Sr) All Conference in 2001 by finishing 12th at the MIAC Championships, followed by a 23rd place finish at the Central Regionals; Malcolm Richards (So) Finished in 28th place at the MIAC Championships in 2001 and finished strong in 30th place at Central Regionals; Mark Sullivan (Sr) Named 2002 Co Captain. Finished in 41st place MIAC meet and came back to finish in 37th place at the Central Regionals; Joel Tortomasi (Sr) Also named as 2002 Co Captain. Hopes to build on a great outdoor Track & Field season where his 32:01.75 10, 000 meter time placed him 6th on the Oles Honor Roll. The Oles hope for a strong finish at the MIAC Championships and the Central Region Championships. They are hopeful for a berth to nationals, since the NCAA Division III Cross Country Championships are hosted at St. Olaf on November 23, 2002.</p> <p>Coach Bill Thornton will again take the helm, hoping to guide the Oles to their first MIAC title in over twenty years. Thornton said "we saw promise in last year's effort but I share the team's belief that the fall of 2002 might be a breakthrough season for the black and gold harriers."</p>
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University of St. Thomas		
Head Coach:	Pete Wareham (10th season)	
2000 Record:	1st MIAC, 1st Region, 5th NCAA D-III	
Key Returners:	Brian Preus, SR, Plymouth/Robb. Armstrong (CC: 1st MIAC, 1st Region; 22nd NCAA; Track: 10th NCAA 10,000) Nate Coleman, JR, Grand Rapids (CC: 5th MIAC, 65th NCAA) Sean Brenckman, JR, Eden Prairie (CC: 15th MIAC, 92nd NCAA) Levi Severson, SR, Waseca (CC: 11th MIAC, 131st NCAA) Tristan Christ, JR, Alexandria (CC: 27th MIAC)	
Season Preview:	<p>Coach Pete Wareham's 2001 Tommies repeated as conference champion and took fifth in the NCAA Championships. That marked the school's best national finish since the 1989 team placed fourth. It also was the 15th MIAC team championship in the last 24 years.</p> <p>The 2002 Tommies will look to be back in the NCAA top-10 chase when this year's meet comes to the St. Olaf campus in Northfield. The Tommies also hope to add to their total of All-Americans -- they have crowned 26 in the last 25 seasons.</p> <p>The Tommies return four All-MIAC runners from a team that won the conference meet with an impressive 26 points. Returning seniors are All-American and 3X All-MIAC Brian Preus and All-MIAC Levi Severson. Juniors Nate Coleman, Sean Brenckman and Tristan Christ will look to improve on solid seasons of 2001.</p> <p>Sophomores Brock Stepan and Jason Overson, a January 2002 transfer, ran well last spring in track and field.</p>	

2001 MIAC Men's Country Championship



2001 Team Results

	Team	Points
1	St. Thomas	26
2	Hamline	65
3	Saint John's	77
4	St. Olaf	78
5	Carleton	97
6	Macalester	206
7	Augsburg	220
8	Concordia	227
9	Gustavus	232
10	Bethel	304
11	Saint Mary's	320