

2003 MIAC MEN'S CROSS COUNTRY PREVIEW

The 2003 MIAC Men's Cross Country season has begun with several teams contending for the MIAC's top spot. Carleton is the defending champ and will be lead by MIAC coach of the year Bill Terriquez. The Knights lost their two top runners from last season, but return a experienced core of solid runners. St. Olaf finished second last season at the MIAC Championships, but rallied to earn the last (third) National Qualifying place in a tie breaker at the Central Regional Championships. The 2002 season marked the first time in almost twenty-five years a St. Olaf men's team was represented at the NCAA Championships. The Ole's lost some of thier top preformers to graduation, but the 2003 St. Olaf Men's Cross country team returns many letter winners with valuable experience from a very successful 2002 team. Watch for St. Thomas to have a strong 2003 campaign. For Tommies coach Pete Wareham , gone is Brian Preus, a two-time All-American and four-time All-MIAC runner. But coach Wareham still returns four of their first six runners from a team that placed 18th in the 2002 NCAA Championships. Saint John's will also try and reclaim their MIAC dominance, returning three experienced runners from last season. The Johnnies have won four of the last seven MIAC Championships and placed in the top-16 in the country six times since 1995.

The 2003 MIAC Championships will be November 1, 2003 at Como Park in St. Paul, Minn.

Augsburg College		
Head Coach:	Dennis Barker (10th season)	
2002 Record:	8th at MIAC Championship	
Key Returners:	Ryan Nevin (Sr., Barron, Wis.) -- No. 2 runner on team in 2002, set personal best (PB) of 26:23 at NCAA regional (43rd); 29th at MIAC meet. Dan Vogel (Jr., LaCrescent, Minn.) -- No. 3 runner on team in 2002; set PB of 26:56 at NCAA regional (76th); 59th at MIAC meet. Riley Conway (Jr., Lake City, Minn.) -- No. 4 runner on team in 2002; set PB of 26:58 at NCAA regional (79th); 50th at MIAC meet. George Spears (Sr., Minneapolis, Minn./South HS) -- No. 5 runner on team in 2002; set PB of 27:07 at NCAA regional (84th); 58th at MIAC meet. Erik Lundberg (So., Roseville, Minn./Mounds View HS) -- No. 6 runner on team in 2002; set PB of 27:49 at NCAA regional (117th); 94th at MIAC meet.	

Season Preview:	<p>With virtually everybody back from last year, the goals are simple -- improve on last year's conference and regional finish, and improve on personal-best times that virtually everyone set at last season's regional meet.</p> <p>"There is a sense of real motivation on both the men's and women's teams this year, having had some success last year with very young teams," said Augsburg head coach Dennis Barker, entering his 10th season. "They want to see how far they can go with it."</p> <p>With six of the top seven runners returning from last season, there is a definite air of confidence for the Auggie men's cross country team this season. Last year, Augsburg finished eighth at the Minnesota Intercollegiate Athletic Conference championships and had one of its best finishes ever, 13th, at the NCAA Division III Central Regional meet.</p> <p>This year, Barker is aiming for continued improvement from the experienced men's squad. "We feel like we could be a top-five school in the MIAC and a top-10 school in the region," Barker said.</p> <p>The key will be in Augsburg's pack style of running, with the top runners staying close to each other and pacing each other, in order to finish with as little a spread of times and scoring places as possible.</p> <p>"Last year, we got our top-five split down to 46 seconds," Barker said. "This year, if we can keep that kind of split but move the team finish up somewhat, that would help us improve.</p> <p>"Our strength is going to be the team approach to cross country. We may not have individuals win the conference title, but if we have our whole pack run in the upper part of the race, we're going to do well. This team is a good pack, and they're going to have to succeed or not as a group. This group has good chemistry."</p> <p>Ryan Nevin (Sr., Barron, Wis.) has been a steady team leader throughout his career. He trimmed his personal-best time to 26:23, a 43rd-place regional finish, last season. He finished 29th at the MIAC championship meet. Combined with a strong track season, in which he set personal bests in both the 5,000 and 10,000 meters, Nevin should continue to lead by example.</p> <p>Dan Vogel (Jr., LaCrescent, Minn.) cut his best time by 1:20 during the course of last season, and continued his improvement in both track in the spring and through summer running, Barker said. The same can be said for Riley Conway (Jr., Lake City, Minn.), who trimmed 1:42 over 8,000 meters during the course of his first collegiate cross country campaign.</p> <p>George Spears (Sr., Minneapolis, Minn./South HS) has showed significant improvement each season of his collegiate career, and this year should be no exception, Barker said. Spears made a 40-second personal improvement from the beginning to the end of last season.</p> <p>Erik Lundberg (So., Roseville, Minn./Mounds View HS) could be one of the most improved runners on the team this season, Barker said. In just his second year of cross country running last year, he cut 1:04 off his personal best time during the course of the season. In the track season, he earned finalist honors in the MIAC steeplechase.</p> <p>Jason Edwards (Sr., Fergus Falls, Minn.) also returns to the Auggies after a successful 2002 season. Edwards cut his previous personal-best time by more than two minutes last year.</p> <p>Newcomers to the program include Micah Lenthe (Fr., Fergus Falls, Minn.), Donovan Lessard (Fr., International Falls, Minn.), Tom Robinson (Fr., Wayzata, Minn.), Eric Foley (Fr., Minneapolis, Minn./South HS), Adam Johnson, Korey Leland and Cole Ashburn.</p>
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<u>Bethel College</u>		
Head Coach:	Jim Timp (7th season)	
2002 Record:	6th place at MIAC Championships	
Key Returners:	John Lawrey, JR, Apple Valley, Minn. Adam Erickson, JR, Roseville, Minn. Nick Jones, JR, Kearney, Neb.	

Season Preview:	<p>After a respectable finish in last year's NCAA Central Region meet and five runners finishing at 28 minutes or better, Bethel head coach Jim Timp is optimistic as he looks ahead to the 2003 season. "With a good summer of training, we are ready to go to the next level, perhaps a top five finish in the MIAC, and then, who knows?" he said.</p> <p>With only two runners graduating from last year's squad, the men welcome back 18 runners, with a very talented group of juniors, and some quality recruits. Five of Bethel's top seven runners from last year return and will give the Royals a solid foundation for the 2003 season. ""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 men's cross country team has achieved," Timp added.</p> <p>Every year gets a little better in regards to being competitive in this conference. The numbers speak for themselves. Timp continued, "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. It also takes time to develop runners. It takes a commitment over four years to develop championship caliber teams. This is the group that is going to turn the corner for Bethel cross country."</p>
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Carleton College		
Head Coach:	Bill Terriquez (20th season)	
2002 Record:	1st at MIAC Championship	
Key Returners:	<p>Matt Hooley (Sr./Columbia, Mo./Hickman), 3rd at 2002 MIAC Championships, individual NCAA Championships qualifier in 2001, 2002; All-American at 1,500 meters at 2003 NCAA Indoor Track & Field Championships</p> <p>Dan Bucy (Jr./Sioux Falls, S.D./Lincoln), 4th at 2002 MIAC Championships, all-region performer; All-American in Steeplechase at 2003 NCAA Outdoor Track and Field Championships</p> <p>Chris Lundberg (Jr./Minneapolis/Edina), All-region in 2002</p> <p>Stephen Harris (So./Roseville, Minn./Ramsey), 2nd-highest rookie finisher at 2002 MIAC Championships</p> <p>Phil Schrader (Sr./Tony, Wis./Flambeau) All-MIAC honorable mention in 2002</p>	
Season Preview:	<p>With eight of its top 10 runners returning from the 2002 MIAC champion team, head coach Bill Terriquez and the Knights figure to be one of the strongest teams in the conference and region. The Knights must replace All-MIAC performers Bryan Donald and Tom Church, who graduated. Headlining the returners are track All-Americans Matt Hooley and Dan Bucy. The pair finished third and fourth, respectively, at last year's cross country championships. All-region performer Chris Lundberg and All-MIAC honorable mention Phil Schrader are also back, along with sophomore Stephen Harris, who was the second-highest rookie finisher at the 2002 conference meet.</p> <p>Terriquez also expects Aaron Lande to rebound after an injury-riddled junior campaign. Sophomores Adam Williamson and Karhu Shoe Race champion Eric Hamp, along with first-year runners Rueben Woodruff and Robert Nachtstein, could also contribute.</p> <p>For a full preview, please visit http://www.carleton.edu/athletics/mcc/</p>	

<u>Concordia College</u>		
Head Coach:	Garrick Larson (7th season)	
2002 Record:	10th at MIAC Championship	
Key Returners:	Nick Myran, Jr., Kenyon, Minn./Kenyon-Wanamingo HS - Top team runner at the NCAA Regional Meet in 2002, Won the 2003 season opening race against Jamestown Ben Nylander, Sr., Lisbon, N.Dak./Lisbon HS - Finished sixth in the 300M Steeplechase at the 2003 MIAC Outdoor Championship Meet.	

Season Preview:	<p>Garrick Larson enters his seventh year as head coach of the Concordia men's cross country team and he will have to use all his coaching knowledge to help his young and inexperienced team through the rigors of the 2003 men's cross country season.</p> <p>Larson will have to find replacements for four of the top five runners from the 2002 season. The only top five runner from a year ago is junior Nick Myran who has shown glimpses of being able to compete with the league's elite runners. Myran finished as the team's top runner in the NCAA regional meet last fall, and won the first race in 2003 as he bettered all the runners from NAIA power Jamestown in an early season meet.</p> <p>Joining Myran as the Cobber's top two runners will be senior Ben Nylander. Nylander was coming off an injury during the 2002 season so he was not able to perform at his top level. He started to return to form during the 2003 outdoor track and field season, finishing sixth in the 3000 meter steeplechase at the MIAC Outdoor Championship Meet.</p> <p>The key for Concordia will be finding three or four runners that can join Myran and Nylander so the Cobbers can push towards the top of the MIAC in 2003.</p>
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Gustavus Adolphus College		
Head Coach:	Scott Jerome (4th season)	
2002 Record:	9th at MIAC Championship	
Key Returners:	<p>Brent Magnusson, JR, Pelican Rapids, MN</p> <p>Justin Scanlan, SR, New Orleans, LA</p> <p>James Sorenson, JR, Hastings, MN</p> <p>Ryan Taylor, JR, Mankato</p> <p>Dan Westlund, SO, Northfield, MN</p>	
Season Preview:	<p>The road to a successful cross country season is often paved during the hot summer months of training, and Gustavus men's cross country coach Scott Jerome believes his squad has put in the hours it will take to elevate the program in 2003.</p> <p>"I am quite pleased with our guys' commitment this summer," Jerome commented. "Most of them have put in their miles and are starting to understand what it takes to get better in our conference."</p> <p>Getting better in the Minnesota Intercollegiate Athletic Conference has been a task that the Gusties have struggled with in recent years. A year ago Gustavus placed a disappointing ninth at the MIAC Championships for the third year in a row. Two weeks later at the NCAA Central Regional, all seven of the Gustavus athletes posted personal bests, an accomplishment Jerome hopes is a stepping stone toward a successful 2003 campaign.</p> <p>Jerome has four of his top six runners from last year's team returning along with a duo of first year athletes who are projected to run near the top. This mix has Gustavus poised to make that leap in the conference standings that it has been craving for the past few years.</p> <p>Full preview can be found at: www.gustavus.edu/oncampus/athletics/news.cfm?view=mx&id=78</p>	

Hamline University		
Head Coach:	Paul Schmaedeke (23rd season)	
2002 Record:	5th at MIAC Championships	
Key Returners:	<p>Peter Kuznia, Sr., St. Francis, Minn. Finished 50th at MIAC Championships last season - fifth Hamline runner</p> <p>Jeff Metzdorff, So., Wadena, Minn. Finished 58th at MIAC Championships last season - sixth Hamline runner</p> <p>Zach Bullis, Jr., Apple Valley, Minn. Finished 40th at MIAC Championships last season (27:35.6) - third Hamline runner</p>	

Season Preview:	The 2003 campaign will be a new and exciting challenge for head men's cross country coach Paul Schmaedeke and his squad.
	Hamline will have a significantly younger look as the Pipers start the season minus their top three runners from last season due to graduation. Among the runners were 2002 MIAC Champion Tom Kreger and NCAA National Meet qualifier Justin Steen.
	The young Pipers return just one senior and three juniors to the 17-athlete team, which means Schmaedeke will emphasize the team approach to running unlike last season where Kreger could jump to the head of the pack.
	"There's a bigger emphasis on running as a pack – running as a team," Schmaedeke said of the season. "They can't rely on Tom. Other kids will have to step up. We're younger, so there's more teaching that will go on. As a coach, I have to be patient because we're going to take some lumps early."

Macalester College		
Head Coach:	Matt Haugen (1st season)	
2002 Record:	7th at MIAC Championships	
Key Returners:	Eric Olson (Jr., Faribault, MN / Burnsville) Bo Rydze (Jr., Iowa City, IA / City) Roscoe Sopiwnik (So., Neenah, WI)	
Season Preview:	Macalester featured one of the MIAC youngest teams and came on strong at the end of the season last year. This year, under new head coach Matt Haugen, the Scots appear to be very capable of moving up in the league after taking seventh in 2002. The Scots will be led by Eric Olson and Bo Rydze. As juniors, Olson and Rydze could be among the MIAC's top harriers. Roscoe Sopiwnik placed 23rd at last year's conference meet as the top frosh in the MIAC and should continue to make progress as a sophomore. Another key returner with high expectations is Jordan Selbo, who is coming off a good track season.	

<u>Saint John's University</u>		
Head Coach:	Tim Miles (25th season at SJU)	
2002 Record:	4th place MIAC Championships	
Key Returners:	Michael Marschel, Sr., Sartell - 20th place at MIAC meet in 2002 Aaron Bumgarner, Sr., Alexandria - 31st place at MIAC meet in 2002 Brian Anderson, Sr., Arden Hills - 21st place at MIAC meet in 2001 Greg Gesell, Sr., Alexandria Tim Smith, So., Colfax, Wis. Eric Nelson, So., Alexandria	

Season Preview:	<p>The Saint John's University cross country team enters the 2003 season after finishing fourth last season at the MIAC Championships and sixth at the NCAA Central Regional.</p> <p>SJU is expected to return three of seven runners that scored points for the Johnnies at last year's MIAC and NCAA Central Regional Championships.</p> <p>The Johnnies have won four of the last seven MIAC Championships and placed in the top-16 in the country six times since 1995.</p> <p>Leading the way for the Johnnies this fall will be seniors Michael Marschel, Sartell; Aaron Bumgarner, Alexandria; Brian Anderson, Arden Hills; and Greg Gesell, Alexandria.</p> <p>Marschel finished 20th with a time of 26:58.1 at last year's MIAC Championships. Marschel was also an All-American with a sixth place finish in the 800-meters at last year's NCAA Outdoor Track and Field Championships. Bumgarner finished 31st with a time of 27:09.3 at last year's MIAC Championships. Anderson placed 21st at the 2001 MIAC Championships with a time of 27:00.2.</p> <p>SJU's complete 2003 cross country season preview can be found at gojohnnies.com/cross_country/03preview.html</p>
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<u>Saint Mary's University</u>		
Head Coach:	John Skemp (13th season)	
2002 Record:	11th at MIAC Championships	
Key Returners:	<p>Jim Baertsch (Sr., Winona, Minn.) Keith Pieschek (Sr., Sturgeon Bay, Wis.)</p> <p>Andy Boisjolie (So., Austin, Minn.)</p> <p>Karl Hatteberg (Jr., Waltham, Minn.)</p>	
Season Preview:	<p>When classes ended early last May, John Skemp didn't let his Saint Mary's University cross country teams leave without a little homework assignment: Put in the summer miles.</p> <p>And when the Cardinals toe the starting line in their season-opening meet on Aug. 30, Skemp will have his grade book on hand.</p> <p>"The key to our success during the season is determined by how hard the athletes train in the off-season," Skemp said. "If they do their homework, if they put in the miles over the summer, it's going to show in the fall." And while Skemp admits it's still too early to tell just how much "studying" some of his athletes did during the summer months, he is encouraged by what he's seen.</p> <p>"A lot of our athletes have come in pretty fit, which is good to see," said Skemp, who is entering his 12th season as the Cardinals' head coach. "I wouldn't say everyone put in the miles they needed to, but it's obvious which ones did and which ones didn't."</p> <p>And it's those that did that Skemp will be relying on to shoulder the burden of carrying this year's teams early on.</p> <p>Seniors Keith Pieschek (Sturgeon Bay, Wis.) and Jim Baertsch (Winona, Minn.) promise to be the leaders</p> <p>"We've got a great group of seniors — good work ethics, good attitudes, good students ... ," said Skemp.</p> <p>"They've been in it for the long haul and are looking to end their collegiate careers on a strong note."</p>	

<u>St. Olaf College</u>		
Head Coach:	Bill Thornton (21 total seasons / 7th consecutive)	
2002 Record:	2th at MIAC Championships	

Key Returners:	<p>Kelly Fulton (Jr.) Peder Arneson SR. Co-Captain .</p> <p>Malcolm Richards JR.</p> <p>Nic Reichenbach SR. Co-Captain</p> <p>Jason Havey SO.</p> <p>Caleb Buecksler JR.</p> <p>Paul Sovik- Siemens JR.</p> <p>Sam Hauck SO.</p> <p>Jesse Horst SO.</p>
Season Preview:	<p>The 2003 St. Olaf College Men's Cross Country Team has a very tough act to follow. The 2002 Team "raised the bar" by placing second in the MIAC Championships and garnered the last (third) National Qualifying place in a tie breaker at the Central Regional Championships. The 2002 season marked the first time in almost twenty-five years a St. Olaf men's team was represented at the NCAA Championships. Lost to graduation from the 2002 team are: Rob Hillard 8th MIAC, 27th Regionals, Mark Sullivan 11th MIAC, 18th Regionals, Chris Coffey 15th MIAC, 25th Regionals, and Joel Tortomasi 28th MIAC, 50th Regionals.</p> <p>The 2003 St. Olaf Men's Cross country team returns many letter winners from a very successful 2002 team. Top returnees for the Oles this fall include: Returning from the 2002 Team are: Kelly Fulton (Jr.) 5th MIAC, 13th Regionals, Peder Arneson SR. Co-Captain 17th MIAC, 58th Regionals. Malcolm Richards JR. 25th MIAC, 33rd Regionals,</p> <p>Returning from the 2002 Team are the following athletes who gained valuable racing experience in 2002 by racing almost every week of the season: Nic Reichenbach SR. Co-Captain 48th MIAC, Jason Havey SO. 68th MIAC, Caleb Buecksler JR. 74th MIAC, Paul Sovik- Siemens JR. 75th MIAC, Sam Hauck SO. 84th MIAC, and Jesse Horst SO. 105th MIAC.</p> <p>An indication of the depth of the talent pool the 2003 Cross Country Team will be tapping into the 2002 Karhu Shoe Race results which show Sam Hauck leading the group of Nic Reichenbach, Jason Havey, and Paul Sovik-Siemens in a second, third, fourth, and fifth place finish a scant 21 seconds apart, with Jesse Horst being the Oles fifth man in eighth place less than 30 seconds behind Hauck. This was the 2002 season final race for this group of "over raced" athletes as they showed what potential is available to the Fall 2003 Team.</p> <p>There are additional experienced returning athletes who are expected to contribute as well as several First Year Students who will probably all be "over raced" in 2003.</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 2003 might be a breakthrough season for the black and gold harriers."</p>

<u>University of St. Thomas</u>		
Head Coach:	Pete Wareham (11th season)	
2002 Record:	3rd at MIAC Championships	
Key Returners:	Not Available	

Season Preview:	<p>St. Thomas coach Pete Wareham graduated Brian Preus, a two-time All-American and four-time All-MIAC runner. But the Tommie's still return four of their first six runners from a team that placed 18th in the 2002 NCAA Championships. Leading returnees include seniors Nate Coleman (93rd nationals) and Sean Brenckman (154th nationals); sophomore Jim Hull (177th nationals); and junior Brock Stephan (191st nationals.).</p> <p>Also, sophomore Derek Harmon, the Tommie's' 11th finisher at the 2002 conference meet in 69th-place overall, appears ready for a breakout season. He ran with the Tommie's' lead pack runners at the team's Aug. 30 three-mile time trial. Wareham's distance runners helped the St. Thomas sweep the conference indoor and outdoor team championships in 2003. In the MIAC outdoor meet in May, Brenckman took fifth in the 10,000 and seventh in the 5,000, while Stephan was sixth in the 1,500. Two freshmen also competed well and hope to push for top-seven spots this fall -- Will Hawthorne was third in the 5,000, and John Schwerkoske was 13th in the 10,000. After a third-place finish in 2002, St. Thomas will try to regain the MIAC championship in the Nov. 1 competition. The Tommies also will look to qualify a team to nationals for the seventh year in a row. Their 23 all-time team appearances at the NCAA meet are tied for second most among Division III programs.</p>
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2002 Men's MIAC Cross Country Championship: [Results](#)

2002 Team Results		
Team	Points	
1 Carleton	43	
2 St. Olaf	56	
3 St. Thomas	75	
4 St. John's	112	
5 Hamline	148	
6 Concordia	152	
7 Macalester	156	
8 Augsburg	206	
9 Gustavus	248	
10 Bethel	315	
11 St. Mary's	339	

**2002 Top 15 Finishers
All-Conference**

	Score
1 Tom Kreger (HAM)	25:19.0
2 Brian Preus (UST)	25:34.8
3 Matt Hooley (CAR)	25:36.9
4 Dan Bucy (CAR)	26:14.3
5 Kelly Fulton (STO)	26:15.8
6 Bryan Donald (CAR)	26:22.8

7	Justin Steen (HAM)	26:23.6
8	Robert Hillard (STO)	26:26.7
9	Levi Severson (UST)	26:27.5
10	Nate Coleman (UST)	26:28.7
11	Mark Sullivan (STO)	26:30.9
12	Brian Stotts (CON)	26:34.0
13	John Mathews (SJU)	26:34.5
14	Tom Church (CAR)	26:41.9
15	Chris Coffey (STO)	26:42.3