

## 2004 MIAC MEN'S CROSS COUNTRY PREVIEW

The 2004 MIAC Men's Cross Country season begins with several teams looking to make strong runs for the MIAC's top spot. St. Thomas is the defending champion and will be looking to win its fourth MIAC title in five years. The Tommies graduated three of their top runners from last season, but have six proven returnees looking to take the Tommies to their seventh NCAA meet in eight years. Carleton finished second last season at the MIAC Championships, led by NCAA Championship Qualifier senior Dan Bucy. St. Olaf, who finished third last season, will build its team around its eleven returning letterwinners, including three that finished in the top seven at the MIAC Championship last fall. Look for Macalaster to come on strong this season under Coach of the Year, Matt Haugen, as they return four veteran runners to a squad which posted a conference meet team score of 100 last season, their lowest since 1971.

The 2004 MIAC Championships will be October 30, 2004 at Como Park in St. Paul, Minn.

<b><u>Augsburg College</u></b>		
<b>Head Coach:</b>	Dennis Barker (11th season)	
<b>2003 Record:</b>	7th at MIAC Championship	
<b>Key Returners:</b>	<p><b>Dan Vogel</b> (Sr., LaCrescent, Minn.) -- Top runner on team in 2003; earned All-Region honors with PB of 26:04 at NCAA regional (34th); 26th at MIAC meet (26:50).</p> <p><b>Riley Conway</b> (Sr., Lake City, Minn.) -- No. 2 runner on team in 2003; set PB of 26:41 at NCAA regional (58th); 34th at MIAC meet (27:14).</p> <p><b>Erik Lundberg</b> (Jr., Roseville, Minn./Mounds View HS) -- No. 4 runner on team in 2003; set PB of 27:17 at NCAA regional (89th); 50th at MIAC meet (27:21).</p> <p><b>Micah Lenthe</b> (So., Fergus Falls, Minn.) -- No. 5 runner on team in 2003; set PB of 28:17.0 at Wisconsin-La Crosse Invite.</p>	

<b>Season Preview:</b>	<p>The return of experienced runners on both the women's and men's rosters provides Augsburg College with solid hopes for improvement in cross country in 2004.</p> <p>The top four runners from last season return to the Auggie women's team, and will be joined by an experienced runner who took last cross country season off. And four of the top five runners return to the Auggie men's team this season.</p> <p>The strong returning classes provide veteran head coach Dennis Barker with high hopes for improvement. Augsburg's men's team finished seventh at last season's Minnesota Intercollegiate Athletic Conference championships and 13th at the NCAA Division III Central Regional, while the women finished 11th at the MIAC meet and 21st at the NCAA regional.</p> <p>With four of the top five runners returning, Augsburg has the potential to improve upon its seventh-place finish at last season's MIAC championships.</p> <p>Dan Vogel (Sr., LaCrescent, Minn.) returns after a career-best season last year as Augsburg's top runner. After just missing out on all-conference honorable mention honors with a 26th-place finish at the conference meet, Vogel earned all-region honors with a 34th-place finish at the NCAA Division III Central Region meet, cutting 42 seconds off his previous 8,000-meter personal best with a 26:04 time.</p> <p>Joining him will be Riley Conway (Sr., Lake City, Minn.), a consistent runner throughout his Auggie career. He also set a personal-best time in the NCAA regional meet with a 26:41, 58th-place finish.</p> <p>Erik Lundberg (Jr., Roseville, Minn./Mounds View HS) set personal-best marks in his final two meets of last season, while Micah Lenthe (So., Fergus Falls, Minn.) continued to show improvement, claiming three personal bests in his five meets in 2003.</p> <p>"Dan, Riley, Erik and Micah provide us with a real solid top four. We're very competitive in our top four," Barker said. "We have a bit of a gap to our No. 5 and 6 runners. Our team success will be determined by how close those two can get to the top four."</p> <p>Paul Sanft (Sr., St. Paul, Minn./Johnson HS) and Abe Dominguez (So., Rosemount, Minn.) both join the cross country team after running on the track and field team at Augsburg. Dominguez has been a middle-distance runner on the track team, while Sanft has been a sprinter and jumper. Barker noted that both newcomers have already had a good amount of improvement in their runs, and can continue to progress forward to give the Auggies a solid base to work with for team finishes.</p> <p>Tony Schaden (Sr., Minneapolis, Minn./Roosevelt HS) and Andrew Webb (So., Normandy, Mo./St. Louis Lutheran North HS) also join the cross country team this season.</p>
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<b>Bethel University</b>		
<b>Head Coach:</b>	Jim Timp (8th season)	
<b>2003 Record:</b>	10th place at MIAC Championships	
<b>Key Returners:</b>	<b>Adam Erickson</b> , Sr., Roseville, MN <b>Nick Jones</b> , Sr., Kearney, NE <b>Daniel Storey</b> , Sr., Winfield, IL <b>Chris Minor</b> , Jr., Volga, SD <b>Joel Dischinger</b> , So., New Britain, CT <b>Josh Tschetter</b> , Soph., Harrisburg, SD <b>Noel Stringham</b> , Soph., Lincoln, NE <b>David Borner</b> , Fr., Hastings, MN	

<b>Season Preview:</b>	<p>After finishing in 10th place at the MIAC meet last fall, coach Jim Timp is optimistic as he looks ahead to the 2004 season and beyond, with reason. The men's squad welcomes back 12 runners, with a very talented group of seniors, who will provide leadership. Last year, eleven runners ran under 30 minutes in races throughout the season, which is a Bethel record. Six of Bethel's top seven from last year's squad return and will give the Royals a solid foundation for the 2004 season. "I have watched this group of seniors improve over the last four years. This is the year for Bethel CC if there is ever to be one! This group has been committed to the program and has the fire and discipline to achieve what no other Bethel Cross Country team has ever achieved."</p> <p>The squad is led by co-captains Adam Erickson and Nick Jones. Other top runners include seniors Dan Storey, Chris Minor and Joel Dischinger; sophomores Josh Tschetter and Noel Stringham; and newcomer David Borner. With this kind of talent and commitment, the Royals seek a top five finish in the MIAC. "Every year it gets a little better in regard to being competitive in this conference." The numbers speak for itself. "My first couple of years here, we could barely field a team. Now we are looking at maintaining roughly 20 runners each year. My philosophy has always been with quantity, quality will follow close behind."</p>
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<b>Carleton College</b>		
<b>Head Coach:</b>	Bill Terriquez (21th season)	
<b>2003 Record:</b>	2nd at MIAC Championship	
<b>Key Returners:</b>	<b>Dan Bucy</b> , Sr., Sioux Falls, S.D., two-time All-MIAC, 4th at 2003 MIAC Championships  <b>Chris Lundberg</b> , Sr., Minneapolis/Edina, 2002 all-region, 2003 All-MIAC  <b>Steve Harris</b> , Jr., Roseville, Minn./Roseville Area, 2003 All-MIAC honorable mention  <b>Adam Williamson</b> , Jr., Amherst, Mass., 2003 All-MIAC honorable mention	
<b>Season Preview:</b>	With a strong cast of returning veterans and talented newcomers, Carleton figures to again be in the mix for another MIAC title and a berth to the NCAA Championships. Coach Bill Terriquez returns two-time All-MIAC performer Dan Bucy, who placed fourth at the conference meet and sixth at regionals. He proved he's among the elite runners in the region and should step in to the void left by three-time All-MIAC runner and defending conference champion Matt Hooley '04, who graduated. Fellow tri-captain Chris Lundberg, an all-region runner two seasons ago and an All-MIAC performer in 2003, posted a solid junior campaign in both cross country and track and field. Senior Dan Church will serve as the team's third captain with Bucy and Lundberg. Steve Harris and Adam Williamson are back after earning All-MIAC honorable mention a year ago and Terriquez will need the pair to be solid performers if the Knights are to challenge St. Olaf College and University of St. Thomas for the MIAC crown. Carleton's head coach is excited about the incoming first-year class, with six of the athletes having competed in his respective high school state championship meet. Terriquez feels if the first-year runners can mature the Knights will be right in the thick of things for their fourth MIAC title in the last 11 years.	

<u><b>Concordia College</b></u>		
<b>Head Coach:</b>	Garrick Larson (8th season)	
<b>2003 Record:</b>	9th at MIAC Championship	
<b>Key Returners:</b>	<b>Nick Myran</b> , Sr., Wannamingo, Minn., 2003 All-Region, 2003 All-Conference, NCAA outdoor track and field meet qualifier in the 1500 meters.  <b>Ben Nylander</b> , Sr., Lisbon, N.D., won the 1000 meters at the 2004 MIAC Indoor Championship Meet	

<b>Season Preview:</b>	<p>The 2004 version of the Concordia men's cross country team will feature a pair of road-tested seniors looking to make their final mark before leaving college. The terrific tandem of Nick Myran (Sr., Kenyon, Minn./Kenyon-Wanamingo HS) and Ben Nylander (Lisbon, N.D./Lisbon HS) are poised to make a run at the top of the MIAC and hopefully a bid for the NCAA National Meet.</p> <p>Myran is coming off a breakout season in 2003. In the fall, he became the first men's cross-country athlete at Concordia to earn All-Region honors since 1992. That was the culmination of a season that saw him earn All-Conference honors for the first time in his career and also finish in the top ten in four of the team's meets. He was the team's top runner in all but one event in 2003. Myran followed his prophetic fall by having an outstanding season in track and field. In the spring he qualified for the NCAA Division III national meet in the 1500, and missed earning All-American honors by .09 of a second.</p> <p>Myran is ready to take the next step in 2004, having logged over 1,000 miles during the summer and having the benefit of being injury-free for over a full season.</p> <p>Joining Myran at the top of the Cobber pack will be super-senior Ben Nylander (Lisbon, N.D./Lisbon HS). Nylander limped through most of last year's cross-country season with a leg injury. He returned in the latter stages of the schedule and was the team's #2 runner. Nylander was most successful in the indoor track and field season where he won the 1000 meters at the MIAC conference championship meet.</p> <p>Another dogged trainer, Nylander will reap the reward of being healthy from the beginning of the year, and also by being able to train alongside Myran.</p> <p>Other top runners for the Cobbers include Dan Bye (So., Mankato Minn./Mankato Loyola HS) and Dustin Blum (Sr., Le Center Minn./Le Center HS). Bye was the team's #3 runner at the MIAC championship meet in 2003 and looks to put a strong second season together after running in both the indoor and outdoor track and field seasons.</p>
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<b>Gustavus Adolphus College</b>		
<b>Head Coach:</b>	Jed Friedrich (1st season)	
<b>2003 Record:</b>	8th at MIAC Championship	
<b>Key Returners:</b>	<p><b>Brent Magnusson</b> (SR, Pelican Rapids, MN)</p> <p><b>Andy Rishavy</b> (JR, Alexandria, MN)</p> <p><b>Jahred Stephens</b> (JR, Minnetonka, MN)</p> <p><b>Ryan Taylor</b> (SR, Mankato, MN)</p> <p><b>Dan Westlund</b> (JR, Northfield, MN)</p> <p><b>Alex Zupan</b> (SO, Monona, WI)</p>	
<b>Season Preview:</b>	<p>The Gustavus Adolphus College men's cross country team is set to begin the 2004 season under the direction of new head coach Jed Friedrich. Coach Friedrich inherits a program that placed eighth at the MIAC Championships in 2003, which was its best finish since 1999. Gustavus will have a familiar look as it returns its top seven runners from last season.</p> <p>The Gusties will be led by Brent Magnusson (SR, Pelican Rapids, Minn.), Collin Meierbachtol (SO, Northfield, Minn.), Andy Rishavy (JR, Alexandria, Minn.), Jahred Stephens (JR, Minnetonka, Minn.), Ryan Taylor (SR, Mankato, Minn.), Dan Westlund (JR, Northfield, Minn.) and Alex Zupan (SO, Monona, Wisc.). The top returnees from that group are Magnusson and Zupan. Zupan was the top finisher at the conference meet in 2003 placing 27th and Magnusson was the top finisher at the region meet in 2003 placing 77th. Coach Friedrich listed newcomers Chris Delaubenfels (FY, Mount Vernon, Iowa), Elliot Saltzman (FY, Woodbury, Minn.) and Chris Lund (FY, Duluth, Minn.) as runners that could have an impact on the squad this fall.</p> <p>Coach Friedrich is optimistic that the team will continue to move forward. "The top runners from last year's squad are returning with more experience at the college level," Friedrich commented. "Several of the guys really bumped up their summer training and will make an impact on this team. The men could make a big jump in the conference standings if they continue to work hard and push each other in the training sessions."</p> <p>Gustavus reported for pre-season training on August 25th and will open the season on September 4th at the St. Mary's University Invitational.</p>	

<b>Hamline University</b>	
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<b>Head Coach:</b>	Paul Schmaedeke (24nd season)
<b>2003 Record:</b>	6th at MIAC Championships
<b>Key Returners:</b>	<p><b>Jeff Metzдорff</b>, Jr., Wadena, Minn. (Wadena-Deer Creek) - Finished 21st at MIAC Championships last season</p> <p><b>Tony Klappa</b>, So., Hopkins, Minn. - Finished 22nd at MIAC Championships last season</p> <p><b>Travis Bristow</b>, So., Pine River, Minn. (Pine River-Backus) - Finished 23rd at MIAC Championships last season</p>
<b>Season Preview:</b>	<p>The 2004 campaign looks to be an exciting one for the Piper men's cross country team as the young squad looks to make a run for a top three finish in the MIAC.</p> <p>As with last year, Hamline will be looking at a young roster. Head coach Paul Schmaedeke has confidence in this year's squad and in his team's experience and ability to make a run at a top finish in the MIAC Championships.</p> <p>This fall the Pipers return just one senior and have six juniors, five sophomores, and five incoming first-year runners.</p> <p>Though the Pipers are young, they have lofty goals for this coming season.</p> <p>"This group would like to finish in the top three of the MIAC this year. They'd also like to take a shot at the national meet, but it won't be easy. Our region is tough, but we'll do our best and see what we can do," said Schmaedeke.</p> <p>He added, "The big thing for me is going out and performing to the best of our ability. If we can do that, it's all I ask of them, and I'll be happy."</p> <p>Hamline's top returners are junior Jeff Metzдорff (Wadena, Minn) and a group of sophomores that include Tony Klappa (Hopkins, Minn.), Travis Bristow (Backus, Minn.), and Chris Lutz (Pine City, Minn.).</p> <p>Schmaedeke will look to co-captain Metzдорff to lead the Pipers this season and he believes Metzдорff will handle the task well. "Seeing Jeff in both the 5 and 10k in the outdoor championships for the MIAC in track this spring bodes well for us in cross country this fall," Schamedeke said.</p> <p>Hamline is confident in the ability of its top runners. At the MIAC cross country meet last November, Metzдорff, Klappa, and Bristow finished 21st, 22nd, and 23rd respectively.</p> <p>Schmaedeke is looking to his top four runners for leadership, but also needs the rest of the team to fill in the holes. "This gives us four pretty good athletes, but we need a fifth through seventh man to step up. We have some pretty good people that those positions can come from."</p>

<b>Macalester College</b>	
<b>Head Coach:</b>	Matt Haugen (2nd season)
<b>2003 Record:</b>	4th at MIAC Championships
<b>Key Returners:</b>	<p><b>Bo Rydze</b> (Sr., Iowa City, Ia. / City)</p> <p><b>Eric Olson</b> (Sr., Faribault, Minn. / Burnsville)</p>
<b>Season Preview:</b>	<p>MIAC Coach of the Year Matt Haugen led the Scots to their best conference finish in 17 years last year when Macalester placed fourth in the league. With nearly everyone back in '04, this should be a special season for the Scots. Macalester posted a conference meet team score of 100 last season, its lowest since 1971, and return four veteran runners who all placed in the top thirty in the MIAC. If some recruits step right in and make the transition to collegiate competition, the Scots could be one of the MIAC's top teams.</p> <p>All-MIAC four-year standout Bo Rydze (Sr., Iowa City, Ia. / City) placed 13th at last year's conference championships and is coming off a productive track campaign. Four teammates came within :34 of Rydze's 26:22 MIAC finish last season. Roscoe Sopiwnik (Jr., Frederic, Wis.), Eric Olson (Sr., Faribault, Minn. / Burnsville) and Jordan Selbo (Jr., Amherst, Mass.) earned honorable mention all-conference honors by placing 16th, 18th and 25th, respectively. Tom Hammer (So., Ithaca, N.Y.) was one of the MIAC's top newcomers last fall and took 28th place at the conference meet.</p>

<b>Saint John's University</b>	
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<b>Head Coach:</b>	Tim Miles (26th season at SJU)
<b>2003 Record:</b>	5th place MIAC Championships
<b>Key Returners:</b>	<p><b>Tim Smit</b>, Jr., Colfax, Wis., 11th with a time of 26:15 to earn All-MIAC honors at 2003 MIAC Championships and finished 27th at the NCAA Regional with a time of 25:46 to earn All-Region honors.</p> <p><b>Matt Kurke</b>, Sr., Anoka</p> <p><b>Eric Nelsen</b>, Jr., Alexandria</p> <p><b>Paul Jeske</b>, Jr., Sioux Falls, S.D., 38th with a time of 27:32 at 2003 MIAC Championships.</p> <p><b>Jordan Hoaglund</b>, So., Eden Prairie, 48th with a time of 27:53 at the 2003 MIAC Championships.</p>
<b>Season Preview:</b>	<p>The Saint John's University cross country team enters the 2004 season after finishing fifth last season at the Minnesota Intercollegiate Athletic Conference Championships and eighth at the NCAA Central Regional. SJU is expected to return four of seven runners that scored points for the Johnnies at last year's NCAA Central Regional Championships.</p> <p>Leading the way for SJU this fall will be junior Tim Smit (Colfax, Wis.). Smit finished 11th with a time of 26:15 to earn All-MIAC honors at last year's MIAC Championships and finished 27th at the NCAA Regional with a time of 25:46 to earn All-Region honors.</p> <p>Other athletes sure to have an impact on this year's team include senior Matt Kurke (Anoka, Minn.), junior Eric Nelsen (Alexandria, Minn.), junior Paul Jeske (Sioux Falls, S.D./O'Gorman) and sophomore Jordan Hoaglund (Eden Prairie, Minn.). Jeske placed 38th with a time of 27:32, while Hoaglund finished 48th with a time of 27:53 at the 2003 MIAC Championships. Jeske then took 73rd with a time of 26:59 at the NCAA Central Regional, followed by Hoaglund in 83rd place with a time of 27:09. Kurke rounded out the top seven for the Johnnies last year at the Central Regional with a 108th place finish in 27:47.</p> <p>SJU's complete cross country season preview can be found at <a href="http://gojohnnies.com/cross_country/04preview.html">http://gojohnnies.com/cross_country/04preview.html</a></p>

<b><u>Saint Mary's University</u></b>	
<b>Head Coach:</b>	John Skemp (14th season)
<b>2003 Record:</b>	11th at MIAC Championships
<b>Key Returners:</b>	<p><b>Karl Hatteberg</b> (Sr., Dodge Center, Minn.)</p> <p><b>Pat Polasek</b> (Sr., Glendale Heights, Ill.)</p>
<b>Season Preview:</b>	<p>You'll have to excuse the returning members of the Saint Mary's University cross country teams if they seemed a bit confused when they arrived back on campus. In fact, it would have been understandable if they asked to be introduced to the man giving them instructions for their first preseason workout. No, the Cardinals did not get a new coach. It's just that the old coach, John Skemp, was sporting a new look. Imagine Tom Hanks in the movie Cast Away &lt; and we're not talking the clean-shaven Hanks, either. While his athletes were spending their summers logging hundreds of miles on foot, Skemp was doing the same with a paddle, canoeing nearly 860 miles during a 50-day trek in the Northwest Territories of Canada. "It was an awesome experience," said Skemp of his travels, which brought him to within two degrees south of the Arctic Circle. "I'm already planning next summer's trip." For now, however, canoe trips to far away places have been put on the back burner, as Skemp turns his focus to the upcoming cross country season. A season Skemp is eager to get underway. "As soon as I got back (into civilization), I was on email and the phone, touching base with my athletes and making sure everything was in order," said Skemp, whose team kicks off its season on Sept. 4 with the first of two home invitationals. "I'm excited to get the season started. I'm excited to see where we are at." Where the Cardinals were at when the 2003 season ended was no where near the top of the MIAC ladder. Where the Cardinals will be when the 2004 season ends, is a mystery. "If we are going to make any kind of move (at the season-ending MIAC Championships), everyone had to have done their homework &lt; they had to train over the summer," said Skemp, who will be looking for Karl Hatteberg (Waltham, Minn.) and Patrick Polasek (Glendale Heights, Ill.) to lead the way. "In a sport like cross country, all you can ask is that your athletes do the best that they can -- I know we've had some athletes work very hard over the summer, and that hard work is going to pay off."</p> <p>Complete SMU cross country preview: <a href="http://sports.smumn.edu/cross_country/2004/newsletter/ccpreview.html">http://sports.smumn.edu/cross_country/2004/newsletter/ccpreview.html</a></p>

<b><u>St. Olaf College</u></b>	

<b>Head Coach:</b>	Bill Thornton (22 total seasons / 8th consecutive)	
<b>2003 Record:</b>	3rd at MIAC Championships	
<b>Key Returners:</b>	<b>Kelly Fulton</b> (Sr., Billings, Mont.) 3rd at MIACs, 7th at Regionals, 34th at NCAA's <b>Sam Hauck</b> (Jr., Shoreview, Minn./Concordia Academy) 5th at MIACs, 13th at Regionals <b>Malcom Richards</b> (Sr., Minneapolis, Minn./South) 7th at MIACs, 22nd at Regionals	
<b>Season Preview:</b>	<p>The 2004 St. Olaf men's cross country team will build around 11 returning letterwinners, including three All-MIAC performers in hopes of winning their second conference title in late October.</p> <p>The Oles finished third at last years MIAC's. Lost from that squad are Peder Arneson and Nic Reichenbach. St. Olaf won their only title in 1976.</p> <p>Kelly Fulton (Sr., Billings, Mont.) leads the Oles after a tremendous 2003 fall. Fulton was an All-MIAC, All-Region and All-American last season after finishing 3rd, 8th and 34th in those races.</p> <p>All-MIAC and All Central Region honorees Sam Hauck (Jr., Shoreview, Minn./Concordia Academy) and Malcom Richards (Sr., Minneapolis, Minn./South), who finished fifth and seventh at the MIAC championships last fall, are also back.</p> <p>Seniors Paul Sovik-Siemens (Hastings, Minn.), Caleb Buecksler (Brownsdale, Minn./Hayfield) and juniors Jesse Horst (Minneapolis, Minn./South) and Marc Ellingson (Waconia, Minn.) return after solid campaigns in the 2003 fall.</p> <p>A strong group of sophomores are led by Tony Hoff (Stillwater, Minn./Mahtomedi), John Lamppa (Northfield, Minn.), Ben Nelson (Fairbanks, Ala.) and Tom Cruse (Hastings, Minn.)</p> <p>The Oles open at the Luther Invitational on September 11. The MIAC Championships are set for October 30 in St. Paul.</p>	

<b>University of St. Thomas</b>		
<b>Head Coach:</b>	Pete Wareham (12th season)	
<b>2003 Record:</b>	1st at MIAC Championships	
<b>Key Returners:</b>	<b>Brock Stepan</b> , SR (2003: 6th MIAC, 26th regional) <b>John Schwerkoske</b> , JR (2003: 8th MIAC, 21st regional; 5th MIAC Track Outdoor 5K and 10K) <b>Will Hawthorne</b> , SO (2003: 14th MIAC, 35th regional) <b>Derek Harmon</b> , JR (2003: 29th MIAC, 61st regional) Jeff Goeden, SR (2003: 39th MIAC) <b>Colin Sullivan</b> , JR (2003: 40th MIAC)	

<b>Season Preview:</b>	<p>The St. Thomas men's cross country team graduated three strong runners from its 2003 MIAC championship team, but 12th-year coach Pete Wareham has six proven returners set to lead the charge in 2004.</p> <p>The Tommies graduation losses included three-time All-MIAC performer Nate Coleman (2003: 3rd MIAC, 11th regional), All-MIAC Sean Brenckman (12th MIAC, 23rd regional) and Tristan Christ (24th MIAC, 39th regional).</p> <p>After winning the 2003 MIAC championship, St. Thomas climbed to 14th in the Division III rankings. But the Tommies came up just short at the 2003 regional meet with a fourth-place finish, just eight points out of the last team qualifying spot to nationals.</p> <p>Wareham will build around three returning All-MIAC runners -- senior Brock Stepan, junior John Schwerkoske and sophomore Will Hawthorne. Stepan has big-meet experience as he ran on the Tommies' 2002 team at nationals. Schwerkoske had a solid 2004 track and field season as he placed fourth in the 3,000 at MIAC indoor and fifth in both the 5,000 and 10,000 at MIAC outdoor.</p> <p>Three other returners had top-40 MIAC finishes last season -- junior Derek Harmon, senior Jeff Goeden and junior Colin Sullivan. Wareham is hoping that one or more of this group can have a breakthrough season and push for All-MIAC honors.</p> <p>A freshman expected to have an immediate impact is Neil Atzinger of Ann Arbor, Mich., who was seventh in Michigan's large-class state high school CC meet in 15:25 for 5,000 meters. Atzinger was also was a state runner-up in the 800 meters in track in 1:52.15. His best time in the 1,600 is 4:13.</p> <p>St. Thomas has won the MIAC championship three of the last four years and 16th of the last 26 seasons. The 2004 conference race is expected to be lively with as many as five teams in the chase for the title.</p> <p>The Tommies will look to improve throughout the season, stay healthy, and make their push to qualify for the November NCAA meet to be held in Eau Claire. Prior to last year's near miss, the Tommies qualified for nationals six consecutive years from 1997-2002, with a best of fifth in 2001.</p>
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**2003 Team Results**

	TEAM	Score
1	St. Thomas	42
2	Carleton	56
3	St. Olaf	66
4	Macalester	100
5	Saint John's	124
6	Hamline	143
7	Augsburg	205
8	Gustavus	239
9	Concordia	246
10	Bethel	265
11	Saint Mary's	308

**2003 Top 15 Finishers  
All-Conference**

		Score
1	Matt Hooley (CAR)	25:32
2	Nate Coleman (UST)	25:47
3	Kelly Fulton (STO)	25:52



4	Dan Bucy (CAR)	26:01
5	Sam Hauck (STO)	26:04
6	Brock Stepan (UST)	26:08
7	Malcolm Richards (STO)	26:09
8	John Schwerkoske (UST)	26:10
9	Nick Myran (CON)	26:11
10	Aaron Bumgarner (SJU)	26:12
11	Tim Smit (SJU)	26:15
12	Sean Brenckman (UST)	26:21
13	Bo Rydze (MAC)	26:22
14	Will Hawthorne (UST)	26:22
15	Chris Lundburg (CAR)	26:27

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